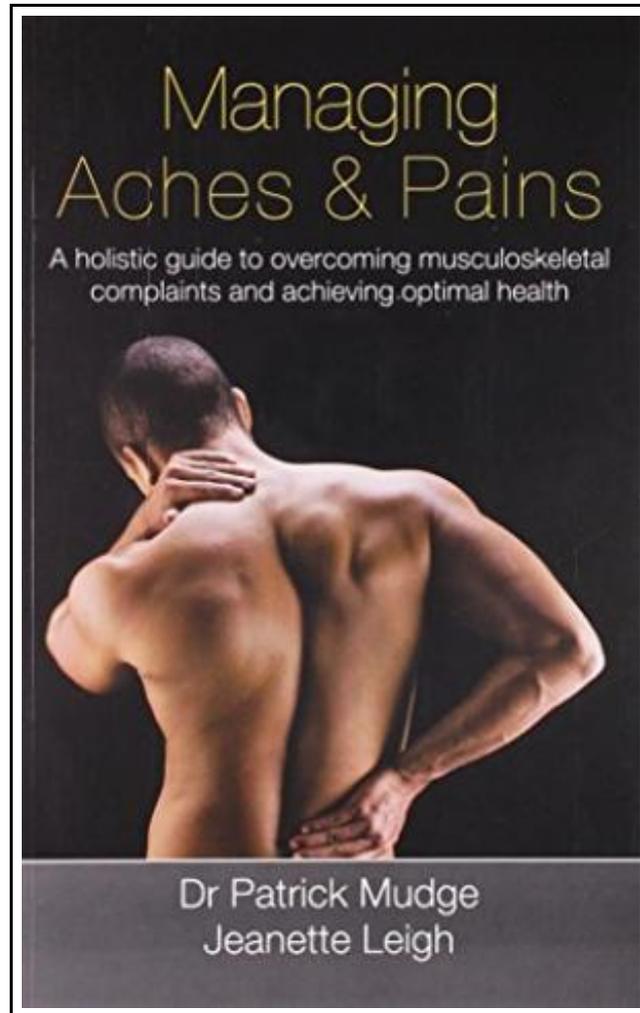


## Managing Aches & Pains: A Holistic Guide to Overcoming Musculoskeletal Complaints & Achieving Optimal Health



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B Jain Publishers Pvt Ltd. Paperback. Book Condition: new. BRAND NEW, **Managing Aches & Pains: A Holistic Guide to Overcoming Musculoskeletal Complaints & Achieving Optimal Health**, Patrick Mudge, Jeanette Leigh, Pain troubles hundreds of millions of people with musculoskeletal disorders world wide. Aches and pains are such a chronic problem that the United Nations dedicated a whole decade 2000 2010 to awareness, declaring it the Bone and Joint Decade. This book reveals a myriad of proven chronic pain solutions that don't involve popping pills! Our modern life causes more aches and pains than ever before, and the solution goes beyond simply dealing with symptoms through medication or stoicism. The authors have created an outstanding resource for both the general public and health professionals, offering timely advice on overcoming musculoskeletal complaints and staying healthy. Regardless of age, understanding more about how our body works, what it needs to be healthy, and what to do when things go wrong, gives us all a better chance of realising our physical potential and getting more out of life, says Dr Mudge. Today's lifestyles can be very damaging. Stress, lack of exercise and poor posture are all taking their toll. More and more people are experiencing aches and pains as a result. Our book provides hundreds of solutions to negate and prevent aches and pains and foster wellbeing, Leigh says. The book provides: A comprehensive and easy to read view of the extraordinary workings of the body; Advice about nutrition, exercise, lifestyle and sleep; Information about the many painful and debilitating conditions of the body's musculoskeletal structures; Explanations of holistic methods of treatment and prevention along the way; This comprehensive resource provides great advice regarding the best remedies and therapies to seek.



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