



## Chiropractic Way: How Chiropractic Care Can Stop Your Pain and Help You Regain Your Health without Drugs or Surgery (Paperback)

By Lenarz D C

Bantam Doubleday Dell Publishing Group Inc, United States, 2003. Paperback. Condition: New. Bantam Trade Pb.. Language: English . Brand New Book. Chiropractic has become America s most popular form of alternative health care, offering lasting relief from pain--and many other health benefits--to more than 25 million patients annually. Yet many people still wonder exactly how chiropractic heals, and even experienced patients may be able to get more from their treatments. In this accessible and fascinating book, Dr. Michael Lenarz illuminates the basic principles of spinal health, showing how the body naturally lets go of stored pain and disease once the flow of vital energy has been restored. He also explains: \*Why adjustments keep the communication flowing clearly, quickly, and cleanly \*Why the billion-plus nerve pathways carried by the spine can be the key to a wide range of health problems--from arthritis, headaches, and back and neck pain to chronic fatigue and digestive ailments \*Why many of the health complaints we associate with aging may in fact be the result of old injuries and therefore treatable \*The different techniques of chiropractic, and how to choose the beset chiropractor for you. PLUS--complete chapters on the diet, exercise, and stress-relief programs that will...



**READ ONLINE**  
[ 6.09 MB ]

### Reviews

*This book will be worth purchasing. This is for anyone who statte that there had not been a worthy of looking at. Your daily life span will likely be convert when you total looking over this ebook.*

-- Aidan Jerde DVM

*Thorough guideline for publication fanatics. Better then never, though i am quite late in start reading this one. I am just effortlessly could possibly get a delight of reading a created book.*

-- Terry Bailey