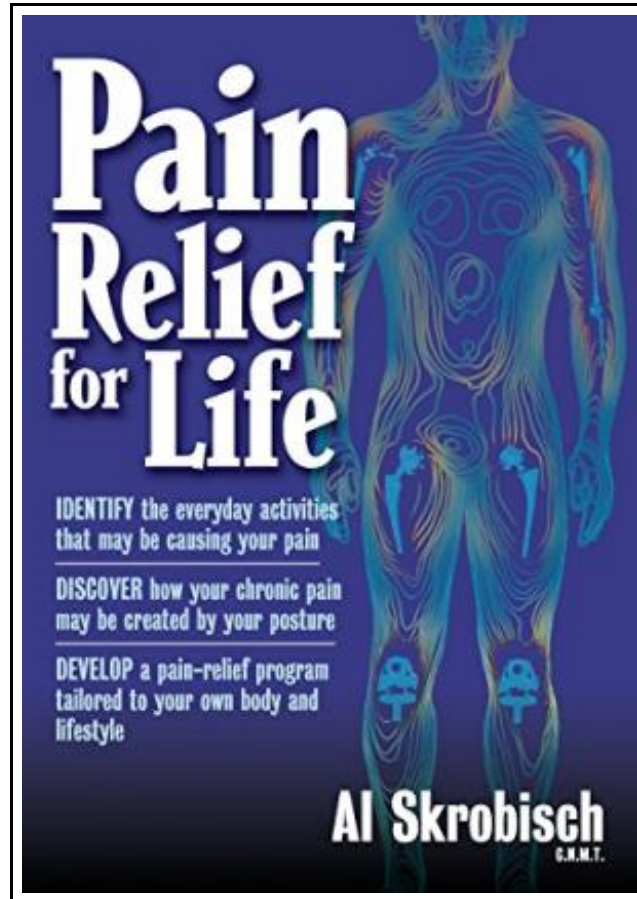


Pain Relief for Life (Paperback)



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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

PAIN RELIEF FOR LIFE (PAPERBACK)



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Grail Publishing, United States, 2014. Paperback. Book Condition: New. 2nd. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.With up to 89 percent of adults experiencing pain at least monthly many millions of them having severe pain and with healthcare costs skyrocketing, this practical, zero-cost system of do-it-yourself pain relief could not be more needed or more timely. Shunning the standard approaches, Pain Relief for Life offers a fascinating, well-illustrated exploration of how we unwittingly create a lot of our pain through our common, everyday activities and how to simply and logically set about eliminating the causes of that pain. Section 1 - Understanding Your Pain explores the structural causes of musculoskeletal pain, defines good posture, and explains how deviation from good posture necessarily results in muscular pain. It then discusses postural distortion and how even everyday activities, such as sitting too much, can create postural distortion and consequent pain. Section 2 - Charting Your Posture outlines a simplified method of doing a postural analysis to discover the postural distortions that are causing your pain. Section 3 - Getting Rid of Your Pain gives you the tools to create a personalized program to reduce or eliminate pain through stretches and exercises custom-tailored to counterbalance your personal pattern of daily activities and correct your specific distortions. Section 4 - Staying Pain-Free shows how to monitor your progress and how to adjust your custom pain relief program as your pain diminishes or your needs change, as well as what to do if your pain comes back. Breaking new ground, Pain Relief for Life explains why the failure to detect and correct for common leg length differences and other skeletal asymmetries is one of the primary reasons so many pain relief methods and treatments don't produce...



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