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The 15 Minute Back Pain and Neck Pain Management Program: Back Pain and Neck Pain Treatment and Relief 15 Minutes a Day No Surgery No Drugs. Effective, Quick and Lasting Back and Neck

By John McArthur

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 232 pages. Dimensions: 9.0in. x 5.9in. x 0.6in. If you're currently experiencing back pain, and you're thinking about having surgery to solve the problem, think again. If you can recover from back pain without surgery, you're much better off, surgery can have unforeseen complications, from infections to nerve damage. Dr. Hochschuler, M. D., an orthopedic surgeon in Plano, Texas, a surgeon who has performed thousands of spine surgeries. More than 250,000 operations are performed each year. The immediate question is; how successful are these operations? The Cochrane Collaboration, an international network of health-science researchers, that review clinical trials, says: the scientific evidence for most back surgical procedures is unclear. Studies have confirmed that whether or not a person undergoes back surgery, four (4) years later the outcome is the same with or without surgery. Back and neck pain is the second leading cause for doctor visits in the United States; in fact it is the leading cause of disability for people under the age of 45, and lower back pain is the third most common reason for surgery. Jerome F. McAndrews D. C., a chiropractor in Claremore,...



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Reviews

This is actually the finest ebook we have gone through until now. It is written in straightforward words and phrases instead of difficult to understand. It has been designed in a remarkably straightforward way and is particularly just following it finished reading through this book by which basically changed me, change the way in my opinion.

-- Gillian Wisoky

Thorough guideline! It's this type of good read. It is really simplistic but shocks from the 50 percent from the publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Sallie Wiegand