

The Pain Cure Rx Audio The Yass Method For Diagnosing And Resolving Chronic Pain

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chronic pain has become an international epidemic an estimated one billion people across the world suffer from it every day many people attribute their pain to a cause that can only be fixed with surgery or medication but what if the most common cause was one that did not require such extreme or pharmaceutical remedies what if everyday pains could be addressed with basic strengthening techniques aimed at achieving our muscles optimal force output what if we maximized muscle balance and functionality simply by ensuring that our muscles were used in the manner in which they were originally intended dr mitchell yass author of the pain cure rx presents an alternative model of treatment that can resolve pain quickly and effectively from the convenience of your own home in his

more than 25 years of clinical experience dr yass has found that about 90 percent of chronic pain attributed to structural problems such as herniated discs stenosis or arthritis is actually caused by a muscular weakness or imbalance all of which stem from the muscles inability to respond to the forces created by performing everyday functional tasks in the yass method for pain free movement dr yass focuses on enabling you to perform the necessary and normal activities that you need to do to go about your day without pain or discomfort from getting out of bed to reaching a shelf to climbing the stairs to trying to travel comfortably on a plane dr yass identifies the muscles involved and provides easy to do stretches and exercises for fully experiencing life in a satisfying and pain free manner

chronic pain has become an international epidemic an estimated one billion people across the world suffer every day dr mitchell yass author of the pain cure rx presents an alternative model of treatment that can resolve pain quickly and effectively without surgery or medication in his more than 25 years of clinical experience dr yass has found that about 90 percent of chronic pain that is attributed to structural problems e g herniated disc stenosis or arthritis is actually caused by a muscular weakness or imbalance all of which stems from the muscles inability to respond to the forces created while performing everyday functional tasks in the yass method for pain free movement dr yass focuses on enabling you to perform necessary and normal functional tasks without pain or discomfort from daily life at home to work to play to travel to sleep dr yass identifies and provides easy to do stretches and exercises for the muscles that you need to strengthen and keep balanced for a satisfying pain free life

if you are suffering with chronic pain this book is for you deepak chopra m d new york times best selling author of the future of god are you struggling with chronic pain you re not alone an estimated one billion of us across the globe suffer chronic pain every day and what dr mitchell yass has found over his 20 year career is that many of us suffer needlessly while the current medical model for treating pain isn t helping there is hope the pain cure rx presents an alternative model of treatment the yass method that can resolve pain quickly and effectively without surgery or medication in the medical community today most chronic pain is attributed to a structural problem such as a herniated disc a meniscal tear or arthritis but dr yass has found that in about 90 percent of cases the cause is actually a muscular weakness or imbalance a condition that s easy to treat on your own the yass method developed through his work with more than 14 000 patients focuses on finding the true source of the pain and then using simple exercises to find lifelong relief dr yass looks at the most common areas where people experience pain lays out simple tests that examine things like range of motion walking patterns and posture and teaches you to use this information rather than invalid diagnostic tests to determine whether your pain is muscular or structural if it is structural you can choose surgery knowing that the outcome will likely be good but if the pain is muscular you can use the easy step by step exercises and routines dr yass offers to get the pain resolution you re searching for many of the people dr yass has treated came to him as a last resort before surgery or as a follow up after surgery that didn t resolve their pain many of them had been told that they would have to manage their pain with drugs for the rest of their lives or worse that there was nothing left to try they would simply have to live with the pain this revolutionary book shows that in most cases this simply isn t true and empowers you to create a pain free life

the editors of bottom line inc present natural and home remedies for aging well the best and most extensive book for mature men and women looking to make the most out of their lives with alternative and complementary practices healing foods and proper exercise americans spend a fortune each day on prescription drugs and if you re over the age of 50 the cost and complications of conventional health treatments can be overwhelming there are other options more natural and simpler to use that can empower you to take back the control of your own body and restore your vitality with insight from over 100 of the world s top health experts this go to guide provides easy access to the trusted collection of information that bottom line is known for and offers advice on a vast array of topics including over the counter and homemade remedies foods that fight disease and ease pain weight loss and exercise essentials brain fitness and healthy sleeping habits whether you re hoping to stay fit and lean avoid or treat a condition or simply wanting occasional substitutes to the traditional medical options bottom line is here to help you confidentially take charge of your health

for patients with chronic pain a guide to understanding their condition the medical system s traditional treatments and what other choices they have are you suffering from chronic pain do you feel that everyone including your physician thinks you are crazy are your loved ones and friends tired of hearing you complain are you becoming more depressed and anxious because of your pain do you find that you are isolating yourself from others are you sick of taking pain medications do you question whether injections or surgery are right for you is the medical system frustrating you or letting you down are you searching for a better way to address your pain answering yes to any of these questions means you are part of the very serious pain epidemic in our society you are not alone millions are suffering the united states is the most advanced society in the world yet the majority of pain medications procedures and surgeries are not solving this rampant problem paindemic will open your eyes to what you should know too many unnecessary and risky interventions are being done with little benefit and at great expense it s time to gain a better perspective to guide you down a more rational path to address and improve chronic pain even low back pain ignorance is not bliss what you don t know about your pain could hurt you a brutally honest portrayal of our current sick care medical model no other book gives you such an in depth and thought provoking overview of how pain should be assessed and treated dr cady has truly outdone herself jamie l guyden md integrative medicine physician

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transform your health with this cutting edge guide to fascia your body s hidden organ as a leading chiropractor and pain management specialist offers holistic and professional treatments for chronic pain anxiety high blood pressure and more at the 1 pain management clinic in new york city director dr daniel fenster has improved thousands of lives through holistic and integrative therapies his experience has revealed to him that treating the fascia your long ignored unappreciated hidden organ that weaves around and through every single structure in your body is crucial for both physical and mental health within these pages dr fenster will reveal all you need to know about fascia including the 8 villains that hurt your fascia and how to combat them a free your fascia quiz to assess what therapies are

right for you 20 recipes to nourish your fascia simple at home exercises and diy therapies for releasing and optimizing your fascia advice for working with professionals and the most powerful tools in fascial manipulation exclusive to this book are interviews between dr fenster and ten of the leading edge fascia researchers and experts by freeing your fascia you ll feel stronger healthier and happier from head to toe

proceedings of a symposium organized in co operation with unesco vienna 11 15 march 1991 the main themes were the use of isotope techniques in solving practical problems of water resources assessment and development particularly with respect to groundwater protection and in studying environmental problems related to water including the palaeohydrological and palaeoclimatological aspects the oral presentations were largely concerned with the current status and trends in groundwater dating the proceedings contain the papers of 37 oral and the extended synopses of 47 poster presentations

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