

You Are as Young as Your Spine



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How to relieve and prevent backaches and other pain caused by spine problems through a program of soothing Corrective Movements and exercises with many helpful suggestions about the correct way to lie, sit, stand, walk, bend, lift, and carry.

EDITHA HEARN

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This book is written for all those who suffer from back problems, and the neck pain, rheumatism, sciatica, and other pain they cause. Editha Hearn explains scientifically, though in plain language, why these problems are so common and why the origin of backache is usually related to the spine.

作者介绍:

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