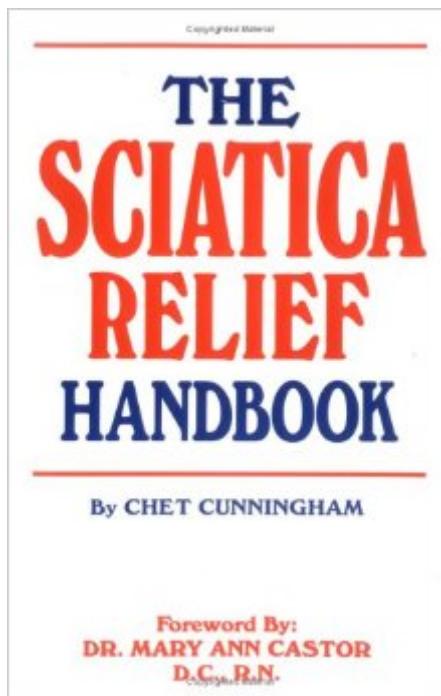


The book was found

The Sciatica Relief Handbook



Synopsis

Contains the latest information on Sciatica - what causes symptoms, how to best treat them and ways to prevent future problems. Book gives specific facts on all-natural alternative and medical treatments for fast and lasting relief without the use of drugs. Book is written in easy to understand language and contains numerous illustrations for recommended exercises.

Book Information

Paperback: 261 pages

Publisher: United Research Publishers (June 1997)

Language: English

ISBN-10: 1887053093

ISBN-13: 978-1887053099

Product Dimensions: 8.5 x 5.3 x 0.5 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.0 out of 5 starsÂ [See all reviewsÂ \(42 customer reviews\)](#)

Best Sellers Rank: #218,172 in Books (See Top 100 in Books) #43 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #44 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #41424 inÂ Books > Textbooks

Customer Reviews

Let me start off by saying thanks to DLEAKELLER who wrote the review that says - try Dr. Sarno's book on healing back pain. THANK YOU, THANK YOU, THANK YOU!!! If it wasn't for your review I would never have looked at the book seriously. I had sciatica pretty bad for 1 and 1/2 years. I found some relief from taking 4 ibuprofens once or twice a day (for months), but didn't want to live that way. My local MD quickly diagnosed sciatica with the straight leg lift test - steroids and PT didn't help. The chiropractor managed to move the pain after my first visit (Sarno's book talks about this) - it turned into what felt like electric shocks running down my leg while laying on a bench for some weight lifting and I thought that was a big improvement! He disagreed. Finally I got so desperate I did some online research and ended up here in . Searched for sciatica, and bought 3 books.

Fishman's book and Cunningham's book were pretty standard fare. You know, strengthen your back, do these exercises, don't bend your back while lifting, blah, blah, blah. Luckily for me, someone else was kind enough to share their knowledge by mentioning Sarno's book in their review of the Cunningham book. I had noticed Sarno's book in the ads off to the side and immediately ignored it. Come on, how can your mind heal your back! Despite the hokey, holistic sounding

description, this BOOK CURED ME!! I know, it sounds crazy. Read some of the 213 REVIEWS on the book. I'll just be repeating what most of them have to say. I read the book and I was a classic example (as are probably the vast majority of middle aged, pretty normal/responsible folks with kids, jobs, etc who also have a bit too much emotional stress which can manifest itself as sciatica). My improvements were dramatic and fast!

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Sciatica Exercises & Home Treatment: Simple, Effective Care For Sciatica and Piriformis Syndrome
The Sciatica Relief Handbook Sciatica: Low Back Pain Relief Once and For All (Super Spine)
Inversion Therapy: Relieve lower back and sciatica pain, improve posture, and revolutionize your health
Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes) Naturally
Sinusitis Relief FAST: Top effective home remedies to instantly stop sinus infection: - A quick read and easy steps for headache relief & nasal treatment - Simple treatments guarantee Emergency
Relief System Design Using DIERS Technology: The Design Institute for Emergency Relief
Systems (DIERS) Project Manual The Entered Apprentice Handbook, The Fellow Crafts Handbook, The Higher Degrees Handbook, and The Master Mason's Handbook The Beginner's Handbook of
Woodcarving: With Project Patterns for Line Carving, Relief Carving, Carving in the Round, and Bird
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