

# 8 Steps to a Pain-Free Back

"The greatest contribution ever made to non-surgical back pain treatment."  
—Helen Barkan, M.D., Ph.D., Neurology, MAYO CLINIC

## 8 STEPS to a PAIN-FREE BACK



*Remember When It Didn't Hurt*

Esther Gokhale, L.Ac.  
with SUSAN ADAMS

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Nearly 90% of American adults suffer from back pain, and the number continues to climb. Why does this condition affect so many people in the industrialized world, while in some countries only 5% of adults report back pain? In a quest to find the root cause

of back pain, Esther Gokhale studied at the Aplomb Institute in Paris and traveled to parts of the world where back pain is virtually unknown. Her research took her to remote Burkina Faso, rural Portugal, and fishing villages in Brazil.

What she learned in each of these places has changed the lives of thousands of people. Preserved in the movements of weavers, millers, and farmers in more traditional societies is ancient body wisdom that prevents pain and enhances health. For the first time, these insights have been brought together in a step-by-step guide designed to help those suffering from back pain re-educate their bodies and regain the posture for which our bodies evolved.

作者介绍:

艾斯特·戈卡莱一生都在关注综合治疗。她从小在印度长大，当她还是一个小姑娘的时候，她就帮助身为护士的母亲，照顾那些被遗弃的婴儿，直到他们被人收养。这一早年的经历促使她在哈佛和普林斯顿学习生物化学，后来又在旧金山的中医学学校学习针灸。在经受了第一次怀孕时难忍的背部疼痛以及失败的手术治疗后，她踏上了一生的背部疼痛治疗之路。她在巴黎的阿泼勒姆学院 (Aplomb Institute) 进行学习，并在布基纳法索、印度、葡萄牙和其他地方进行研究，最终发展形成了戈卡莱法。过去15年里她一直在她创办的帕罗奥图健康中心教授这种方法。

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标签

健康

戈卡莱

评论

很多好的运动建议，alignment的讲解和照片。需要很多时间去实践。

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用了非常详细的图示，解释正确的坐姿，睡姿，走路方式。

posture correction

上了30就开始保养各种零件。有效的身体姿态可以立马缓解各种僵硬疼痛。

Gokhale Method

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## 书评

戈卡莱法是近几年来在美国兴起的一种简单实用的保守治疗腰部疼痛的方法，它通过帮助人们调整体态，促进机体损伤组织愈合，缓解和治愈腰部疼痛。正如Mayo Clinic（梅约医学中心，全美腰背痛治疗领域最具权威性和前瞻性的医学中心之一）Helen Barkan ...

书讲了怎么调整站姿、坐姿、卧姿、捡东西姿势和走姿来让脊椎达到最自然的状态（decompress）来治疗背痛。

刚刚看完，每个方法演练了几遍，还没完全投入到使用中去，所以效果还不知道，不过看起来可行。最重要的几点就是：1，行住坐卧时骨盆前倾，也就是屁股稍微翘起来2，走...

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