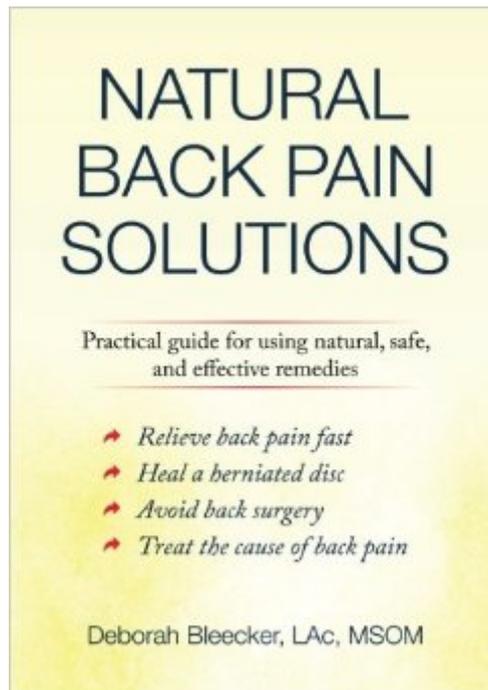


The book was found

# Natural Back Pain Solutions: Relieve Back Pain Fast, Heal A Herniated Disc, And Avoid Back Surgery



## Synopsis

Relieve back pain fast with all natural, safe remedies How to treat all the causes of your back pain so it goes away and stays away How to choose the best products so you recover completely. Dozens of natural options to cure your own pain Real solutions that have been tested on thousands of patients.

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (31 customer reviews)

Best Sellers Rank: #81,587 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #50 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

## Customer Reviews

A great book for a great price - This book goes into great detail on the various risks associated with the approaches of Western medicine for back pain, including thorough specifics on over the counter and Rx drug side effects. It also goes into fantastic detail on the benefits of many natural alternatives; including nutritional supplements, herbs, ice/heat applications, topical creams/plasters, stretches, and physical based therapies, such as acupressure/acupuncture, auriculotherapy, and cupping. This is very well organized and easy to digest. Well done, Deborah.

I have suffered with back pain for years. My doctor wanted me to do surgery, but I had heard horror stories about it. I am glad to finally read a book that explains how to use supplements to completely relieve my back pain. They are very simple, and I wish I had known years ago. My back pain was gone within 24 hours! I just went to my local vitamin store and bought several natural pain relievers mentioned in the book. I don't know why medical doctors do not know about these back pain cures. According to this book, most back surgery is not necessary. A million people get surgery every year and they are permanently damaged. Don't let them operate on you or someone you love without

trying these remedies. Great book and well written!

This is such a great resource. As a healthcare provider who has personally experienced, and treats a lot of back pain daily, I consider this to be an invaluable resource for both the practitioner and lay person. Bleecker gives a good overview on the mechanics of a healthy body, as well as common pain and degenerative conditions. This knowledge provides the patient with the understanding of their body in order to use it properly, and stretches, herbs and supplements to help reverse serious conditions such as herniated disc, and avoid unnecessary surgery (which should really be a last and not first resort!) Great resource, definite keeper.

Great book for sufferers of back pain. A wealth of information to heal yourself and avoid surgery. I suffered a back injury in 1996 followed almost all of this advice back then, and today 20 something years later free of back pain... still... but most of all I didn't need the surgery the doctors ordered.

This is a terrific book for anyone suffering from back pain. It is written in plain, easy to understand language. After reading this book, anyone will be aware of the more gentle options to try before resorting to drastic measures, such as surgery. I like that back surgery is explained to the point that the different types of surgeries can be understood.. Almost everyone has experienced back pain or will at some time in their life. It would be nice as a gift for a family or friend who is a sufferer and this book should be passed around after reading.

Excellent book!! I've been an acupuncturist for more than 30 years. I'm disappointed in many books because either I already know all the information or its not presented in a manner that I would recommend to my clients. This book excels on both counts. The information is readily accessible and its jam packed with lots of information. Easily readable with information you can use right away. I like that she recommends brands she's found that work since many brands when run through labs don't have the ingredients or potency their label says. I also appreciate her letting you know about conventional treatments and when you should see your doctor and when it may be better to try supplements first. I will be recommending this book to my clients and trying some of her suggestions for my self. So glad i bought it.

This book is a valuable resource for people who suffer with back pain. It offers reliable explanations for everything your doctor tells you about but doesn't have the time to fully explain. Most importantly,

this book offers you valuable alternatives to living in pain! You may say you have tried herbal remedies, but Deborah Bleecker explains why dosage is so important on these remedies. I am a true believer in the "why" of things, and this book offers plenty of "why". Deborah Bleecker has been the co-author of many books directed at acupuncturists for treating pain, this is a refreshing perspective change geared at the people we as acupuncturists treat. This book empowers people to take look at their pain from a new perspective and not lose hope that there are solutions!

Written from an Acupuncturist's point of view, but very comprehensive information about self care, safe supplementing, and the realities of various procedures often offered to back pain sufferers. I will recommend this to others.

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