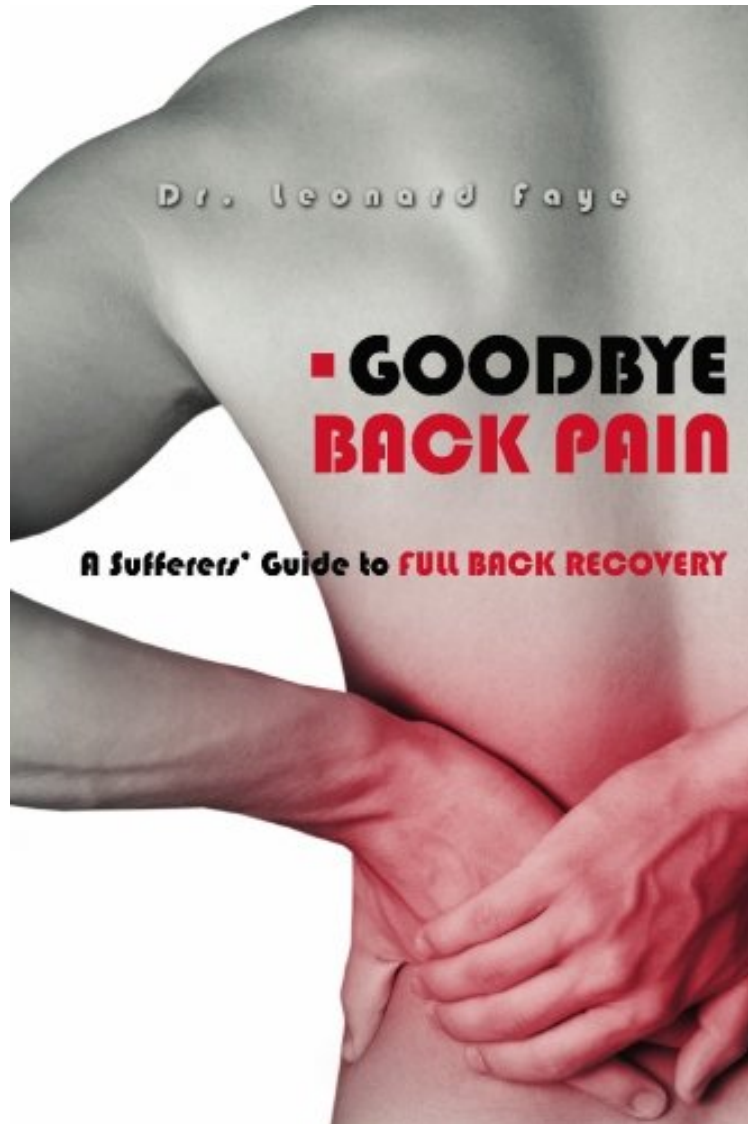


## Goodbye Back Pain: A Suffers Guide to Full Back Recovery and Future Prevention

*Leonard J. Faye D.C.*

*ebooks | Download PDF | \*ePub | DOC | audiobook*



DOWNLOAD



READ ONLINE

#2397357 in Books BookSurge Publishing 2008-06-24 2008-06-24 Original language: English PDF # 1 9.00 x .33 x 6.00l, .45 #File Name: 1419691449146 pages | File size: 59.Mb

**Leonard J. Faye D.C. : Goodbye Back Pain: A Suffers Guide to Full Back Recovery and Future Prevention**  
before purchasing it in order to gage whether or not it would be worth my time, and all praised Goodbye Back Pain: A Suffers Guide to Full Back Recovery and Future Prevention:

0 of 0 people found the following review helpful. Informative and very helpfulBy Heather FayeGreat book.....easy to read, easy to understand. Educates you about the different types of back pain and different professionals that treat it.

You can make an informed decision about what you would like to do and who you would like to treat your pain. 2 of 3 people found the following review helpful. Gratitude By William Pickett I suffered for two years with acute lower back pain. Many days I could not walk at all. I went to a bunch of chiropractors, without success. Then, about the time I found a good sports medicine chiropractor, I also found this book. I did not need surgery. I needed to stretch, and this book showed me the way. I have been pain free ever since. No drug, no surgery. This book shows you how to determine if surgery is necessary, and what to do if it is not. I stretch every day for about 1 minute, and my back does not bother me at all. I am still, to this day, amazed that such an effective remedy could be so simple. 1 of 2 people found the following review helpful. Excellent Resource for Helping Yourself By J. Peach I have been in Dr Leonard Faye's care for over a year: treatment for shoulder, neck, and hip issues. Because of his experience, his never-ending quest for knowledge to advance his profession, and his true joy in helping people, I have been able to avoid surgery. If you follow his guidance in this book, you'll be able to help yourself quite a bit. But you will also find his guidance on selecting professional care as invaluable. Don't settle for anything less than he recommends. You deserve the best result for your own health and well-being.

Anyone who suffers with back pain needs to know their correct diagnosis. This book allows the reader to determine their problem through a series of yes and no questions coupled with physical tests. Subsequent chapters make sure the sufferer understands the treatment possibilities and the practitioners that provide them. Home treatment, exercise, stretching and relaxation techniques are all discussed. Going under the 'blade' should always be a treatment of last resort. Goodbye Back Pain tells you how to avoid surgery and alleviate back pain in a sensible straight forward manner. Goodbye Back Pain is a great investment when compared to the tens of thousands of dollars one may spend on back surgery. Goodbye Back Pain also shows you how to prevent back pain. Tailor made for the millions who are prone to back ailments; this book simplifies and takes the mystery out of back pain suffering.

"He begins with an explanation of the spine's construction and mechanics, and then delves into the four main causes of back pain---mechanical, degenerative, systemic and stress-induced. The author then explains what each cause entails and how it develops; allowing the reader to peg what ails them." -- Kirkus Discoveries "The book is loaded with helpful diagrams of back anatomy and proper stretching techniques. Faye's thorough, step-by-step approach combined with this confident yet alternative theories make this a valuable guide for those with back conditions." -- Kirkus Discoveries "The book takes patients' right-to-know further, it's aim to empower back- pain sufferers so that they can escape the trap of impatient and unsympathetic doctors and better diagnose themselves, hopefully discovering more successful styles of treatment." -- Kirkus Discoveries Methodical and compassionate, a boon for back pain sufferers..." -- Kirkus Discoveries About the Author For more than 45 years, Dr. Leonard John Faye has led the transformation from the static, faith-based phase of chiropractic development, to the dynamic, functional evidence based paradigm. The author of a text book, chapters in recent text books, hundreds of published articles; Dr. Faye has organized previous technique chaos into a biomechanical model. In addition to his published writing, Dr. Faye has also presented more than 300 seminars all over the world and delivered lectures to undergraduate and postgraduate students since 1967. Leonard John Faye graduated from Canadian Memorial Chiropractic College in 1960, and is in active practice to this day. He practiced in England 15 for years, Canada for 11 and USA 22 years. He was the first chiropractor to be appointed by the Canadian Track and Field Team for the Olympics in 1984, held in Los Angeles. He is a founder member of the prestigious, multi-disciplinary American Back Society. He co-authored Motion Palpation and Chiropractic Technique a text book used in the Chiropractic colleges today. He is married to Bernadette and they have 3 children; Dr. Heather, also a successful practicing chiropractor, Alan; a designer and Michael; a photographer.