

Treat Your Own Spinal Stenosis

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what makes spinal cord injury so traumatic is the fact that while the body is immobile the brain is intact you know what is going on you know the full extent of the injury but because you can think because you are still the same person you can learn how to return to your life or begin anew education becomes your lifeline this important source book will guide you through the sometimes overwhelming maze of getting back it addresses your fears concerns and your questions with authority and compassion in simple easy to understand terms you will learn about the six major arenas you need to understand to recognize for optimum health and rehabilitation success you will learn the nuts and bolts of spinal cord injury rehabilitation from specific exercises to finding the best wheelchair for you and much more a resource you will refer to over and over again this handbook will become an invaluable tool for your rehabilitation your care and the rest of your life

includes summarized reports of many bee keeper associations

includes proceedings of the association papers read at the annual sessions and list of current medical literature

reflexology is a very effective form of foot massage that is increasing in popularity it is a specific pressure technique that works on precise reflex points that are to be found in the feet and hands that correspond with the different parts of the body this comprehensive introduction includes information on the following foot and hand reflex maps basic techniques including self treatment and illnesses and diseases and their associated reflex areas back cover

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