

Discover the methods the *experts* use—  
without the painful price tag!

# BACKACHE



51 WAYS  
TO RELIEVE  
THE PAIN

A  
PEOPLE'S  
MEDICAL  
SOCIETY BOOK

CHARLES B. INLANDER AND PORTER SHIMER

# Resumo de Backache: 51 Ways to Relieve the Pain

"Oh, my aching back!" It's a lament voiced by 80% of Americans at some point in their lives. In fact, on any given day, 6.5 million of us are too crippled by back pain to even get out of bed!

And to add insult to injury, we, as a nation, spend upwards of \$70 billion on our backs a year only to find that the pain, unlike our money, has not disappeared.

Now, in clear, concise language, the country's #1 medical advocacy group provides information that will help you banish back pain once and for all! You will find out: -Simple self-care techniques that have already helped millions of sufferers.

-What kind of backache you have and whether it requires a doctor's care. - How to find the right practitioner for you. -Up-to-date information on the various treatments--for traditional to alternative--including exercise, cold and heat, mind-body therapies and surgery.

-How to change your lifestyle for a pain-free existence. -And much, much more! DON'T LET BACK PAIN RULE YOUR LIFE ANYMORE! A People's Medical Society Book

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