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The Pain Cure Rx presents an alternative model of treatment—the Yass Method—that can resolve pain quickly and effectively without surgery or medication.

The Pain Cure Rx

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international epidemic - an estimated one billion people across the globe suffer every day. And, what Dr. Mitchell Yass has found over his 20-year career is that many of these people suffer needlessly. While the current medical...

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The Pain Cure Rx presents an alternative model of treatment—the Yass Method—that can resolve pain quickly and effectively without surgery or medication. In the medical community today, most chronic pain is attributed to a structural problem, such as a herniated disc, a meniscal tear, or arthritis.

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In *The Pain Cure Rx*, Dr. Mitchell Yass presents the Yass Method, an alternative model of treatment that can resolve pain quickly and effectively without surgery or medication. While working with more than 14,000 patients, Dr. Yass realized that many cases of chronic pain are the result of misdiagnosis and thus improper treatment.

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The Pain Cure Rx presents an alternative model of treatment—the Yass Method—that can resolve pain quickly and effectively without surgery or medication.

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The Pain Cure Rx | Mitchell Yass | 9781401947248 | NetGalley

The pain mechanism must be considered to optimize exercise prescription in patients with different chronic pain profiles. The main message of this article is that low to moderate intensity global exercises performed for a long period of treatment should be performed in patients with nociplastic pain ...

Prescription of exercises for the treatment of chronic ...

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Are you struggling with chronic pain? You're not alone: an estimated one billion of us across the globe suffer chronic pain every day. And what Dr. Mitchell Yass has found over his 20-year career is that many of us suffer needlessly. While the current medical model for treating pain isn't helping, there is hope. The Pain Cure Rx presents an alternative model of treatment - the Yass Method - that can resolve pain quickly and effectively without surgery or medication. In the medical community today, most chronic pain is attributed to a structural problem, such as a herniated disc, a meniscal tear, or arthritis. But Dr. Yass has found that in about 90 percent of cases, the cause is actually a muscular weakness or imbalance - a condition that's easy to treat on your own. The Yass Method, developed through his work with more than 14,000 patients, focuses on finding the true source of the pain and then using simple exercises to find lifelong relief. Dr. Yass looks at the most common areas where people experience pain; lays out simple tests that examine things like range of motion, walking patterns, and posture; and teaches you to use this

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information, rather than invalid diagnostic tests, to determine whether your pain is muscular or structural. If it is structural, you can choose surgery, knowing that the outcome will likely be good. But if the pain is muscular, you can use the easy, step-by-step exercises and routines Dr. Yass offers to get the pain resolution you're searching for. Many of the people Dr. Yass has treated came to him as a last resort before surgery or as a follow-up after surgery that didn't resolve their pain. Many of them had been told that they would have to manage their pain with drugs for the rest of their lives, or, worse, that there was nothing left to try; they would simply have to live with the pain. This revolutionary book shows that, in most cases, this simply isn't true - and empowers you to create a pain-free life.

Are you struggling with chronic pain? You're not alone: an estimated one billion of us across the globe suffer chronic pain every day. And what Dr. Mitchell Yass has found over his 20-year career is that many of us suffer needlessly. While the current medical model for treating pain isn't helping, there is hope. The Pain Cure Rx presents an alternative model of treatment - the Yass Method - that can resolve pain quickly and effectively without surgery or medication. In the medical community today, most chronic pain is attributed to a structural problem, such as a herniated disc, a meniscal tear, or

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Chronic pain has become an international epidemic -an estimated one

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billion people across the world suffer every day. Dr. Mitchell Yass, author of *The Pain Cure Rx*, presents an alternative model of treatment that can resolve pain quickly and effectively without surgery or medication. In his more than 25 years of clinical experience, Dr. Yass has found that about 90 percent of chronic pain that is attributed to structural problems (e.g., herniated disc, stenosis, or arthritis) is actually caused by a muscular weakness or imbalance—all of which stems from the muscles' inability to respond to the forces created while performing everyday functional tasks. In *The Yass Method for Pain-Free Movement*, Dr. Yass focuses on enabling you to perform necessary and normal functional tasks without pain or discomfort. From daily life at home to work to play to travel to sleep, Dr. Yass identifies and provides easy-to-do stretches and exercises for the muscles that you need to strengthen and keep balanced for a satisfying, pain-free life.

Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain—and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this *New York Times* bestseller, Dr. Sarno teaches you how to identify stress and other

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psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

The New York Times bestselling guide to a healthy and pain-free life. Musculoskeletal pain disorders have reached epidemic proportions in the United States, with most doctors failing to recognize their underlying cause. In this acclaimed volume, Dr. Sarno reveals how many painful conditions—including most neck and back pain, migraine, repetitive stress injuries, whiplash, and tendonitis—are rooted in repressed emotions, and shows how they can be successfully treated without drugs, physical measures, or surgery. "My life was filled with excruciating back and shoulder pain until I applied Dr. Sarno's principles, and in a matter of weeks my back pain disappeared. I never suffered a single symptom again...I owe Dr. Sarno my life." - Howard Stern

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Prescription for Nutritional Healing is the nation's #1 bestselling guide to natural remedies. The new fifth edition incorporates the most recent information on a variety of alternative healing and preventive therapies and unveils new science on vitamins, supplements, and herbs. With an A-to-Z reference to illnesses, updates include: How omega-3 and exercise may help those suffering from Alzheimer's Current information on the latest drug therapies for treating AIDs What you need to know about H1N1 virus Nutritional information for combating prostate cancer Leading research on menopause and bio identical hormones And much, much more In the twenty years since the first edition was released, the natural health movement has gone mainstream, and the quest for optimal nutrition is no longer relegated to speciality stores. With more than 800 pages of comprehensive facts about all aspects of alternative ways to wellness, Prescription for Nutritional Healing, Fifth Edition, unites the best of age-old remedies with twenty-first-century science.

Back pain relief "In a few days I could go back to work!"-- K.W.
"Straight to the point Back Pain relief advice"--Marjoleina

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"Excellent! slant on relief is quite different than most.. that is why I like it" -- HuffandPuff Amazon #1 Bestseller! Back pain is a total pain! You lie in bed and do nothing. Does that ring a bell? You go see doctors and experts. They may tell you to spend even more time in bed, prescribed prescription painkillers, and maybe you have to go under the knife for surgery! Can you imagine that? Now you find yourself not fully functioning, and need pain meds just to get by. You saw yourself in fine shape. However now you see a disability, it affects concentration, performance at work and \$, quality time with your family has been diminished. Just ask your partner. How's your sex life look? Imagine massive drugs and surgery for back pain management. If you don't Find a back pain cure, how do you think you will feel in the next 5, 10 or 20 years? There will be some work on your part, however most people find the enclosed back pain exercises and suggestions easy enough. You could learn a lot on how to free yourself from back pain now with this method. Just imagine if you could completely eliminate the pain forever. How would you feel? Imagine what it would be like in the next few weeks or months to get healthier than before. There is new ideas any different approach here. Look you could just keep battling the back pain and living on painkillers. How does this sound? You could spend time and money and figured out for yourself with the experts. Or better yet. Would it be helpful if there was a simpler way

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for back pain management? And you could learn the information on what to do in just one day! Let me ask you question, would you take the healthy shortcut and do the smart thing if there was a back pain cure available? That's me in this book, I combined my back pain remedies knowledge here. Sound good? Let me give you a taste of what's inside. A position that will give relief in 45 minutes. Can you imagine that? 4 easy stretches, that will take away pain forever. How would that feel? Simple things you can do that costs nothing, doctors won't say. Sound good? Must know, Choices, you may never have heard of before. They will greatly improve your overall health. Would you like to change your life forever? Back pain treatment Video series included that gives you step-by-step how to. Would that make it easier for you? I worked out regularly. When I woke up one morning in agonizing pain and could not even get out of bed. The back pain was so intense it was difficult to breathe and even think. I knew there was something terribly wrong. The back pain exercises came about because of that excruciating morning. Something was missing from my health regime. With 30 +years of physical activity, training and some other professionals contacts I put together a back pain treatment routine. In one week without drugs or even a doctor's visit I was happily back at work! You will see that this back pain management book is about four basic simple to implement stretches. That will allow you to start

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feeling back pain relief in 45 minutes. This method can have permanent back pain relief without the use of doctors drugs or surgery. click on the cover above "look inside" before you buy. Amazon Prime members can borrow this for free! Back pain relief, treatment, exercises, management, cure and remedies can be yours just click on the button and get started now!

Peace, Power and A Sound Mind will offer the alcoholic or addict and those that love them and understanding of addiction and the tools to return to a life of health, happiness and peace of mind.

Back pain relief "In a few days I could go back to work!"-- K.W.
"Straight to the point Back Pain relief advice"--Marjoleina
"Excellent! slant on relief is quite different than most.. that is why I like it" -- HuffandPuff Amazon #1 Bestseller! Back pain is a total pain! You lie in bed and do nothing. Does that ring a bell? You go see doctors and experts. They may tell you to spend even more time in bed, prescribed prescription painkillers, and maybe you have to go under the knife for surgery! Can you imagine that? Now you find yourself not fully functioning, and need pain meds just to get by. You saw yourself in fine shape. However now you see a disability, it affects concentration, performance at work and \$, quality time with your

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family has been diminished. Just ask your partner. How's your sex life look? Imagine massive drugs and surgery for back pain management. If you don't find a back pain cure, how do you think you will feel in the next 5, 10 or 20 years? There will be some work on your part, however most people find the enclosed back pain exercises and suggestions easy enough. You could learn a lot on how to free yourself from back pain now with this method. Just imagine if you could completely eliminate the pain forever. How would you feel? Imagine what it would be like in the next few weeks or months to get healthier than before. There is new ideas any different approach here. Look you could just keep battling the back pain and living on painkillers. How does this sound? You could spend time and money and figured out for yourself with the experts. Or better yet. Would it be helpful if there was a simpler way for back pain management? And you could learn the information on what to do in just one day! Let me ask you question, would you take the healthy shortcut and do the smart thing if there was a back pain cure available? That's me in this book, I combined my back pain remedies knowledge here. Sound good? Let me give you a taste of what's inside. A position that will give relief in 45 minutes. Can you imagine that? 4 easy stretches, that will take away pain forever. How would that feel? Simple things you can do that costs nothing, doctors won't say. Sound good? Must know, Choices, you may never have heard of before.

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They will greatly improve your overall health. Would you like to change your life forever? Back pain treatment Video series included that gives you step-by-step how to. Would that make it easier for you? I worked out regularly. When I woke up one morning in agonizing pain and could not even get out of bed. The back pain was so intense it was difficult to breathe and even think. I knew there was something terribly wrong. The back pain exercises came about because of that excruciating morning. Something was missing from my health regime. With 30 +years of physical activity, training and some other professionals contacts I put together a back pain treatment routine. In one week without drugs or even a doctor's visit I was happily back at work! You will see that this back pain management book is about four basic simple to implement stretches. That will allow you to start feeling back pain relief in 45 minutes. This method can have permanent back pain relief without the use of doctors drugs or surgery. click on the cover above "look inside" before you buy. Amazon Prime members can borrow this for free! Back pain relief, treatment, exercises, management, cure and remedies can be yours just click on the button and get started now!