

HOW TO OVERCOME  
AMERICA'S #1 HEALTH PROBLEM

# YOUR ACHING BACK

**A DOCTOR'S GUIDE TO RELIEF**

BY AUGUSTUS A. WHITE, III, M.D.

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FULLY ILLUSTRATED

# Your Aching Back

**CH Cherryholmes**



## Your Aching Back:

*Your Aching Back* Augustus A. White, 2010-06-15 Three out of five adults will experience significant back pain at some point in their lives making back pain America's number one ailment At last Dr Augustus White one of the world's leading specialists in back pain and spine related problems has revised and updated his trusted and authoritative manual This definitive edition of *Your Aching Back* offers the latest findings on back ailments and their treatments giving information on basic back mechanics the most common reasons for backache and the most likely sufferers the most current diagnostic techniques basic back self care nonsurgical and preventive techniques home treatments surgery the most up to date technology and procedures postoperative care recuperative techniques and life style management controlling back pain in the elderly including spinal stenosis and osteoporosis alleviating back trauma in sports and dance reducing lower back pain to increase sexual activity and enjoyment This comprehensive manual also includes a glossary of terms answers to the most commonly asked questions regarding back pain and predictions on the future of back care Over 70 black and white line drawings illustrate various back conditions and treatments completing this indispensable book Written in a nonintimidating and reassuring tone *Your Aching Back* is designed to help you take control of your back condition and get relief [Help for Your Aching Back!](#) Harvey P. Kopell, Nancy C. Kester, 1969 *Heal Your Aching Back* Jeffrey N. Katz, 2007-02-09 Take back your health your fitness and your life This authoritative and comprehensive guide written by a Harvard doctor who has struggled with back pain himself will help you find the real cause of your problem and the smartest way to treat it This simple step by step program will show you how to Get the right diagnosis for your type of back pain Find the most effective treatment including complementary therapies Control pain through specific exercises massage and yoga Avoid surgery prevent reinjury and strengthen your back for life Dr Katz also gives you the most up to date information on chiropractic care new pain medications alternative physical therapies and back surgery **American Soldier Ballads** Frank Bernard Camp, 1917 **The Journal of Electrical Workers and Operators**, 1924 **The Bulletin**, 1918 *The Medical Muse, Grave and Gay* John F. B. Lillard, 1895 *American Motherhood*, 1911 **The Saturday Evening Post**, 1921 *Before the Curfew* Oliver Wendell Holmes, 1883 *Atkinson's Evening Post, and Philadelphia Saturday News*, 1921 SCC Library has 1974 89 plus scattered issues **New Peterson Magazine**, 1879 *Peterson's Magazine*, 1879 **New Peterson Magazine** Charles Jacobs Peterson, 1879 **The Boston Medical and Surgical Journal**, 1909 **Poetical Works** Oliver Wendell Holmes, 1891 ... *The Works of Oliver Wendell Holmes* ... Oliver Wendell Holmes, 1892 **Works** Oliver Wendell Holmes, 1892 **The Works of Oliver Wendell Holmes: The poetical works of Oliver Wendell Holmes, volume I** Oliver Wendell Holmes, 1892 [The Poetical Works of Oliver Wendell Holmes in Three Volumes](#) Oliver Wendell Holmes, 1891

## **Your Aching Back** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Your Aching Back**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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