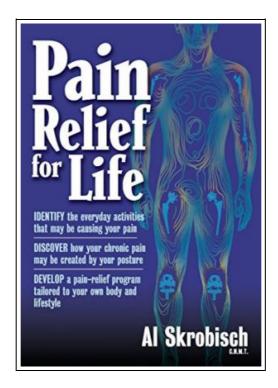
Pain Relief for Life



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Reviews

Absolutely essential go through ebook. It can be rally exciting throgh studying period of time. Its been written in an exceptionally simple way in fact it is only right after i finished reading this pdf where basically modified me, modify the way i believe.

(Iliana Hartmann)

PAIN RELIEF FOR LIFE



Grail Publishing. Paperback. Condition: New. 234 pages. Dimensions: 10.0in. x 7.0in. x 0.5in.With up to 89 percent of adults experiencing pain at least monthlymany millions of them having severe painand 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 dont produce lasting, long-term results. The book then provides simple techniques to find these asymmetries and correct...



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