



Healthy Back Book

Astrid Pujari

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Eight out of ten Americans will suffer from back pain at least once in their lifetime: It's the second most common reason why people book a doctor appointment. Pujari and Alton offer a whole-body approach to healing, sharing information and tips from medical specialist, physical therapist, yoga and fitness instructors, and herbalist. The Healthy Back book offers varied and simple solutions for active individuals.

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