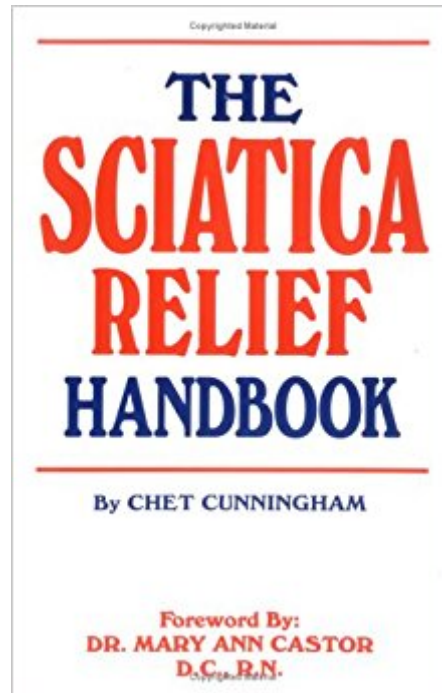




The book was found

The Sciatica Relief Handbook



Synopsis

Contains the latest information on Sciatica - what causes symptoms, how to best treat them and ways to prevent future problems. Book gives specific facts on all-natural alternative and medical treatments for fast and lasting relief without the use of drugs. Book is written in easy to understand language and contains numerous illustrations for recommended exercises.

Book Information

Paperback: 261 pages

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Shipping Weight: 8 ounces

Average Customer Review: 4.2 out of 5 stars 43 customer reviews

Best Sellers Rank: #775,242 in Books (See Top 100 in Books) #93 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #95 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #174373 in [Books > Textbooks](#)

Customer Reviews

"I enjoyed your book! It is helping me a lot. I'm 88 years old and am feeling better." -- CC - Eastchester, NY
"The book is terrific. The facts, the exercises, alternative methods of treatment- all are so valuable. Thanks for the book." -- ED - Staten Island, NY
"With so much important information, I had no idea there were so many ways that I could help myself." -- LR - Torrance, CA

If you have ever suffered sciatica symptoms such as pain in the buttocks and lower back, or pain and numbness in your legs and feet, this book could change your life for the better. The book contains the latest up-to-date information on sciatica--what causes symptoms, how best to treat them, and how to protect yourself from sciatica problems. The book gives you specific facts on the latest natural, alternative and medical treatments that can bring prompt and lasting relief--without the use of dangerous drugs or surgery. You'll discover what to do if sciatica symptoms start and what to avoid at all costs to bypass possible serious problems. You'll learn simple remedies that have helped thousands get relief, yet are little known to most people. Many people are putting up with sciatica pain--or have had sciatica pain in the past and are at risk of recurrence--because they

do not know about new prevention and relief measures that are now available. This book is of vital importance to anyone who ever suffered from sciatica.

Will be of help to someone for whom this is the first experience with sciatica as the book, though old, contains diagrams and instructions for exercises I had to perform in physical therapy when I had my first attack about 8-10 years ago. As for me, I kept copies of printouts given me in P.T. so I really didn't find anything new.

I really enjoyed this book. Very easy to read and very informative. written in a very interesting way. This book was very helpful and I left it with my Dr. today so that she can share it with others that have this painful little problem. I highly recommend this book that I got used from for almost nothing.

The recommended exercises alone make this book a fantastic guide. It's helpful for all back issues not just sciatica. My pain mgt doc said he couldn't have recommended a better exercise regiment.

One of the most helpful and informative books on Sciatica

I have read a little bit of the book, and what I have read it has helped me tremendously. Can't wait to finish it.

My father has scoliosis and sciatica. He found this book helpful in understanding his options. Good price. nice condition.

Have bought a couple of these as gifts. My husband thought they really helped.

many use ful tips ---enjoyed it has helped me

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