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Sarah Key's Back Sufferers Bible - SimpleBackPain.com

back sufferers' bible explains the causes of your back pain Sarah Key's Back Sufferers Bible is a best-seller written with the benefit of four decades of clinical experience. In this book Sarah Key postulates that most back pain is caused by a stiff spinal segment.

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The 3 most controversial aspects of 'Back Sufferers' Bible ...

The 3 most controversial aspects of 'Back Sufferers' Bible' by Sarah key This article by Sarah Key - the author of The Back Sufferers' Bible first appeared in 'thinkback.com' 1. Amazon.ca:Customer reviews: Back Sufferers' Bible Back Sufferers Bible by Sarah Key Sarah Key and her books are invaluable assets to any person with back problems or curiosity about human spinal anatomy. Her books are clearly written and provide a good foundation on basic spinal anatomy. She leads the reader through basic concepts of posture in clear and easy to understand layperson's terms. However she is able to convey a concise picture of

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Back Sufferers' Bible by Sarah Key is essential reading for anyone with a back problem. And if it is a chronic problem

then, as the title would indicate, it should be kept readily at hand as a source of advice, comfort and ideas on how to improve one's life. Key describes in easily understood language the human back and what can go wrong with it. Moreover, she gives practical solutions so that

The Back Sufferers' Bible - Sarah Key - Google Books

The human spine is not well suited for our way of life and as a result back pain is pandemic - there is hardly anyone who has not been bothered by it at some time. Advanced as we are in other areas of science, with fixing backs we are little further ahead. This book breaks new ground, and is written for sufferers and practitioners alike. In

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The Back Sufferers' Bible describes clearly how each stage of back pain manifests, and sets out a logical course of treatment programs. It explains when you need medication and when you need to rest in bed. It explains all the exercises how to do them and the common pitfalls with each one. It gives you all the information you need to play an active part in your own treatment. For