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# The Back Doctor; Lifetime Relief for Your Aching Back

Hamilton Hall MD

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# Back Doctor Lifetime Relief For Your Aching Back

**Bowen Hosford**



## **Back Doctor Lifetime Relief For Your Aching Back:**

*The Back Doctor* Hamilton Hall,1980      **Your Aching Back** Augustus A. White,2010-06-15 Three out of five adults will experience significant back pain at some point in their lives making back pain America s number one ailment At last Dr Augustus White one of the world s leading specialists in back pain and spine related problems has revised and updated his trusted and authoritative manual This definitive edition of *Your Aching Back* offers the latest findings on back ailments and their treatments giving information on basic back mechanics the most common reasons for backache and the most likely sufferers the most current diagnostic techniques basic back self care nonsurgical and preventive techniques home treatments surgery the most up to date technology and procedures postoperative care recuperative techniques and life style management controlling back pain in the elderly including spinal stenosis and osteoporosis alleviating back trauma in sports and dance reducing lower back pain to increase sexual activity and enjoyment This comprehensive manual also includes a glossary of terms answers to the most commonly asked questions regarding back pain and predictions on the future of back care Over 70 black and white line drawings illustrate various back conditions and treatments completing this indispensable book Written in a nonintimidating and reassuring tone *Your Aching Back* is designed to help you take control of your back condition and get relief      *Building Sound Bones and Muscles* Oliver E. Allen,1981 Acquaints the reader with abnormalities and diseases of the skeletal system medical treatments and causes of sprains strains broken bones and arthritis      **Book Review Digest** ,1981      *Osteoarthritis* Fred L. Savage,1989 In 1985 Fred Savage was painfully crippled with osteoarthritis the simplest tasks driving a car walking up a flight of stairs became nearly impossible His own remarkable return to a pain free life forms the basis of this clearly written and useful book Though osteoarthritis remains technically incurable the author asserts that it is eminently manageable through a combination of walking Trager bodywork Mentastics exercise and relaxation He introduces a range of useful products and describes how simple changes in everyday life can successfully keep osteoarthritis under control      *The Consumer Health Information Source Book* Alan M. Rees,Blanche A. Young,1981 This book assembles describes and evaluates the principal sources of health information for the layperson Contains bibliography of books and pamphlets of current literature as well as directory information to audiovisual producers distributors and resource organizations Author title subject indexes      **Workers' Compensation** Tee L. Guidotti,John W. F. Cowell,1998      *Winning in Your Profession by Writing Books* Bowen Hosford,1990      **Alternative Medicine, Second Edition** Larry Trivieri,John W. Anderson,2013-03-27 The Bible of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States *Alternative Medicine The Definitive Guide* is packed with lifesaving information and alternative treatments from 400 of the world s leading alternative physicians Our contributors M D s Ph D s Naturopaths Doctors of Oriental Medicine and Osteopaths offer the safest most affordable and most effective remedies for over 200 serious health conditions from cancer to obesity heart disease to PMS This guide is easy

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