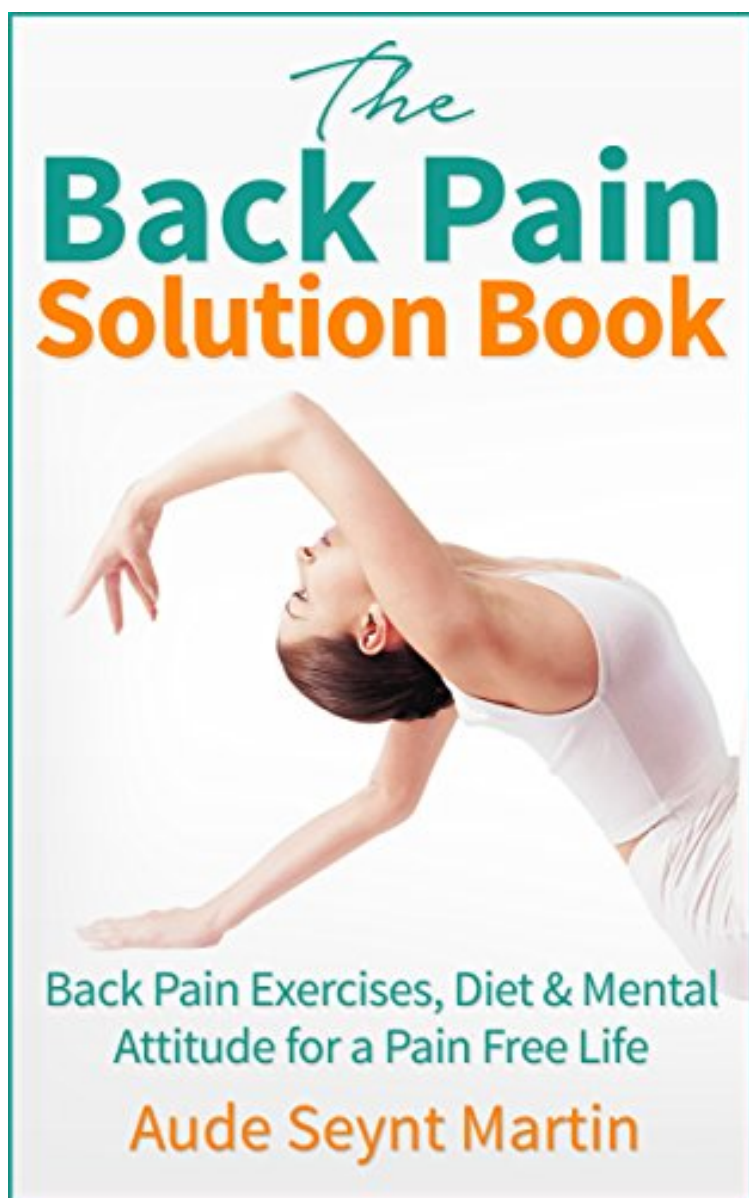


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The back pain solution book: Back pain exercises, diet mental attitude for a pain free life (English Edition)



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Description :

Prsentation de l'diteurThis book reveals a simple plan of action to help you achieve rapid back pain relief without surgery or countless physiotherapist sessions. Among other exercises, it also describes a very simple routine for sciatica and lower back pain sufferers to alleviate the pain from the comfort of your home. Unlike

other "how to" books on the market, you will discover how back pain is a combination of physical, emotional and nutritional imbalances and learn to address these imbalances to obtain definitive results. With plentiful illustrations and clear layout, The Back Pain Solution Book provides a wealth of information and a winning formula for curing back pain quickly, safely and naturally. Aude Seynt Martin is a Kinesiologist, a Manual Therapist and a NAET Practitioner, with a specific focus on spine realignment and back pain relief.

She helps her clients to experience greater well-being by achieving balance on physical, emotional and spiritual levels. Aude Seynt Martin is also the Founder and main editor of OnlineHealthMag.com, a health advice site with articles on nutrition, emotional and mental health, natural therapies, how to beat back pain, chronic pain and allergies.

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