



Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan

By Fred Amir

Download now

Read Online 

Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir

This is the second edition of Rapid Recovery from Back and Neck Pain, originally published in 1999. This is a companion book to Dr. Sarno's Mind Over Back Pain, Healing Back Pain, and The Mind Body Prescription. It provides an easy and effective step-by-step plan based on techniques used by Olympic athletes.

Rapid Recovery from Back and Neck Pain Book is a unique and fascinating account of one man's search for a cure. You accompany the author as he searches, like a detective, for clues to solve the mystery of back and neck pain and share with him the joy of rapid recovery from months of pain and disability. You discover crucial research information as well as easy and effective strategies for rapid recovery. This book provides you the tools to design your own rapid recovery plan for a pain-free and active life.

Rapid Recovery from Back and Neck Pain features:

- . The revolutionary scientific discovery for the cause of most back, neck, and hand pain
- . Crucial medical research that you are not likely to learn from most doctors or chiropractors
- . The noninvasive university treatment program with a phenomenal success rate
- . Case studies of people who have recovered rapidly and avoided surgery, including those with herniated or bulging disc and carpal tunnel syndrome
- . Special section for designing your own rapid recovery plan
- . Fascinating information on related research from major universities

 [Download Rapid Recovery from Back and Neck Pain: A Nine-Ste ...pdf](#)

 [Read Online Rapid Recovery from Back and Neck Pain: A Nine-S ...pdf](#)

Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan

By Fred Amir

Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir

This is the second edition of Rapid Recovery from Back and Neck Pain, originally published in 1999. This is a companion book to Dr. Sarno's Mind Over Back Pain, Healing Back Pain, and The Mind Body Prescription. It provides an easy and effective step-by-step plan based on techniques used by Olympic athletes.

Rapid Recovery from Back and Neck Pain Book is a unique and fascinating account of one man's search for a cure. You accompany the author as he searches, like a detective, for clues to solve the mystery of back and neck pain and share with him the joy of rapid recovery from months of pain and disability. You discover crucial research information as well as easy and effective strategies for rapid recovery. This book provides you the tools to design your own rapid recovery plan for a pain-free and active life.

Rapid Recovery from Back and Neck Pain features:

- . The revolutionary scientific discovery for the cause of most back, neck, and hand pain
- . Crucial medical research that you are not likely to learn from most doctors or chiropractors
- . The noninvasive university treatment program with a phenomenal success rate
- . Case studies of people who have recovered rapidly and avoided surgery, including those with herniated or bulging disc and carpal tunnel syndrome
- . Special section for designing your own rapid recovery plan
- . Fascinating information on related research from major universities

Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir Bibliography

- Sales Rank: #185860 in Books
- Brand: Brand: Health Advisory Group
- Published on: 2002-11-01
- Original language: English
- Number of items: 1
- Dimensions: .66" h x 5.60" w x 8.44" l, .77 pounds
- Binding: Paperback
- 282 pages

 [Download Rapid Recovery from Back and Neck Pain: A Nine-Ste ...pdf](#)

 [Read Online Rapid Recovery from Back and Neck Pain: A Nine-S ...pdf](#)

Download and Read Free Online Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir

Editorial Review

Review

This book gave me a detailed action program. I recovered from sciatica, stenosis, and herniated disc and cancelled the surgery. -- *Allan J. Masison, Retired municipal accountant, Weymouth, Massachusetts*

This book has literally saved the life of one of my patients. Truly effective and logical. I highly recommend it. -- *Parvez Fatteh, M.D., Board Certified, Physical Medicine and Rehabilitation, Castro Valley, California*

This book will be an important addition to the literature on alternative medicine. Well researched and very readable. -- *Judy McConnell, Director, Health, Welfare, Work/life Programs, Office of the President, University of California*

About the Author

Fred Amir is the recipient of the University of California's Knowles Ryerson Award for Leadership, a registered environmental health specialist, and the founder and president of Health Solutions.

Health Solutions is a health consulting and educational firm specializing in empowering individuals with knowledge and strategies to maximize their innate abilities for better health. Fred's seminars, titled Rapid Recovery from Chronic Pain, The Road to Wellness, and Living by Design, have helped others recover rapidly to live pain-free and much healthier and happier lives. Fred has conducted seminars for University of California, Office of the President; CIGNA Group Insurance; Iowa State University; and other organizations.

Fred is an avid reader who believes in life-long learning and is a student of martial arts, having studied kenpo karate and tae kwon do. He lives with his wife and two children in the greater San Jose area.

Excerpt. © Reprinted by permission. All rights reserved.

Introduction

Rapid recovery from back and neck pain?! Sounds too good to be possible. But it is. I know, because I have experienced this phenomenon firsthand. After months of suffering from chronic pain in my back, neck, legs, knees, arms, and hands, and total disability-after months of going from one doctor to another with no cure in sight-I was able to recover within four days to live an active and productive life. Others with recurrent or chronic pain have also experienced this rapid recovery following the proven techniques described in this book.

This book provides you with the scientific research on the cause of most back, neck, and hand pain and shows how you can get rid of the pain quickly and easily. Those who have attended my seminars on rapid recovery from chronic pain and have applied these techniques have noticed significant improvements within a few hours to a few days, and complete recovery shortly afterward.

Skeptical? A healthy dose of skepticism is a good thing. I am very scientific-minded and skeptical myself. When I'm presented with new ideas and new possibilities, though, I do my best to keep an open mind-especially when it comes to my health. I ask you to do the same. Question what you read, but be open to new possibilities. The only way you are ever going to get well is to take charge of this debilitating condition, by learning all you can about it and being willing to take action. Indeed, knowledge is power!

If you suffer from chronic or recurrent back, neck, or hand pain, you know how difficult it can be to find a cure. If you are frustrated, as I was, by the ineffective treatments you have received and want to live a pain-free life again, this book will show you how. It takes you along on my search, like a detective's, for clues to solve the mystery of my back pain—a mystery because back pain baffles even doctors and surgeons who specialize in treating it. The frustrated patients of these back pain specialists, instead of getting answers or effective treatment, may hear: "Well, that's how back pain is!" Or worse: "You just have to learn to live with it."

In contrast, this book will tell you about the revolutionary discovery and treatment program from New York University and give you a nine-step rapid recovery plan made up of easy yet highly effective techniques used by Olympic athletes.

BACK FACTS KEPT SECRET!

If you have read the back-pain literature, you have probably come across the following facts:

- * Eight out of ten adults suffer from back pain at some point in their lives.
- * Back problems are second only to sore throat as this nation's most common ailment.
- * Nineteen million doctor visits are made for back pain annually.
- * Eight million new cases of back pain occur every year.
- * Back pain is the leading cause of work-related disability.

As I searched the medical literature for information on back pain, however, I discovered some very amazing statistics—statistics rarely found in books on back pain and usually not mentioned by back specialists. Did you know the following surprising facts?

- * "Surgery has been found to be helpful in only 1 in 100 cases of low back pain. In some people, surgery can even cause more problems." So concluded the Agency for Health Care Policy and Research of the U.S. Department of Health and Human Services after conducting a comprehensive study of more than 10,000 cases of back pain.¹ Even though I knew back surgery was not a very effective treatment for most people, I was a little shocked to learn that 99 percent of the time it fails to help patients.
- * "Injecting methylprednisolone acetate [cortisone] into the facet joints is of little value in the treatment of patients with chronic low back pain." This was the conclusion of a study published in *The New England Journal of Medicine*.² Researchers found no significant improvement in patients who received a cortisone shot compared to those who were given a shot of saline solution (salt water) in their facet joints or herniated discs!³
- * "Treatments [for whiplash-associated disorders] evaluated in a rigorous manner show little or no evidence of efficacy." This finding was the result of an exhaustive study conducted at McGill University.⁴

Researchers found treatments ranging from neck collar to traction to be of little or no value. ⁵

Even though these surprising facts have appeared in some of the most authoritative and prestigious medical journals, you will not learn this crucial information from most back and neck specialists, inside or outside the medical profession. Indeed, these treatments are used so widely that you may be shocked to learn that they don't work! So take a minute to read over these conclusions of respected medical experts again, to empower yourself to make better decisions regarding your treatment options and avoid ineffective surgeries and shots.

Why is it that conventional treatments fail to cure back and neck pain? Because, as *The New England Journal of Medicine* puts it, "Up to 85 percent of patients with low back pain cannot be given a definitive diagnosis."⁷ That's right—up to 85 percent! No wonder most of these treatments fail. As the saying goes, "Correct diagnosis is half the cure!" Without the right diagnosis, how can we expect an effective treatment? As you will see in this section, according to the published scientific research most of the common diagnoses

for chronic back pain are unfounded.

You can already see that this book is unique in its approach to back pain. But my aim in this book is not simply to help you avoid useless treatments. In addition, the book provides you with empowering concepts and effective techniques for a rapid and complete recovery. Just imagine being free of pain: moving freely without pain as your guide; sitting and sleeping comfortably; feeling young and healthy again. These are some of the many wonderful benefits I and many others have enjoyed, and I believe you will too.

Users Review

From reader reviews:

Traci Farris:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite e-book and reading a reserve. Beside you can solve your condition; you can add your knowledge by the reserve entitled Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan. Try to the actual book Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan as your close friend. It means that it can be your friend when you truly feel alone and beside that course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you far more confidence because you can know every little thing by the book. So , we should make new experience in addition to knowledge with this book.

Earline Shepler:

Reading a guide tends to be new life style on this era globalization. With reading through you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can easily share their idea. Books can also inspire a lot of people. A great deal of author can inspire their own reader with their story or even their experience. Not only the storyline that share in the textbooks. But also they write about the ability about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors these days always try to improve their ability in writing, they also doing some investigation before they write with their book. One of them is this Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan.

Williams Carter:

Many people spending their moment by playing outside along with friends, fun activity having family or just watching TV 24 hours a day. You can have new activity to invest your whole day by examining a book. Ugh, ya think reading a book can really hard because you have to take the book everywhere? It all right you can have the e-book, having everywhere you want in your Touch screen phone. Like Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan which is keeping the e-book version. So , try out this book? Let's find.

Ann Amos:

That book can make you to feel relax. This specific book Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan was vibrant and of course has pictures around. As we know that book Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan has many kinds or variety. Start from kids until youngsters. For example Naruto or Private eye Conan you can read and believe that you are the character on there. Therefore not at all of book are generally make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book in your case and try to like reading that will.

Download and Read Online Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir #ZISXM59ADEK

Read Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir for online ebook

Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir books to read online.

Online Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir ebook PDF download

Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir Doc

Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir Mobipocket

Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir EPub

ZISXM59ADEK: Rapid Recovery from Back and Neck Pain: A Nine-Step Recovery Plan By Fred Amir