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Quick & Easy
Strategies for
Keeping Your
Back Healthy
and Pain-Free

Smart Advice on the leading causes of back problems and the best ways to relieve the pain.

Smart Ways to stretch, exercise, and strengthen the muscles in your back.

Smart Tips on how today's leading medical techniques and therapies can make your back feel good again.

Carole Bodger



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Doesn't Have to Hurt Sanjay Gupta makes the empowering argument that there are effective options for relief that you can start practicing today to greatly reduce your chances of suffering pain tomorrow. The significance of reducing and even eliminating pain cannot be overstated. Gupta shows how pain carries an enormous amount of physical, social, and emotional baggage, which is in part why it has been so hard to treat and too often ignored. It can also present in infinite ways. Yet both patients and practitioners labor under the mistaken idea that most pain problems can be fixed with a drug or procedure. It turns out we have tremendous agency in choosing how we'll respond. The brain creates pain, but it also has the capacity to reduce or even eliminate it. There is more evidence than ever about the benefits of sleep, diet, and nutrition, mindfulness-based pain management, MBPM, myofascial and other hands-on treatments, as well as yoga, specialized psychotherapies, and even social prescriptions prompting more doctors than ever to focus on these solutions. Gupta runs the gamut of conventional and complementary approaches, including the technique known as Mobilization Exercise Analgesia Treatment, foam rolling, acupuncture, trigger point injections, and vital prehabilitation before any operation. He shares how to make sense of all those over-the-counter pills, patches, and pain products, as well as drugs advertised on television or prescribed by your doctors. He covers psychedelics, supplements, and CBD. And he highlights insights from some of the nation's leading pain scientists and specialists, plus stories of challenge and triumph over pain by those with lived experience. Gupta sorts through them all with his pain smart guide to a pain smart life. With expert guidance and a wealth of science-backed strategies, *It Doesn't Have to Hurt* is your ultimate resource for reclaiming your life from chronic pain and unlocking a future of lasting relief starting today.

Smart Healing: Integrating Artificial Intelligence into Physiotherapy Practices Ms. Mohammed Sheeba Kauser, Mr. Mohammed Bismil Jaffery, 2024-11-05

[The Smart Woman's Hormone Guide](#) Dr I Pearson, 2025-07-27 This is the clear science-backed hormone guide every woman deserves. From periods to menopause, libido to mood swings, this book explains what's really going on and what you can do about it. Written in plain English with optional deeper science sections, it covers supplements, painkillers, emotional shifts, and future tech. No fluff, no jargon, just practical support. If you've ever been told your tests are normal but you know something's wrong, this guide is for you.

A Smart Patient's Guide to Surgery Sammie L. Justesen, 2009-07 Written by the ultimate insider, a nurse with over twenty-five years of experience, this book provides the latest information on forty-four surgical procedures. In addition, the candid discussions of what to expect after surgery include positive and negative statements from patients who've undergone each procedure. This guidebook also includes simple explanations of medical tests, samples of common medical forms, and a glossary of medical terms.

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guide she shows you exactly how to achieve your weight loss goals and keep your spirit up by looking fabulous and feeling thin until the real thing kicks in Whether you are overweight and struggling with never ending diets or just trying to shed the five pounds you gained on vacation this book offers a year s worth of the sanest healthiest most tried and true weight loss tips around plus straightforward strategies for looking slimmer throughout the process from clothing and makeup techniques to posture improvements Learn to modify your habits substitute a Fig Newton for an Oreo discover new ways to get a little exercise powerwalk to the mailbox and have some fun along the way eat everything with chopsticks The 50 million Americans who diet each year know that losing weight can seem like an endless journey the hundreds of specific easy to use suggestions found here will shorten the trip

The Smart Woman's Guide to Midlife and Beyond Janet Horn, Robin Miller, 2008

Smart women understand that taking care of their health is essential to maintaining an active lifestyle This comprehensive guide shows you how to work with your body instead of against it to stay healthy and happy through menopause and beyond Written by two practicing doctors who have been close girlfriends since they met during medical training at the Johns Hopkins Hospital The Smart Woman s Guide to Midlife and Beyond includes the doctors own personal experiences patient stories from their medical practices and all the information you need to age with good health grace and humor Includes the information you need to Care for your whole body to prevent common diseases Learn which health issues are normal which are serious and what to do about them Overcome memory loss depression and anxiety Understand menopause and hormone replacement therapy Nourish and protect your skin and hair Choose the right vitamin supplements for you Find out whether or not treatments like massage and acupuncture will work for you Know when to share your concerns with your doctor or healthcare practitioner Create a personal Health Maintenance Schedule to keep your health on track The Smart Woman s Guide to Midlife and Beyond is a complete holistic and state of the art road map for any woman who is motivated to become a more effective steward of her health The authors relaxed personal and insightful style makes critical health information accessible This book is a must have for any woman inspired to improve her health trajectory Mark C Pettus MD FACP medical director of the Kripalu Institute for Integrated Healing and author of It s All in Your Head There is no doubt that women past the age of fifty have different health issues than younger women a fact often overlooked by many physicians These women need to know how to care for their maturing bodies Drs Horn and Miller explore the full spectrum of mature women s health issues in a candid conversational manner that integrates the body mind and spirit A much needed book Kevin Soden MD host of Healthline on Retirement Living Television I have often wished that there were a doctor in my family I could ask for health advice If you have shared this desire you ll love this book It s a practical insider s guide to what maturing women need to be thinking about and it s written as though the authors were concerned friends talking with you Drs Horn and Miller have superb training and years of practical experience caring for women patients It shows on every page of this excellent book Judge Glenda Hatchett star of the nationally syndicated television program Judge Hatchett The authors

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