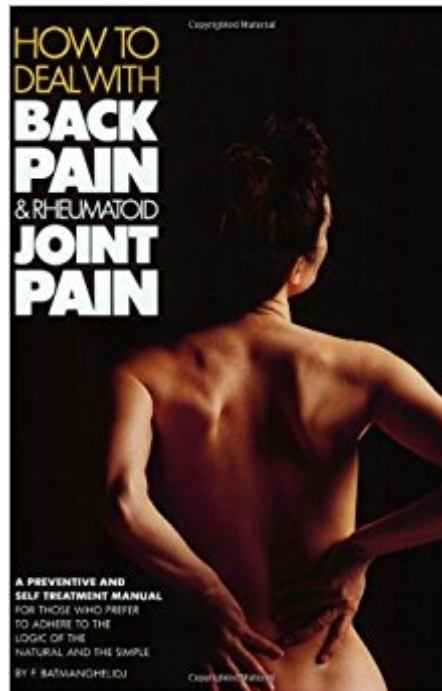




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# How To Deal With Back Pain And Rheumatoid Joint Pain



## Synopsis

This educational and preventive treatment manual gives you easy-to-use techniques for relieving chronic back pain and rheumatoid joint pain. This new approach to prevention and treatment of back pain is simpler, inexpensive, less dangerous and more effective.-- Learn the vital information on the mechanics behind your spinal column, the role of the disc and its needs for water-- Learn the simple body movement that will promote fluid circulation in the disc spaces the twill result in relief of back and sciatic pain

## Book Information

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## Customer Reviews

Dr. Batmanghelidj received his formal medical education at St. Mary's Hospital Medical School of London University. He provides for the layman a clear and comprehensive book on the origins of chronic pain. His clinical and scientific research exposes, for the first time, that recurring "chronic pains" are a signal system of the body indicating severe general or local dehydration. Most of these pains can be relieved simply by drinking water. Instead, however, the patient often receives costly pharmaceutical medications which treat rather than cure. In this book, back pain and rheumatoid joint pain as indicators of local chronic dehydration are explained. The mechanisms involving the important role of water in holding the spinal column together are discussed. Based on years of detailed study of the human anatomy and the science of physiology, Dr. Batmanghelidj has devised a new exercise approach for the successful hydration of the disc core, the retraction of the displaced discs, and immediate relief of pain, even sciatica. These exercises are clearly explained

and demonstrated, and may be the only way to save yourself from the surgeon's knife. This book is unlike any other "how-to" book on the market. It is an instructive presentation about the very simple way of finding comfort and relief from two of the most commonly occurring pains of the body low back pain and rheumatoid joint pain.

The book explains simply and professionally for the layman what back pain is. An important book, extraordinarily useful...the sort of news that could change your life. No kidding. Dr. Batmanghelidj has really got hold of something.

I've had 2 surgeries in the past four years for my back/neck pain. Beforehand I could not even put a pair of socks on without screaming in pain. The procedure in this book is the most incredible and amazing thing I've ever done for my body.... spent hundreds and thousands of \$\$\$\$ for 'fixing' my back. This is your answer. DO IT..... TRY IT.... Amazing. I think God every day this book was given to me!!! 5\*\*\*\*\*s

The exercise in this book were a miracle. I had severe sciatic pain and this book changed my life back to normal. I have had a disc removed and still had sciatic pain. This book has helped. I still have sciatic pain about 4 or 5 days a month but I can do these exercises and by the next day I feel good again. I highly recommend this book to anyone that is trying to live with back pain.

This is an older book . In my case it explained the pain well and by following the very simple exercises described in the book I was quickly relieved of pain. Over the years I have given several copies of this book away because it helped me. However I always keep a copy in case I get in trouble again I would not want to be without one.

I have read other books by this author and they are AMAZING! The water books will change your life. I ordered 3 of these for family members who have back problems. I was also impressed by the many, many excellent reviews on this book.

The best thing I learned was about water. I am totally satisfied and have already recommended this book to friends. A friend told me about it. Love the exercise part also. Thanks very much.

Another helpful, informative book from Dr. Batman. Understanding the mechanics of how your spine

works helps to make the necessary changes needed to be free of pain. It takes work but it does work.

Anyone who suffers or ever suffered from Sciatica needs to read this, do the exercises and stay with them. It is fast, clear and it works! Thank you Dr. F. Batmanghelidj for your great work!

Impressed with the premise, makes a lot of sense. I had read many years ago about the necessity of water, but this book really brings the point home. I know no one that drinks as much water as they should, and honestly, it only makes sense to drink lots and lots of water to keep everything working as it should. Book also includes some very effective lower back exercises that work. Glad I bought it.

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