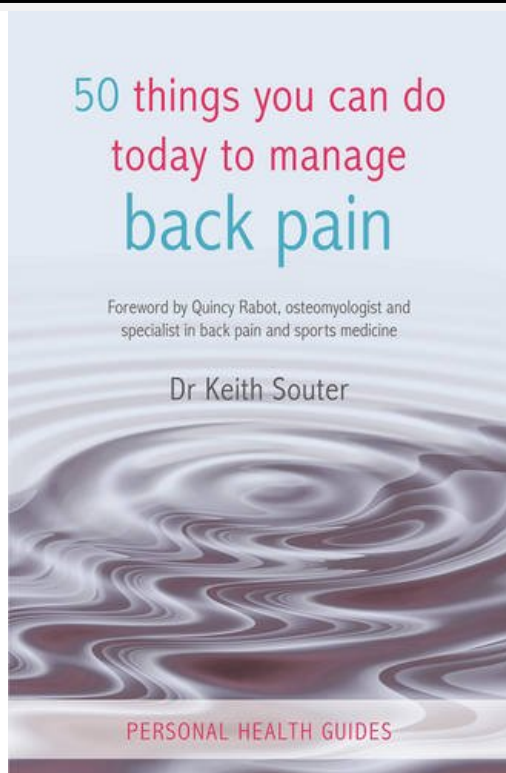

PDF Online 50 Things You Can Do Today to Manage Back Pain - eBooks Textbooks



Book Details

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Book Synopsis

In this easy-to-follow book, Dr Keith Souter explains the various types and the many possible causes of back pain and offers practical and holistic advice to help you to deal with it. With many years experience as a GP, medical acupuncturist and homoeopathic specialist he looks at lifestyle changes, dietary manipulation and supplements, as well as covering DIY complementary therapies that help one to deal with and reduce back pain. Find out 50 things you can do today including: Choose beneficial foods and supplements, discover natural anti-inflammatory herbs and spices, develop strategies to reduce pain, try out exercises that help and find helpful organisations and products. An accessible guide for those seeking help with their back pain. This paperback book has 158 pages and measures: 19.7 x 12.9 x 1.2cm.
