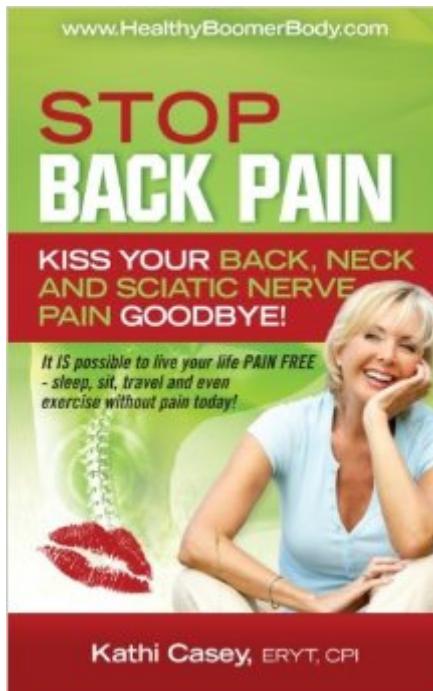


The book was found

# STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye!



## Synopsis

â œStop Back Pain â “ Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye!â • is the culmination of years of research on what works and what doesnâ ™t. Kathi Casey has synthesized and integrated a practical and fun approach for understanding and transforming back pain. There are many treatment options that donâ ™t involve prescription drugs or surgery. You donâ ™t have to live with back pain! Learn Kathiâ ™s â œThree Step Approachâ • for healing back pain, and the top technique for relieving your pain quickly. The American Chiropractic Association estimates that 70 â “ 85% of people suffer from back pain at any given time. Kathi has already helped thousands of people â “ isnâ ™t it your turn?

## Book Information

Paperback: 148 pages

Publisher: Healthy Boomer Body Press (April 19, 2012)

Language: English

ISBN-10: 1937294048

ISBN-13: 978-1937294045

Product Dimensions: 5 x 0.3 x 8 inches

Shipping Weight: 7.7 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ ¤ See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #171,899 in Books (See Top 100 in Books) #36 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #244 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

After an auto accident a number of years ago, I was told that I would semi recover, yet still have chronic shoulder problems due to a severe injury to my right trapezoidal shoulder muscle. This muscle was ripped and torn and to this day, I still have on and off chronic pain with it. After trying many types of remedies with not much relief, I bought this book. And after reading this book, I was able to understand the reasons for this type of pain. This book gives suggestions of different types of treatments and remedies. The chapters in this book that have been of the greatest of help to me are: Chapter 3: Types of Treatment --- In this chapter the author gives 5 types of treatments for back pain. The first four are more of the holistic nature, which I have found will be more of value to me as conventional medicine has not helped me that much and I choose not to take "heavy medications". The five suggested treatments mentioned in this book are: 1) Emotional Freedom Technique (EFT) 2)

The Lifeline Technique3) The Sedona Method4) The Mind Body Prescription5) SurgeryIn addition to chapter 3, chapter 4 gives advice on ICE treatment, Heat treatment, patches, creams and gels with wonderful suggestions.Chapter 5 is another very helpful chapter called "The East West Connection" This chapter gives superb insight for using Yoga, Qigong, Ayurveda, and Healing Touch/Reiki. These types of eastern treatment go back for thousands of years and are become more and more in use in the United States these days as for many people, these methods of healing are quite effective.Chapter 6 - Stress and Your Back and Neck Pain - explains how stress can bring on pain in the body especially in the neck, shoulder and back!

[Download to continue reading...](#)

STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) The 15 Minute Neck Release: Learn How to Quickly Relieve Neck Pain and Stiffness of a Friend or Loved One Never Let a Fool Kiss You or a Kiss Fool You : Chiasmus and a World of Quotations That Say What They Mean and Mean What They Say No Kiss Goodbye: The debut psychological thriller leaving readers emotional. Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Stop Your Neck Pain And Headache Now: Fast and Safe Relief in Minutes Proven Effective for Thousands of Patients Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery How To Stop Enabling Your Adult Children: Practical steps to use boundaries and get your power back as you stop enabling (Empowering Change Book 1) How To Stop Enabling Your Adult Children: Practical steps

to use boundaries and get your power back as you stop enabling (Empowering Change) (Volume 1)

[Dmca](#)