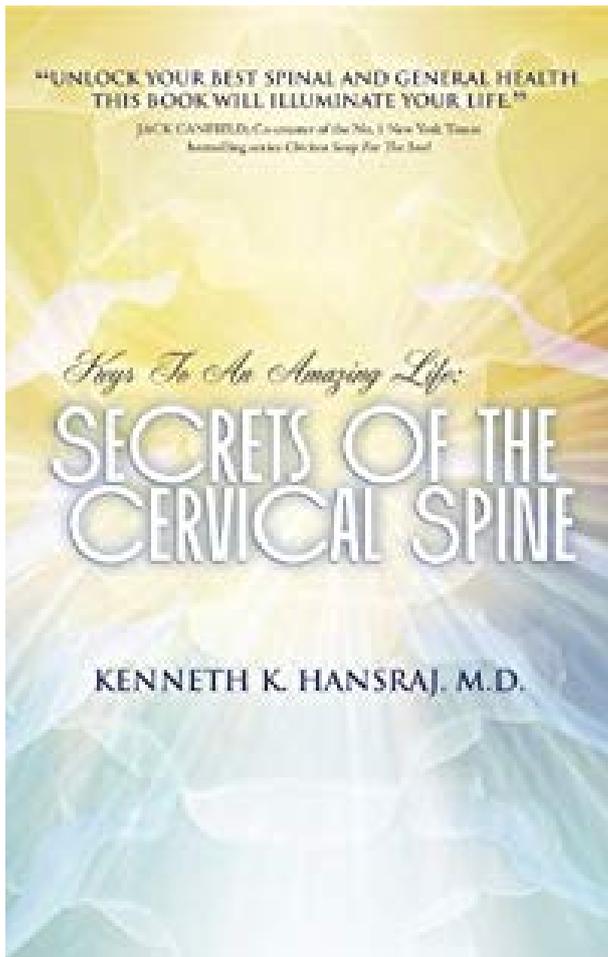


# Keys to An Amazing Life: Secrets of the Cervical Spine



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Keys To An Amazing Life: Secrets Of The Cervical Spine is written with the everyday person in mind and consists of cutting-edge descriptions of every option that is available and cost free for people. With 4 out of 5 people suffering at some point in their life, globally, spinal problems are one of the most common reasons to visit a physician. Cost of care in the United States is approximately 100 billion dollars a year. Intelligent people from all walks of life demand to know and want to know what makes up the spine, what problems could arise, and what lifestyle, conservative treatment, and surgical options are available. Spinal Problems: Chapters 1–4 illustrate the parts of the spine, and discusses the global spinal problem and typical spinal problems. The illustrations are presented in 2.5D detail. Anatomy and motion of the neck is explained. Herniated discs, degenerated disks, spinal stenosis, spondylolisthesis, infections, and tumors are illustrated. Lifestyle Options: Chapters 5–8 explore the power of a positive thought, the danger of a negative thought, the importance of neural plasticity, amygdala plasticity, general thinking, and physical action and responses. Deep belly breathing, meditation, brainwave entrainment, air, silence, solitude, stillness, thought, affirmations, and happiness are all free daily options that influence spinal health. Good posture; planning; drinking water; napping; sleeping properly; getting up early; long, hot showers; avoidance of bending, lifting, twisting, and reaching are all examples of free everyday physical options that contribute to spinal health. Facet and nerve

mobility are explained and correlated for overuse syndromes. " e dangers of cigarette smoking, with permanent destruction of disc spacing, and cumulative risk for diseases is clearly shown. Wholesome food options are also discussed. Traditional Treatments: Chapters 9–13 explain the modalities of aerobic activities and physical treatments such as massage, hot and cold packs, stimulation, ultrasound, and traction. " e uncommon cervical stabilization, postural training, osteopathic manipulation techniques, and yoga techniques are demonstrated. Surgical Treatments: Chapters 14–16 explain the most common pain management and surgical procedures.