

## Back Pain Relief (2nd Revised edition)



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### Reviews

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YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, Back Pain Relief (2nd Revised edition), Yang, Jwing-Ming, The Spine is the roof of all motion. Qigong Exercises can help eliminate back pain. This expanded second edition includes Qigong exercises that can restore the health of the spine. Some of the exercises are designed to heal a condition, others to help rebuild the strength of the joints, still others to help keep the back healthy and prevent further problems from developing and expedite your body's natural healing abilities. The exercises are simple to learn, enjoyable to practice, and can be performed sitting or standing. Ten exercises for both standing and sitting and 23 massage techniques to do alone or with a partner. Young or old, sedentary or athletic; it is likely that you will experience some sort of back pain injury in your lifetime. Since the spine is the root of all motion, a healthy back is vital to well-being. Although Western Medicine has made great progress in treating spinal illnesses and lower back pain; it has only limited success in actually healing it. Chinese Medicine, over the last four thousand years, has developed many of its own methods to treat spine problems, including Qigong exercises, acupuncture, massage, and herbal treatments. By doing Qigong exercises, you can effectively treat many cases of spinal illnesses and rebuild the strength of your torso which is the root of complete healing.

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