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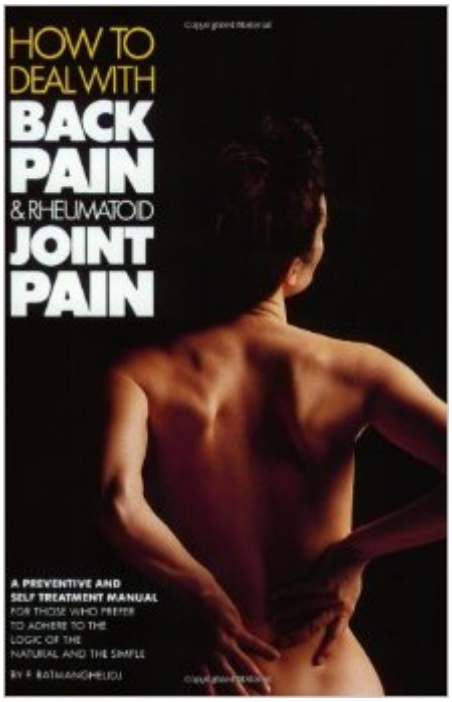
How To Deal With Back Pain And Rheumatoid Joint Pain



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Synopsis

This educational and preventive treatment manual gives you easy-to-use techniques for relieving chronic back pain and rheumatoid joint pain. This new approach to prevention and treatment of back pain is simpler, inexpensive, less dangerous and more effective.-- Learn the vital information on the mechanics behind your spinal column, the role of the disc and its needs for water-- Learn the simple body movement that will promote fluid circulation in the disc spaces the twill result in relief of back and sciatic pain

Book Information

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Customer Reviews

Water: For Health, for Healing, for Life: You’re Not Sick, You’re Thirsty!No joke... as far as I’m concerned my back pain is essentially cured. It took me 3 attempts to get the exercise right . You must follow the directions exactly and rest 24 hrs between attempts. Immediately after the 3rd attempt , I was able to bend down without my knees buckling, and get up from a squatting position with strength in my legs.No pain in the morning. But I do have some pain if I sit in one position for awhile--can deal with that.Physical tx and chiropractic have been helpful but only remedial. This one exercise in the book cured me. Follow directions about diet and water intake.I’m now telling all my friends. Purchase any of author’s books as well. Best Rx for staying healthy in case we get national health insurance when we will not have access to anything.This is an update(November 10,2008). I don’t even think of my back anymore.I can sit in any position for any length of time. I still drink alot water but stopped all exercises because I have no pain. If the pain returns I will resume the

exercises. This book is the best of all self-help medical books on the market!. A true miracle. Another update(March 17,2009). We had a bad winter and was able to shovel snow without any pain whatsoever. Of course, I did use proper posture. Still no back pain of any sort and that includes from any posture for prolonged time period, Also I can walk as much as I want.Hello again.It is November 21,2009). This past summer, I began getting 'twinges' in my back. No pain mind you, just a twinge or two. I figured my disc was starting to bulge again.

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