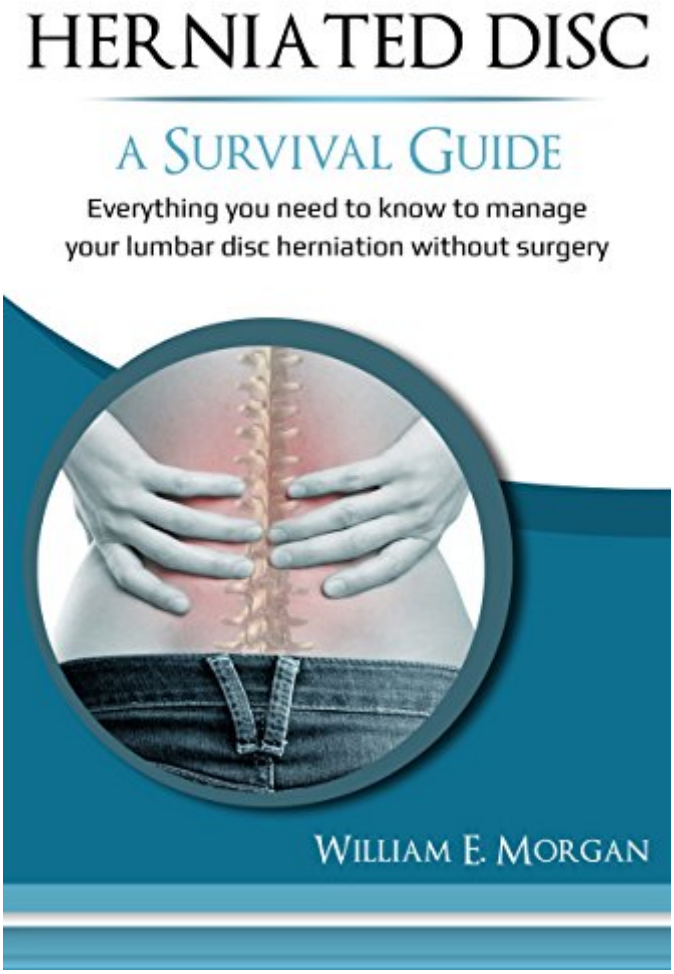
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Herniated Disc: A Survival Guide: Everything You Need To Know To Manage Your Lumbar Disc Herniation Without Surgery



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Synopsis

A guide to understanding and coping with herniated discs which gives practical tips as well as step by step instruction in the care of your back and body.In this book you will learn:Ã¢â ¬Â¢The mechanism of injury for lumbar disc herniations Ã¢â ¬Â¢When you need to seek medical attentionÃ¢â ¬Â¢Exercises that can help with healingÃ¢â ¬Â¢Exercises to avoid (ironically these are the exercises that most people perform when they have a herniated disc)Ã¢â ¬Â¢How to alter your activities of daily living to allow your disc injury to healÃ¢â ¬Â¢Nutritional advice to enhance healingÃ¢â ¬Â¢How to control the pain without drugsÃ¢â ¬Â¢How to lift after a disc herniationÃ¢â ¬Â¢How to avoid re-injury

Book Information

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Customer Reviews

Outstanding book about herniated discs and other spine maladies. I recently had lower back issues and the one thing I came away with after reading this book for the second time, was the importance of moving around for disc health. That led to me starting to walk more and taking up yoga stretching, both of which helped relieve the lower back pain and stiffness I was experiencing.

This book helped me to easily understand what had happened to me. It also explains the things you should and shouldn't do, including exercises and daily activities. There are a lot of pictures that help to explain things. I have referred back to this book several times in the last week, and I have also already recommended it to a friend. If you have a bulging or herniated disc, or even back problems, this is i really helpful book to read. It is also able to be read quickly, so you can read it even if you are in pain .

Well written, easily digested information. Really liked the emphasis on nutrition and decreasing/eliminating NSAIDs to allow the amazing immune response to work its magic. I feel like I have a plan and some power after reading this book.

Helpful. Helped me resolve a herniated disk w/o having to go to the doctor. Recommended.

Brings together all the questions that one needs to ask about healing. This book restored my confidence in self treatment. And reinforced information that I had gathered from many other sources. A must read

This is an excellent source of practical information about this painful condition. Recommended for people in pain and their loved ones.

Great advice and explanations on why certain core exercises relieve herniated disc pain. Witnessed in plain English. You don't have to be a doctor to understand it.

So helpful. Thank you for writing this. Will help me focus on the essential steps I need to take to tackle my lumbar spine problems.

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