



Say Goodbye to Back Pain

Marian Betancourt, Emile Hiesiger M.D.

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DON'T LET *BACK PAIN* RUN YOUR *LIFE!*

Anyone who experiences chronic or even minor back pain knows there are plenty of remedies for temporary pain relief -- but how do you know you're treating the correct problem in the most effective way? Top neurologist and pain management expert Emile Hiesiger draws on the newest medical information to target back pain at its source. From whiplash and sciatica to osteoporosis and spondylolysis, from faulty facets to herniated disks, Dr. Hiesiger identifies the origins of common problems, and arms you with essential information on

1. **Diagnostic tests and what they mean**
2. Key questions to ask your doctor
3. Medical and surgical options from nerve blocks to vertebroplasty
4. Exercises and lifestyle changes for pain relief and prevention
5. Physical therapy
6. Prescription drugs
7. *And much more*

Practical and accessible, this one-stop resource will take you from symptoms to diagnosis to cure, so you can say goodbye to back pain -- forever!

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The book untitled Say Goodbye to Back Pain contain a lot of information on that. The writer explains your ex idea with easy technique. The language is very simple to implement all the people, so do certainly not worry, you can easy to read the idea. The book was written by famous author. The author gives you in the new period of time of literary works. You can actually read this book because you can continue reading your smart phone, or gadget, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open their official web-site in addition to order it. Have a nice examine.

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