



# Heal Your Aching Back: What a Harvard Doctor Wants You to Know About Finding Relief and Keeping Your Back Strong (Harvard Medical School Guides)

*Jeffrey Katz*

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**Take back your health, your fitness, and your life**

This authoritative and comprehensive guide, written by a Harvard doctor who has struggled with back pain himself, will help you find the real cause of your problem--and the smartest way to treat it. This simple step-by-step program will show you how to:

- Get the right diagnosis for your type of back pain
- Find the most effective treatment, including complementary therapies
- Control pain through specific exercises, massage, and yoga
- Avoid surgery, prevent reinjury, and strengthen your back for life

Dr. Katz also gives you the most up-to-date information on chiropractic care, new pain medications, alternative physical therapies, and back surgery.



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real their pastime. They just do what the educator want, like asked to the library. They go to generally there but nothing reading significantly. Any students feel that reading through is not important, boring and can't see colorful photos on there. Yeah, it is being complicated. Book is very important in your case. As we know that on this time, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this Heal Your Aching Back: What a Harvard Doctor Wants You to Know About Finding Relief and Keeping Your Back Strong (Harvard Medical School Guides) can make you experience more interested to read.

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