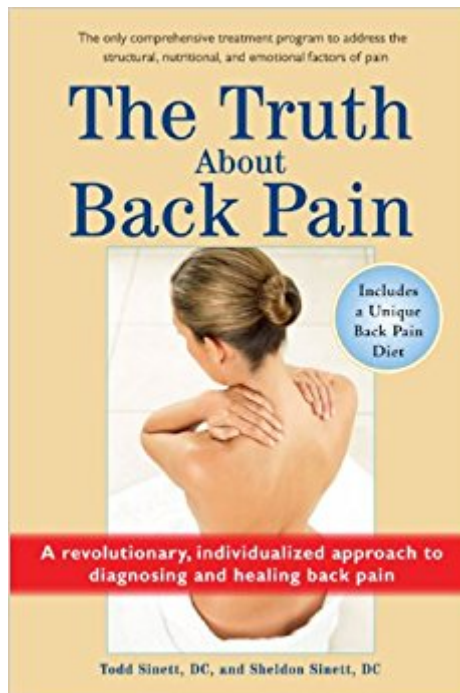


The book was found

The Truth About Back Pain: A Revolutionary, Individualized Approach To Diagnosing And Healing Back Pain



Synopsis

A unique structural, nutritional, and emotional approach to understanding and treating back pain?now in paperback. Most health practitioners and back pain books focus mostly on structural causes and treatments of back pain. A few look at the effect of stress and other emotional issues. But only Drs. Todd and Sheldon Sinett have pioneered a comprehensive, three-tiered approach to treating back pain based on their belief that back pain can result from three different types of issues: structural, chemical, or emotional. The Truth About Back Pain introduces a shift in the diagnosis and treatment of back pain that is holistic, favoring noninvasive solutions. Once the origin of back pain is understood, appropriate action can take place to achieve relief. This book's program provides practical guidance and specific advice ranging from exercise and meal plans to techniques for dealing with stress as it dispels common myths and misconceptions that can hamper recovery.

Book Information

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Customer Reviews

The authors do a great job of explaining holistic causes and remedies for back problems. Let me start by saying that I am comparing this to Stuart McGill's (a PhD in spine biomechanics who backs up his statements with hard evidence in a lab) two back biomechanics books. The Sinetts' statements agree with McGill on many issues, but there are some exercises that may be harmful, according to what I've read from McGill and others. On page 108 the plank is very helpful, but the Sinetts say to pull the navel into the spine. On pages 110,111, and 112 there are exercises telling you to lie on your back and lift your straight legs up.

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