



Sciatica No More: A Comprehensive Guide to Sciatica Causes, Symptoms, Treatments, and a Holistic System of Natural Remedies for Sciatica Pain Relief (Paperback)

By Pamela H Royal

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 198 x 122 mm. Language: English . Brand New Book ***** Print on Demand *****. I woke up one morning and could not get out of bed - literally. Every time I attempted to raise myself to a sitting position, pain shot through my lower back and into my left hip and buttock. Does this sound familiar to you? That was 6 years ago when I first experienced the shocking sciatica pain. Horror could not begin to describe how I felt that day. For the next 12 weeks I went through hell and back. Through a series of non-surgical treatments, exercises, and stretches, I have been back pain free have not needed to see a healthcare professional for sciatica since then. I continue to care for my back with stretching, walking and sometimes back strengthening exercises. Oh, and every now and then, I also treat my back to spinal decompression at the chiropractor s office. The single most important thing I learned through my ordeal with sciatica is that there is no way any doctor can tell every patient everything he or she needs to know and, unfortunately, most...



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Reviews

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-- **Ervin Crona**

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