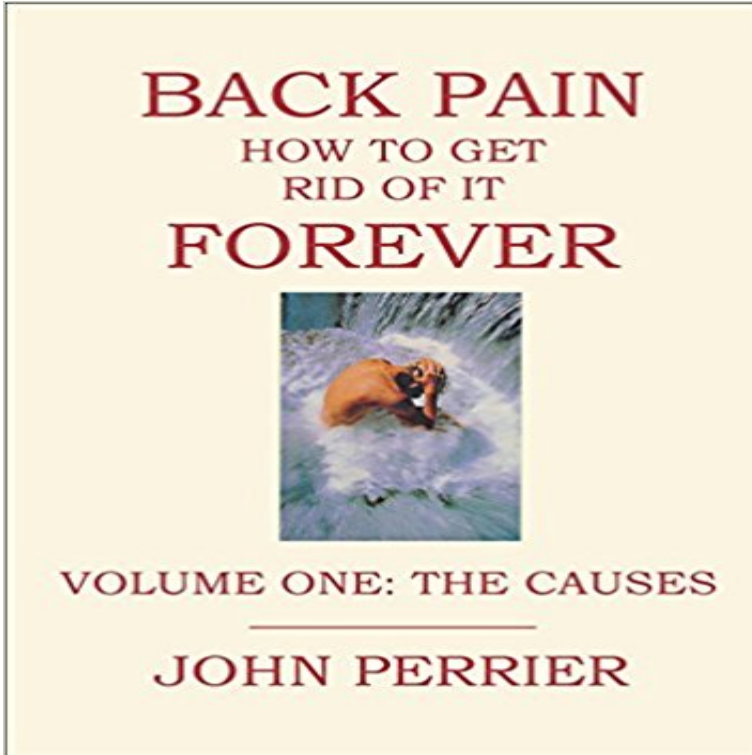


# Back Pain: How to Get Rid of It Forever (Volume 1: The Causes)



The title says it all: this book will help you permanently banish your back pain. In two logical volumes, it shows you how to feel better. The first part makes it easy for you to understand your back pain. Using simple, clear language, it explains the structure of your spine, and demystifies many common pain-provoking conditions.

The second part offers a unique quiz that will help you to classify your injury into one of four types. In this way, you will learn how to cure your pain, not someone else's. Then the advice flows thick and fast. You will learn clever techniques that will help you to use your spine more efficiently, and discover how to think, eat, relax, and sleep away your pain. You'll also find useful information on exercises, x-rays, medication and muscles, plus some tips on how to choose a spinal health practitioner. Of course, all of the advice will be tailored to your specific problem. Because the cure uses well-proven techniques, your relief won't just last a few days or weeks. You will feel better forever. \*\*\*\*\* The best self help back book I have ever read. Dr Keith Charlton, Chiropractor, former governor of the Australian Spinal Research Foundation. a regular dose of humour that will undoubtedly help to lighten your back pain. John Miller, Physiotherapist with a special interest in back pain. One of the most informative surveys of back pain to date. Graham Sanders, President of the Qld Osteopathic Association

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