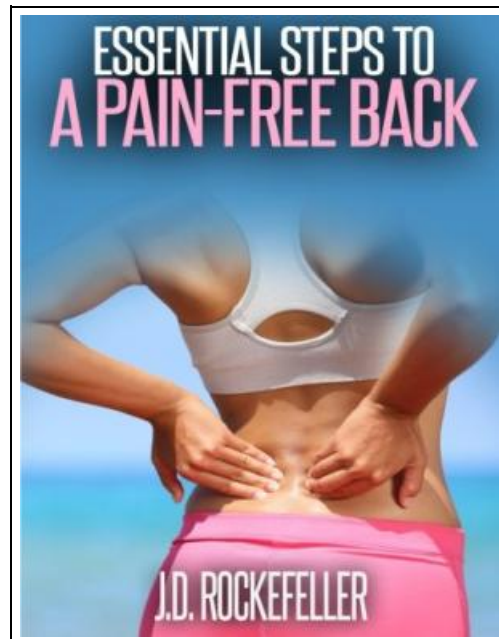


Essential Steps to a Pain-Free Back



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Reviews

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ESSENTIAL STEPS TO A PAIN-FREE BACK



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Back pain is one of the most common problems that people at some point in their lives. Back pain can be categorized as lower, middle and upper back pain. Muscular and nerve problems, arthritis and degenerative disc disease can be caused by back pain. Symptoms of back pain can be alleviated using pain killers, pain medication, exercise, change of posture and other natural remedies. Bad posture may trigger back pain like standing, lifting incorrectly, bending awkwardly or sitting. An underlying problem or serious condition doesn't generally cause back pain. In the majority of cases, back pain improves after a few weeks or couple of months, although certain people may suffer prolonged and recurrent back pain. In this book you will learn: Table of Contents Introduction Types of Back Pain Main Causes of Back Pain The Effects of Back Pain on a Person How to Move Out of Back Pain Misery Back Pain Treatments Good Postures to Help Alleviate Back Pain Let's get started!.

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