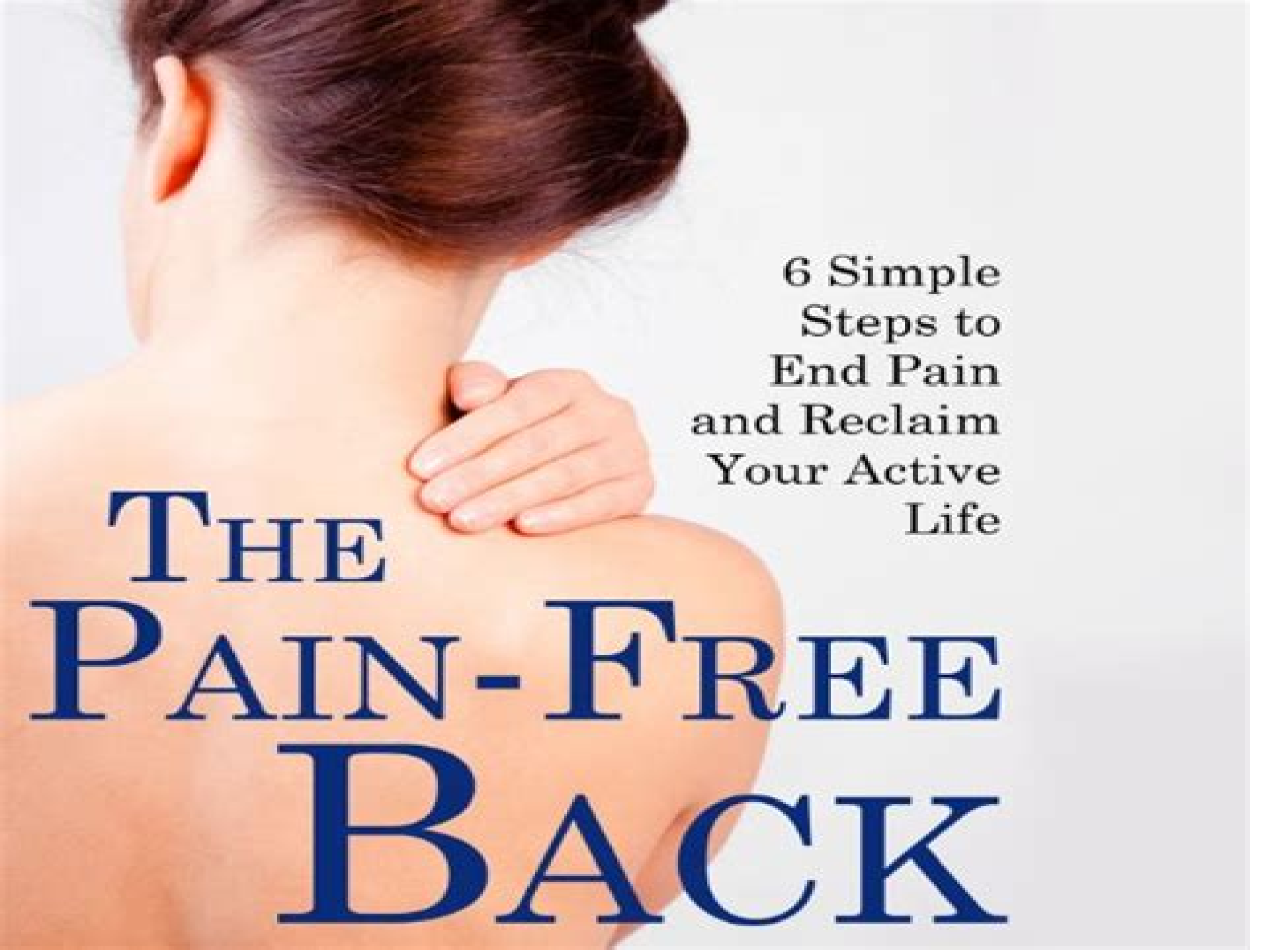


A photograph of a woman's back, seen from behind. Her hair is dark and pulled up. A hand is resting on her right shoulder. The background is a plain, light color.

6 Simple
Steps to
End Pain
and Reclaim
Your Active
Life

THE PAIN-FREE BACK

Pain Free Back 6 Simple Steps To End Pain And Reclaim Your Active Life

Harris H. McIlwain



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The Pain-Free Back Harris H. McIlwain, Debra Fulghum Bruce, 2012-02-15 Whether it results from injury osteoporosis or an unusually intense weekend golf game back pain is an all too common cause of serious discomfort that can debilitate even your most dedicated effort to maintain a healthy and active lifestyle It doesn't have to be that way Dr Harris H McIlwain has devoted his career to bringing relief to sufferers of back pain and arthritis and in **THE PAIN FREE BACK** he shares his clinically proven six step program for achieving and maintaining a healthy back With Dr McIlwain as your guide you'll be able to identify what's feeding your pain and more important how to eliminate it without expensive medical procedures This comprehensive resource includes Resistance exercises to strengthen your back and ease pain within days of starting the program Tips for losing weight on a low carb pain free diet that helps control hunger pangs and a guide to healing foods that decrease inflammation and pain Back friendly alternative therapies that ease pain naturally as well as touch therapies for soothing various types of back pain Lifestyle changes such as ergonomic computer stations that reduce the stress on your back Anyone who experiences back pain will find this an essential aid to recovering a full and active life *Making a Baby*

Samuel S. Thatcher, Debra Fulghum Bruce, Britt Berg, 2010 Discusses the causes of infertility explores natural and medical therapies to increase fertility and provides legal and financial advice to consider when undergoing treatment **The Publishers Weekly**, 2004 **The Pain-free Back** Harris H. McIlwain, 2004 *Forthcoming Books* Rose Arny, 2004

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