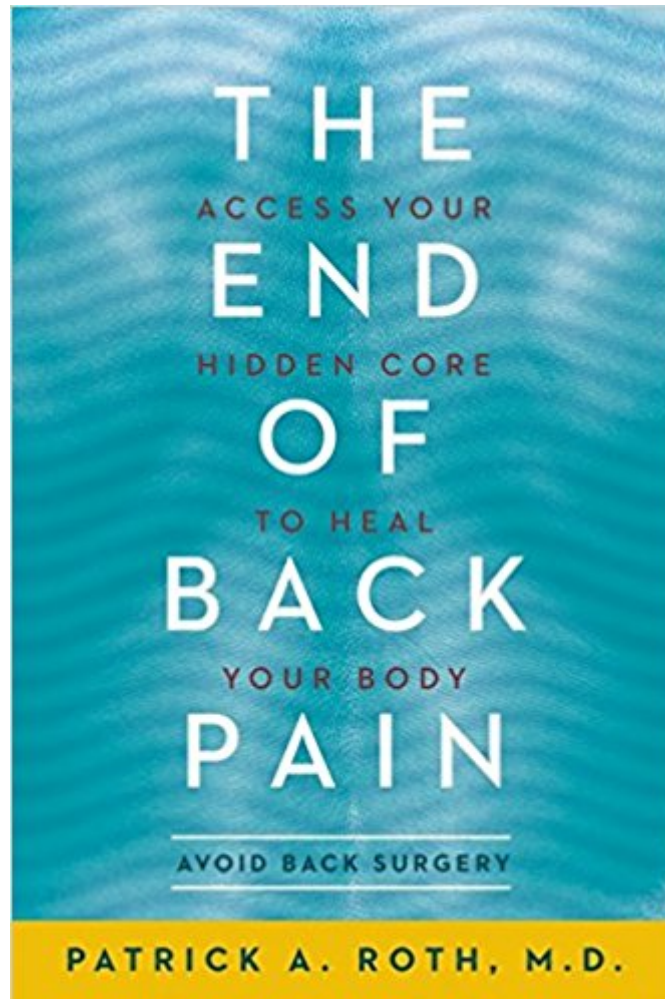


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The End Of Back Pain: Access Your Hidden Core To Heal Your Body



Synopsis

Back pain manifests itself in many different forms, attacks without warning, and damages its victims' physical and emotional health. Everyone suggests a different cure for the effects of a weak core: surgeons want to cut, chiropractors want to adjust, physical therapists want to perform physical therapy. In *The End of Back Pain*, neurosurgeon Patrick Roth, M.D., reveals that, more often than not, back pain is caused by a set of underdeveloped core muscles that control the stability and alignment of the spine that are not being used. He details a specialized exercise program to strengthen and develop those muscles to relieve, control, and even prevent chronic pain. *The End of Back Pain* helps patients view the body from a totally different perspective, and inspires readers to push their bodies in order to cure its maladies. After years of treating back pain, Dr. Roth has seen time and time again that a back that is not used to its full capacity is a back that is unhealthy. When we don't use our backs, we are not utilizing the core set of muscles designed to help us stay strong, increase stamina, and look our very best.

Book Information

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Customer Reviews

Any book on this particular topic is likely to get a two or three star rating and is nearly guaranteed to max out at a four. The reason? Most authors on this sort of topic follow the "if you have a hammer, everything looks like a nail" approach. They have a particular expertise, and it makes a lens through which they see the problem. Their particular take on the subject may be very effective for some people, but it's incomplete. It may help in some other situations, be useless in some, or maybe even

do more harm than good. So how did Dr. Roth manage to pull off a five star rating? By not doing what most authors on this sort of topic do. He repeatedly states he does have his own bias, so you might expect him to laud the virtues and superiority of allopathic medical treatments. Drugs, surgery, and not much else. But he doesn't do that. The core concept of the book is "developing your core," a concept that most elite athletes have embraced for many years because a weak core has negative implications for your athletic performance. But it's also a concept germane to physical health. The "normal" decline we see in strength, mobility, and general vigor doesn't need to invariably begin in our mid-twenties. It can, through proper diet and consistent, programmatic training of the body's core, be delayed for two, three, or even four decades. As can the chronic aches and pains (mostly of the back) that afflict so many people. So, OK, a surgeon prescribes a cohesive exercise plan. Unusual, but still not a balanced approach. For example, what about chiropractic? Dr. Roth covers that, also. In fact, he describes its benefits as "amazing".

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