

## **The 15 Minute Back Pain and Neck Pain Management Program: Back Pain and Neck Pain Treatment and Relief 15 Minutes a Day No Surgery No Drugs. Effective, Quick and Lasting Back and Neck**



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### ***Reviews***


*This is an amazing publication i actually have at any time go through. It is actually rally interesting throgh reading through period. Its been developed in an exceptionally straightforward way which is merely following i finished reading through this publication where actually altered me, modify the way in my opinion.*


***(Noah Padberg)***

## **THE 15 MINUTE BACK PAIN AND NECK PAIN MANAGEMENT PROGRAM: BACK PAIN AND NECK PAIN TREATMENT AND RELIEF 15 MINUTES A DAY NO SURGERY NO DRUGS. EFFECTIVE, QUICK AND LASTING BACK AND NECK**



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 232 pages. Dimensions: 9.0in. x 5.9in. x 0.6in. If you're currently experiencing back pain, and you're thinking about having surgery to solve the problem, think again. If you can recover from back pain without surgery, you're much better off; surgery can have unforeseen complications, from infections to nerve damage. Dr. Hochschuler, M. D., an orthopedic surgeon in Plano, Texas, a surgeon who has performed thousands of spine surgeries. More than 250,000 operations are performed each year. The immediate question is; how successful are these operations? The Cochrane Collaboration, an international network of health-science researchers, that review clinical trials, says: the scientific evidence for most back surgical procedures is unclear. Studies have confirmed that whether or not a person undergoes back surgery, four (4) years later the outcome is the same with or without surgery. Back and neck pain is the second leading cause for doctor visits in the United States; in fact it is the leading cause of disability for people under the age of 45, and lower back pain is the third most common reason for surgery. Jerome F. McAndrews D. C., a chiropractor in Claremore, Oklahoma, and national spokesperson for the American Chiropractic Association says: 45 of those folks will have repeated back attacks. In other words 45 of people have chronic back pain. The worrying aspect is that most people are not even aware of the things that they do that are causing this enormous medical problem. Posture and symmetry are the most crucial elements in recovery and one of the most commonly overlooked issues in the diagnosis of pain's root causes and it is sad that so few people (including doctors) don't even know it or recognize it. Yet it could cure up...

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