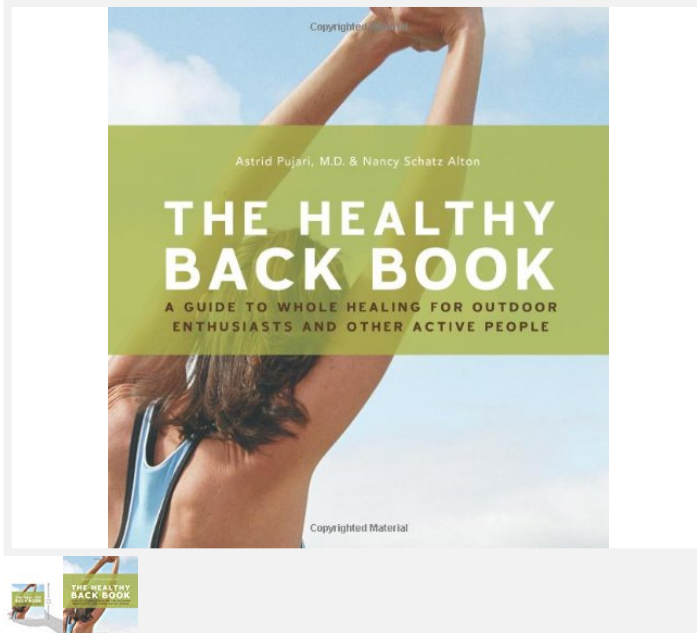


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# PDF Online The Healthy Back Book: A Guide to Whole Healing for Outdoor Enthusiasts and Other Active People - Download

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## Book detail

- Title : PDF Online The Healthy Back Book: A Guide to Whole Healing for Outdoor Enthusiasts and Other Active People - Download
- isbn : 1594850127



## Book Synopsis

"This pithy guide offers the reader a wealth of holistic approaches to building the strength of mind and body necessary to overcome and prevent most common back problems. It's an absolute must-read for anyone interested in living a pain-free and healthy life."---David Clayton, M.D., MBA Scripps Clinic and Research Institute and author. The Healthy Guide to Unhealthy Living. Whether your back aches after a rigorous weekend bike ride, too many hours, spent at your computer, or helping a friend move house, the root cause can be hard to pinpoint. The Healthy Back Book addresses what you need to know: the basic structure of the spine, the most common back injuries, and the chronic pain problems that can arise. It then, offers a "whole body" approach to healing---with information and tips from medical specialists, physical therapists, yoga and fitness, instructors, bodywork practitioners, and herbalists... providing varied and simple solutions for active individuals.

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