

The **Back Pain** Sourcebook

SECOND EDITION

Everything You Need to Know About:

- Causes of back pain, including injury, stress, arthritis, herniated disks, scoliosis, and leg discrepancy
- Conventional treatment methods and surgery
- Alternative treatments, including chiropractic, acupuncture, Feldenkrais, and reflexology
- Preventive techniques and exercises to help strengthen and heal backs



STEPHANIE LEVIN-GERVASI

FOREWORD BY JAMES F. ZUCHERMAN, M.D.

Back Pain Sourcebook

Annelies Wilder-Smith



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The Back Pain Sourcebook Stephanie Levin-Gervasi,1998 The Back Pain Sourcebook Stephanie

Levin-Gervasi,1998 The Back Pain Sourcebook is a complete guide for the back pain sufferer offering information on why backs hurt and what people can do to relieve the pain including the latest treatments and medications This updated edition includes expanded information on problems such as herniated disks bone spurs back sprains arthritis pain tumors and infections The book explains preventive techniques and exercises to help strengthen and heal bad backs and presents alternative healing methods such as Roling shiatsu acupuncture yoga Mensendieck Feldenkrais and reflexology **WHAT**

YOUR DOCTOR MAY NOT TELL YOU ABOUT (TM): BACK PAIN Debra K. Weiner,Deborah Mitchell,2007-04-24 In this authoritative guide Dr Weiner has distilled 20 years of research and clinical practice into an integrative six step program to help relieve and eliminate back pain Millions of Americans suffer from chronic back pain but what most don t realize is that their ailment is often caused by a combination of factors According to Dr Debra K Weiner identifying the disorders that contribute to chronic back pain is a critical part of the treatment process To achieve lasting relief a multifaceted multidisciplinary approach is needed no single pill or therapeutic procedure will solve the problem Readers will learn how to identify the causes of their back pain and determine which treatments are most useful how to distinguish their problem from potential misdiagnosis traditional and alternative physical therapies and exercises proven mind body approaches a guide to common medications and injections pros and cons of different surgeries and invasive procedures and much more **Smart**

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Brain Disorders Sourcebook Sandra J. Judd, 2005 Basic Consumer Health Information about Acquired and Traumatic Brain Injuries Infections of the Brain Epilepsy and Seizure Disorders Cerebral Palsy and Degenerative Neurological Disorders Including Amyotrophic Lateral Sclerosis ALS Dementias Multiple Sclerosis and More Along with Information on the Brain's Structure and Function Treatment and Rehabilitation Options Reports on Current Research Initiatives a Glossary of Terms Related to Brain Disorders and Injuries and a Directory of Sources for Further Help and Information

Death and Dying Sourcebook Joyce Brennfleck Shannon, 2006 Provides information about end of life perspectives and the medical management of symptoms that can occur as death draws near

Assistive Technology Sourcebook Alexandra Enders, Marian Hall, 1990

Video Sourcebook Supplement Furtaw, 1994-03

Consumer Sourcebook, 2005

The Complete Directory for People with Chronic Illness Sedgwick Press, 2005 This informative resource provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Thousands of hours of research have gone into this 2005 06 edition hundreds of new entries have been added and thousands of enhancements have been made to existing entries This widely hailed directory is structured around the 90 most prevalent chronic illnesses from Asthma to Cancer to Wilson's Disease and provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Each chronic illness has its own chapter and contains a brief description in layman's language followed by important resources for National Local Organizations State Agencies Newsletters Books Periodicals Libraries Research Centers Support Groups Hotlines Web Sites and much more Two indexes provide quick access to this wealth of information Entry Index and Geographic Index This directory is an important resource for health care professionals the collections of hospital and health care libraries as well as an invaluable tool for people with a chronic illness and their support network

Vegetarian Sourcebook Chad T. Kimball, 2002 This book describes various types of vegetarian diets

and gives practical advice for safely incorporating them into everyday life Among the topics covered are creating a vegetarian pantry and obtaining sufficient amounts of various nutrients vitamins minerals and food groups Other sections of the book discuss the advantages and disadvantages of eating vegetarian **The Medical Outcomes & Guidelines**

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