

Sciatica Pain Relief: All-Natural Sciatica Relief Through Simple Stretches & Exercises, Little Known Tactics, Well Kept Secrets & Comfortable Sleep

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SCIATICA PAIN RELIEF

ALL-NATURAL SCIATICA RELIEF THROUGH:

•SIMPLE STRETCHES & EXERCISES

•LITTLE KNOWN TACTICS, WELL KEPT SECRETS
& COMFORTABLE SLEEP POSITIONS

NO DRUGS | NO DOCTORS | NO MEDICATIONS

ALEXANDRA KASTOR

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FREE BONUS BOOK! Help yourself get healthy with a FREE bonus ebook after purchase! Mind & Body Smoothies is an easy to use, delicious recipe book filled with fruit and vegetable smoothies that are sure to get your health on the right track! Not only does it recommend smoothies, it is equipped with a special Healthy Foods Benefit Chart which allows you to create thousands of healthy smoothies in a near limit health explosion of creative goodness! FINALLY, Some Relief! Sciatica, moreover back problems in general, really are the worst. Luckily, this book will help you rid your sciatica pain for good This book will touch on all aspects that could be affecting your sciatic health. Your sciatic nerve,after all, is the longest nerve in your body. You need to take good care of it! This book will teach you exactly what you need to do in order to care for your sciatica and start yourself on the road to recovery. Don't believe it? Check the Table of Contents for the answer! Table of Contents STRETCHES & EXERCISES Hamstring Stretching The Forbidden Stretch

The “Abdominal Kegel” Curling Up Focusing on the Gluteus Maximus The Cat to Cow Pose Body Stabilization Water Exercises Pay Attention to Yourself FOODS FOR RELIEF Lemon Juice Foods Rich in Potassium Vitamin B & Leafy Green Vegetables Bromelain Prevention Acupuncture and Massage Chinese Human Body Balance Theory Staying Active Hydrotherapy Practice Yoga Maintain Correct Posture SCIATICA SLEEP POSITIONS Lying Prone – The Danger Zone Lying Supine – Back to Basics Sleeping on your Side – The Answer Don't Give up! Pain Relief is Possible! Sciatic pain can really take a toll on your everyday life, even sitting can be painful. You need to solve the root of the problem. If nothing has worked for your sciatica thus far. why not give this book a shot? Take some time to do the tips and tricks in this book and not only will your sciatica pain be ended, but you'll be in the best health you've ever been!