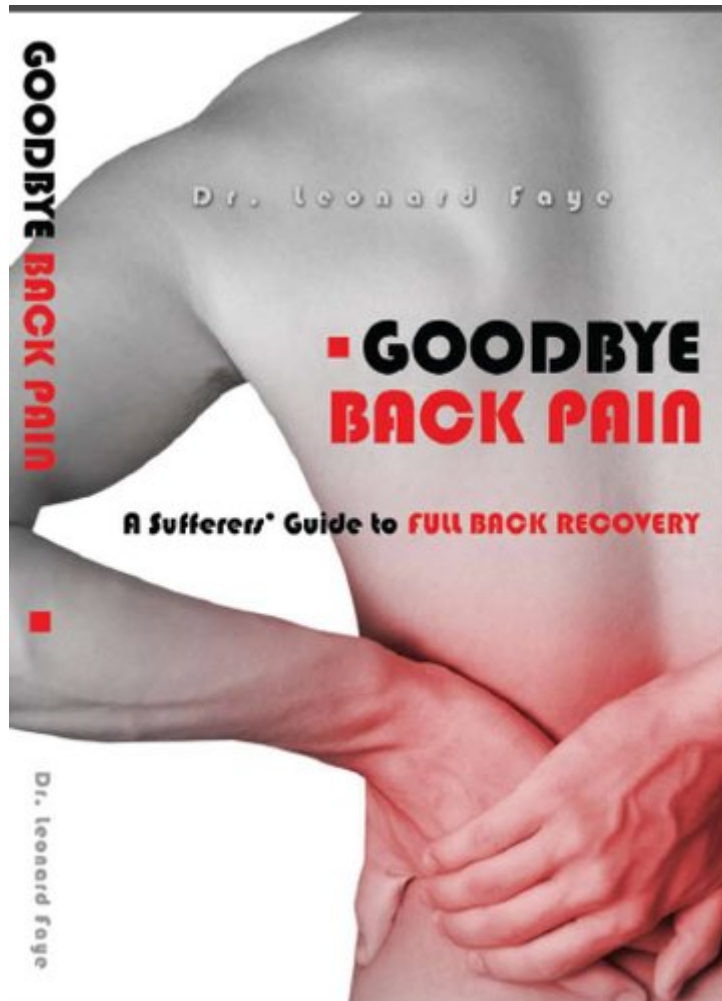




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# Goodbye Back Pain



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## Synopsis

Anyone who suffers with back pain needs to know their correct diagnosis. This book allows the reader to determine their problem through a series of yes and no questions coupled with physical tests. Subsequent chapters make sure the sufferer understands the treatment possibilities and the practitioners that provide them. Home treatment, exercise, stretching and relaxation techniques are all discussed. Going under the 'blade' should always be a treatment of last resort. Goodbye Back Pain tells you how to avoid surgery and alleviate back pain in a sensible straight forward manner. Goodbye Back Pain is a great investment when compared to the tens of thousands of dollars one may spend on back surgery. Goodbye Back Pain also shows you how to prevent back pain. Tailor made for the millions who are prone to back ailments; this book simplifies and takes the mystery out of back pain suffering.

## Book Information

File Size: 1374 KB

Print Length: 146 pages

Publication Date: August 18, 2010

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00405R5Z4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #475,810 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

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## Customer Reviews

Great book.....easy to read, easy to understand. Educates you about the different types of back pain and different professionals that treat it. You can make an informed decision about what you would like to do and who you would like to treat your pain

I suffered for two years with acute lower back pain. Many days I could not walk at all. I went to a bunch of chiropractors, without success. Then, about the time I found a good sports medicine chiropractor, I also found this book. I did not need surgery. I needed to stretch, and this book showed me the way. I have been pain free ever since. No drug, no surgery. This book shows you how to determine if surgery is necessary, and what to do if it is not. I stretch every day for about 1 minute, and my back does not bother me at all. I am still, to this day, amazed that such an effective remedy could be so simple.

I have been in Dr Leonard Faye's care for over a year: treatment for shoulder, neck, and hip issues. Because of his experience, his never-ending quest for knowledge to advance his profession, and his true joy in helping people, I have been able to avoid surgery. If you follow his guidance in this book, you'll be able to help yourself quite a bit. But you will also find his guidance on selecting professional care as invaluable. Don't settle for anything less than he recommends. You deserve the best result for your own health and well-being.

This book is easy reading & simple instructions. It worked not only on myself but a friend who was headed to surgery.

I don't know what I would have done without the help from this book. The exercises are nothing that you cannot do at home without harming yourself and because of these simple step by step aides, I have managed to avoid a very painful surgery and a lengthy recovery period. A friend of mine suffered the same injury and chose to have the surgery while I chose to go by the book and guess who made out better? yep, I read the book and live the book every day of my life and am stronger and more confident than I ever was.

Many people simply choose to live with back pain. They think having back pain is normal - but it is not. This book really hit home in getting that message across. Being able to determine what type of pain I was having, where it was coming from and what type of doctor would be the best for me based on the self-diagnosis portion was so enlightening. I sought the care I needed and am now pain free. The exercise section was also helpful in teaching me what I need to do to stay pain free. Chances are everyone you know will need this book at one point in their lives - make sure you tell them about it! An easy and informative read.

This is a phenomenal book!!!. The best part of the book are chapters 2 & 3 where there are the yoga type exercises and illustrations of these exercises that you can do anywhere, anytime and these really help combat everyday back pain and they also help by stretching your body. On page 122, he talks about reducing stress and this is also a great chapter. Page 77 is about nutrition and that was really interesting especially the piece about orange juice.

This book was very helpful to me it described my problem exactly, and helped me get the help I needed for a pain I'd had for a long time. The book is very informative. I highly recommend this book to anyone who suffers from back pain.

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