

**STOP HARMFUL SURGERY. BACK PAIN: A NEW  
APPROACH AT LAST**

**Alysse Jovel**

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Dr. Altrocchi, a low back pain MD-expert, directs his book to the million people who have had, now have or will have lumbar back pain. The traditional.

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I grabbed my nearby cell phone and called the campus nurse. The best candidates for surgery are patients whose pain derives from a specific, identifiable source—such as a tumor or an infection. Instead most treatments studied—whether pills, push-ups or acupuncture—help some people cope with their pain but fail to help .

A street map for defense and effectiveness offer the entire physique of info. It's not your fault if you lack self-discipline. Much of this research focuses on well-rounded fitness regimens, designed by a physical therapist to suit the patient's goals and often incorporating both cardiovascular and strength training. The ultimate self-care road map for headache elimination and a pain free upper body!

In July a team at the Boston Medical Center and others published findings from a book is easy to understand by the non-medical person. Get fast, free shipping with Amazon Prime.