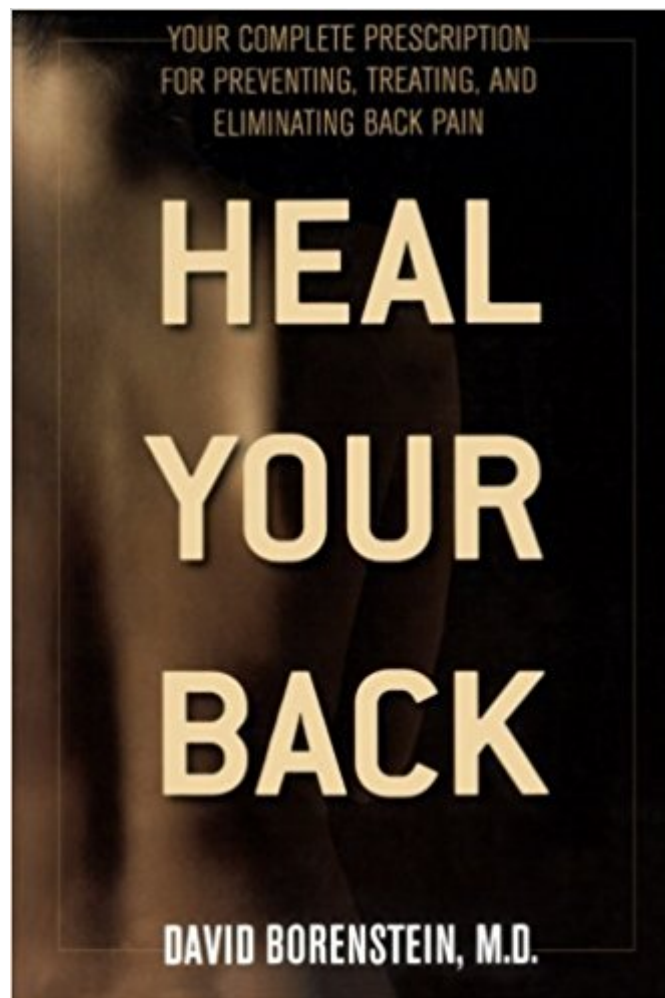




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Heal Your Back: Your Complete Prescription For Preventing, Treating, And Eliminating Back Pain



Synopsis

Heal Your Back is a complete program for understanding the causes of lower back pain, the ways to prevent it, and the treatments to eliminate it. The book educates readers about all aspects of back pain and shows them how to create their own personalized "prescription" for alleviating the pain and preventing further back problems. While other books recommend a specific type of treatment, Heal Your Back includes exercises and nutrition advice, and information on chiropractic therapy, acupuncture, medicines, and surgery. Dr. Borenstein's self-care program allows sufferers to control their own recovery while evaluating all the possibilities for therapy.

Book Information

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Customer Reviews

David Borenstein, M.D. is a Clinical Professor of Medicine and former Medical Director of The Spine Center at George Washington University Medical Center. He lives in Potomac, Maryland.

When the book first came out I purchased several copies to give to friends with aching backs. Each one found it informative and better yet, encouraging. Finally they knew what was causing their problems and learned how to take better care of themselves and their backs. Thank you Dr. Borenstein!

Dr/ Borenstein is recognized as one of the top doctors when it comes to the huge variety of things that can go wrong from the relatively minor to the serious. Writing style is for the intelligent

lay-person with illustrations and examples. For a fraction of the cost of going to a specialist you can learn a great deal by reading this book. It was recommended by my long-time internist after I started suffering severe sciatic pain.

Best info so far. Long history of back problems, and learned more about my back than I ever received from countless specialists I've seen over the year. I was amazed that he examined his patients physically before proceeding with treatment. More often than not, specialists rely on their tests (MRI/CAT) to prescribe treatment. Hands on healing is a rare thing in these days -- wish he were MY doctor!!

good but doesn't deal with my problem: stenosis. my sister who has a fused back after 6 spine surgeries recommended it. Am probably going to try cortizone first just to see. george pope

Nice book. A bit too much on surgical options for my preference but it has lots of good information.

This is a useful guide about LOWER back problems. The author does not discuss neck or shoulder issues. Even though he is a MD, he also goes into detail about complementary therapies as well. He discusses symptoms and treatments for various ailments. I use to get a "slipped disk" (misnomer) every 2-3 years, I would go to the chiropractor to get an adjustment and be back on my way. Recently, the episodes have become more frequent so I wanted to educate myself about the problem. I recommend this book to anyone suffering with back pain. Another excellent book is Pain Free: A Revolutionary Method for Stopping Chronic Pain

Unfortunately this book did not have a lot of information on Scoliosis. I was disappointed because scoliosis is my problem and I was interested in finding out about them.

This book is a great source for learning the mechanics of how backs work and how to use that knowledge to your advantage. It also teaches the different things one should do to help strengthen your back and what things one shouldn't do that would further aggravate your condition.

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Heal Your Back: Your Complete Prescription for Preventing, Treating, and Eliminating Back Pain
Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain

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