



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

By Patrick Mudge, Jeanette Leigh

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...



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