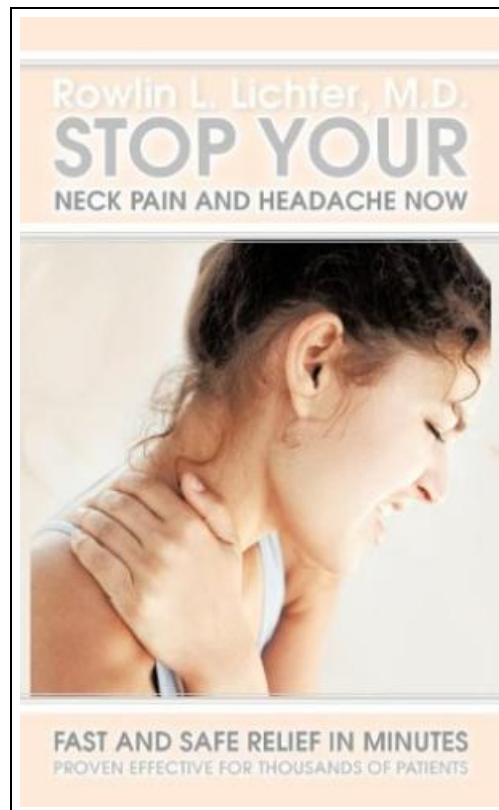


Stop Your Neck Pain and Headache Now: Fast and Safe Relief in Minutes Proven Effective for Thousands of Patients (Hardback)



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Reviews

This publication is definitely not effortless to get going on looking at but really exciting to read through. It really is rally intriguing through looking at time period. Its been written in an remarkably straightforward way which is just soon after i finished reading through this book where basically altered me, change the way i think.



(Erna Langosh)

STOP YOUR NECK PAIN AND HEADACHE NOW: FAST AND SAFE RELIEF IN MINUTES PROVEN EFFECTIVE FOR THOUSANDS OF PATIENTS (HARDBACK)



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iUniverse, United States, 2011. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Stress is the leading cause of neck pain-and popping a pill is not the answer. Using the tools and techniques taught here, you can prevent neck pain and headaches in just minutes a day. Author Rowlin L. Lichter, M.D., is a board-certified orthopedic surgeon who shares step-by-step instructions on how you can stop your neck pain and headaches simply, quickly, and easily. Dr. Lichter has created a system of easy exercises that have provided permanent relief to 85 percent of the patients who tried them. Now this cure is yours without a prescription! These techniques have been developed with the help of physical therapists at CHART Rehabilitation in Hawaii, with continuing success. Knowledgeable doctors and therapists worldwide have adopted these methods. Dr. Lichter also explores complementary and alternative medicine (CAM) therapies, like acupuncture and many kinds of massage and shiatsu, which can give temporary relief. Since most neck pains are transient, that may be all the help you need. He also offers his professional opinion on which treatments, products, and -miracle solutions- to avoid. These exercises offer permanent relief from more serious neck pain and can be an important upgrade to any healthy lifestyle.

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