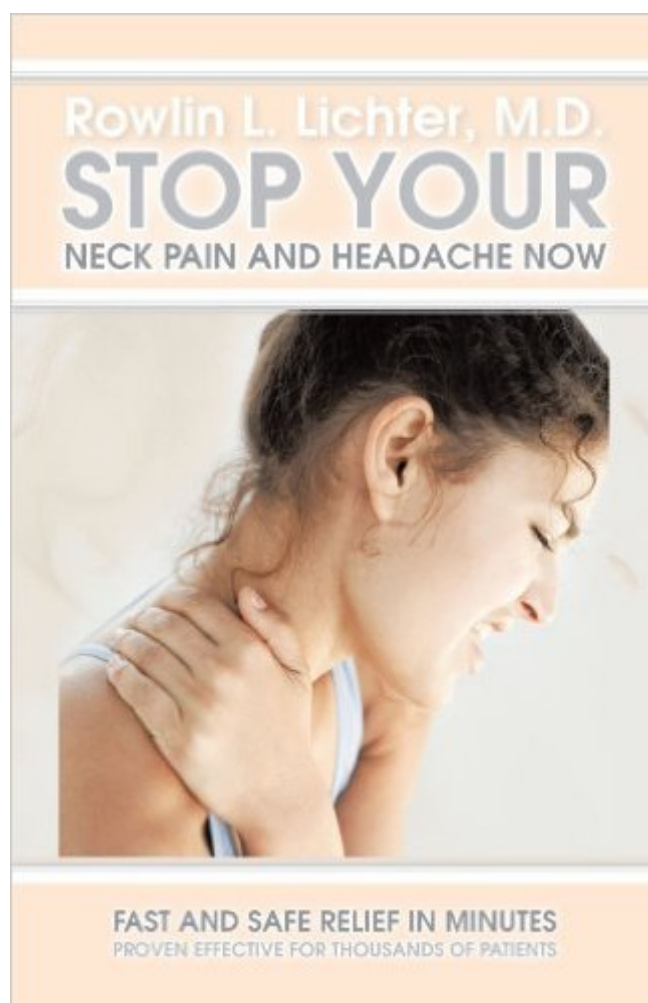


The book was found

Stop Your Neck Pain And Headache Now: Fast And Safe Relief In Minutes Proven Effective For Thousands Of Patients



Synopsis

Stress is the leading cause of neck pain-and popping a pill is not the answer. Using the tools and techniques taught here, you can prevent neck pain and headaches in just minutes a day. Author Rowlin L. Lichter, M.D., is a board-certified orthopedic surgeon who shares step-by-step instructions on how you can stop your neck pain and headaches simply, quickly, and easily. Dr. Lichter has created a system of easy exercises that have provided permanent relief to 85 percent of the patients who tried them. Now this cure is yours without a prescription! These techniques have been developed with the help of physical therapists at Chart Rehabilitation in Hawaii, with continuing success. Knowledgeable doctors and therapists worldwide have adopted these methods. Dr. Lichter also explores complementary and alternative medicine (C.A.M.) therapies, like acupuncture and many kinds of massage and shiatsu, which can give temporary relief. Since most neck pains are transient, that may be all the help you need. He also offers his professional opinion on which treatments, products, and "miracle solutions" to avoid. These exercises offer permanent relief from more serious neck pain and can be an important upgrade to any healthy lifestyle.

Book Information

Paperback: 132 pages

Publisher: iUniverse (October 25, 2011)

Language: English

ISBN-10: 1462045782

ISBN-13: 978-1462045785

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,000,102 in Books (See Top 100 in Books) #23 in [Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache](#) #788 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #1798 in [Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation](#)

[Download to continue reading...](#)

Stop Your Neck Pain And Headache Now: Fast and Safe Relief in Minutes Proven Effective for Thousands of Patients Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) 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 Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Living in "The Now" in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness How to Quit Smoking Now :The Natural, Fast, and Easy Way: (A Step by Step Process on How to Stop Your Smoking Addiction Now) Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs 3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) The 15 Minute Neck Release: Learn How to Quickly Relieve Neck Pain and Stiffness of a Friend or Loved One

[Dmca](#)