



The Pain-Free Back: 6 Simple Steps to End Pain and Reclaim Your Active Life

Harris H. McIlwain, Debra Fulghum Bruce

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A pain-relief expert offers a comprehensive program for keeping your back healthy and minimizing the need for drugs and surgery

Four out of five adult Americans experience back pain at some point in their lives-it's the nation's third most common reason for surgery, the number-one occupational hazard, and the most prevalent cause of disability in men and women under age forty-five. Whether it results from injury, osteoporosis, or an unusually intense weekend golf game, back pain is a common cause of serious discomfort or even debilitation.

Dr. Harris H. McIlwain has devoted his career to bringing relief to sufferers of back pain and arthritis; in *The Pain-Free Back*, he reveals his six-step program for achieving and maintaining a healthy back. Nearly all of this pain can be controlled without surgery, and McIlwain addresses every aspect of this process, including

- o exercises to strengthen your back
- o lifestyle changes that reduce the stress on your back
- o touch therapies for soothing various types of back pain
- o tips for maintaining a healthy weight on a back-friendly diet
- o complementary and alternative medicines that will ease your pain naturally

This comprehensive guide diagnoses and explains back pain; more important, it shows you how to eliminate it without expensive medical procedures. Anyone who experiences back pain will find this an indispensable aid to recovering a full and active life.

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