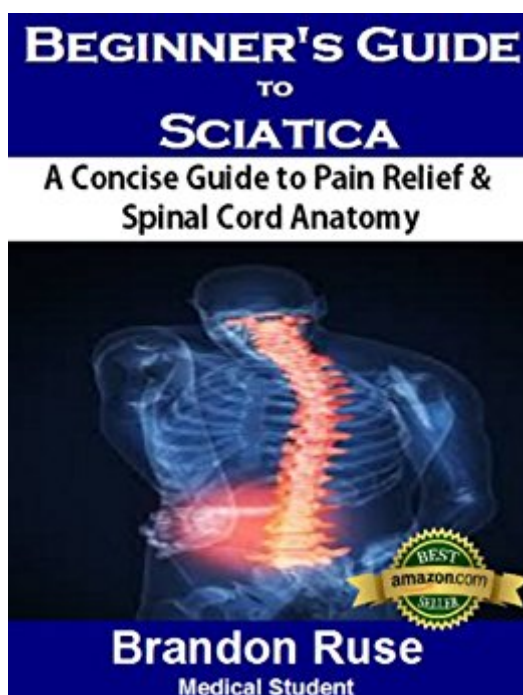


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Beginner's Guide To Sciatica Pain Relief: A Concise Guide To Pain Relief & Spinal Cord Anatomy



Synopsis

Do you Want To Prevent Sciatica Pain? Learn About Sciatica & Pain Relief Best Selling Author and Medical Student- \$2.99 For a Limited Time. Get a Copy Today! This book is focused on providing you a good introduction into Sciatica, statistics of pain, and weight loss/food options. Inside you'll learn the following: How To Lower Cholesterol All About Sciatica Symptoms All About The Spinal Cord How to Lose Weight Easily Exercise Tips and Tricks to Relieve Back Pain *ËfËfËf* Here's What You Get: WHY YOU SHOULD READ THIS BOOK Statistics on Sciatica What is Sciatica, Anyway? Risk Factors for Sciatica How is Sciatica Diagnosed? Prognosis of Sciatica SECTION 1: The Spinal Cord & Somatosensory Tracts Organization of the Spinal Cord Organization of Cross-Section of Spinal Cord The 5 Spinal Senses of the Dorsal Column Pathway Symptoms of Lesions of the Dorsal Column Pathway Pain & Your Spinal Cord: The Spinothalamic (Pain) Pathway What are the Types of Pain? Theories of Pain Pain Medication SECTION 2: Sciatica & Your Nerves Understanding How Your Nervous System Works What Causes Sciatica? Cholesterol & Why It Can Cause Disease How to Lower Your Cholesterol Easily 100 Fat & Cholesterol Shredding Foods Primer on Your Body pH- Acidity & Alkalinity Treatment of Sciatica Managing Portion Sizes Exercise Tips & To Improve Heart Health & Weight Loss Lower Back Flex Stretch Sciatic Mobilizing Exercise Super Back Extending Exercise Exercise Tips When Recovered from Sciatica Muscle Anatomy & Core Exercises Disclaimer About Medical Information: ABOUT THE AUTHOR Scroll up and grab a copy today.

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