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The Chiropractor's Self-Help Back and Body Book: Your Complete Guide to Relieving Aches and Pains at Home and on the Job

D.C. Samuel Homola

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Most books on backache emphasize medication or surgery as cures. This practical guide suggests a better approach for sufferers. Using self-healing techniques to relieve pain, distinguishing back trouble from other problems, and protecting a weak back during sex or pregnancy are just a few of the topics in this thorough handbook. Over 40 black-and-white illustrations are included.

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