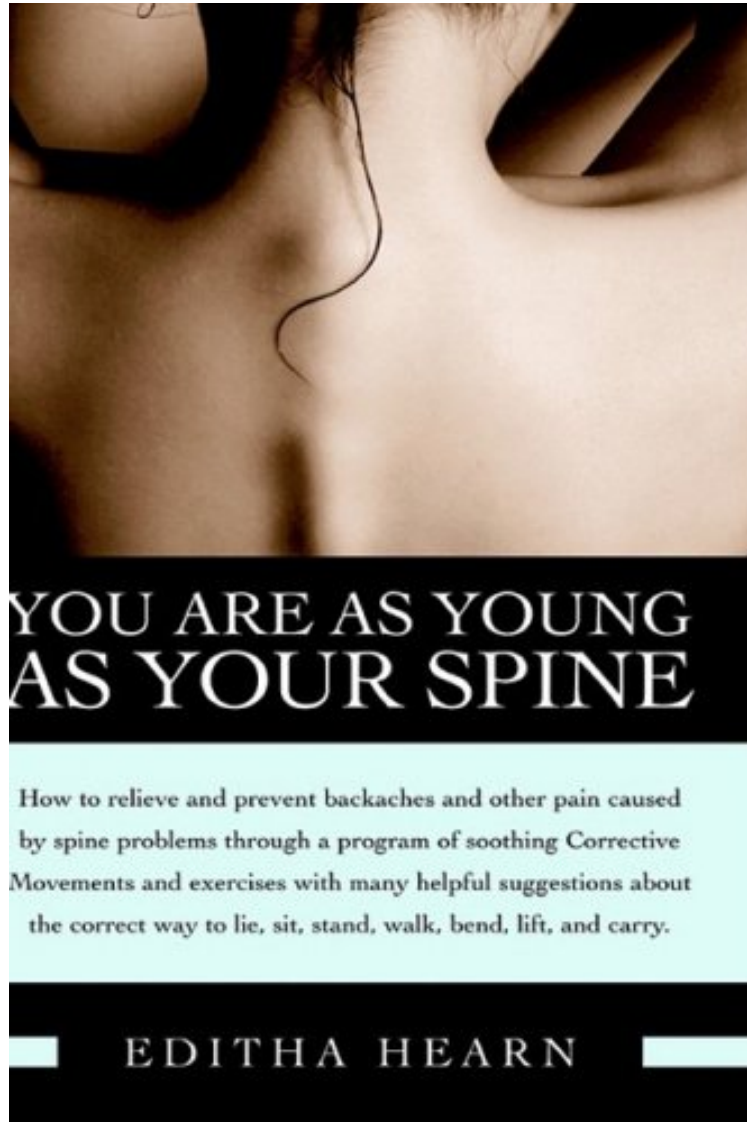


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You Are as Young as Your Spine (BB Personal Wellness (Hardcover))

Editha Hearn

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#9822356 in Books Bunim Bannigan Ltd 2006-09-01Original language:EnglishPDF # 1 9.06 x .59 x 6.40l, .74 #File Name: 1933480106120 pages | File size: 75.Mb

Editha Hearn : You Are as Young as Your Spine (BB Personal Wellness (Hardcover)) before purchasing it in order to gage whether or not it would be worth my time, and all praised You Are as Young as Your Spine (BB Personal Wellness (Hardcover)):

You Are as Young as Your Spine is written for all those who suffer from back problems, and the neck pain, rheumatism, sciatica, and other pain they cause. Editha Hearn explains scientifically, though in plain language, why these problems are so common and why the origin of backache is usually related to the spine. Hearn tells how to recognize the early warning signs of spinal disc trouble and how to relieve and prevent disc problems by taking care of your spine through a series of Corrective Movements. These simple movements take about one minute and should be done at least three times a day, especially when the spine begins to feel tired, stiffen up, or ache. Hearn also recommends exercises designed to strengthen the trunk muscles, which take ten minutes a day and are done in bed with full back support. Among the other valuable features of this book are the several chapters of practical information about how to avoid or ease back pain in daily life: while sitting at a desk, driving a car, carrying packages, lifting a child, or lying in bed.

About the Author Editha Hearn is a physical therapist who for more than twenty years directed her own clinic. A member of the Chartered Society of Physiotherapy, she trained under Dr. James Cyriax, considered to be the father of modern orthopedic medicine, who believed that the disc was the cause of almost all cervical, thoracic, and lumbar pain.