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## Pain Relief for Life

By Al Skrobisch

Grail Publishing. Paperback. Condition: New. 234 pages. Dimensions: 10.0in. x 7.0in. x 0.5in. With up to 89 percent of adults experiencing pain at least monthly many millions of them having severe pain and with healthcare costs skyrocketing, this practical, zero-cost system of do-it-yourself pain relief could not be more needed or more timely. Shunning the standard approaches, Pain Relief for Life offers a fascinating, well-illustrated exploration of how we unwittingly create a lot of our pain through our common, everyday activities and how to simply and logically set about eliminating the causes of that pain. Section 1 - Understanding Your Pain explores the structural causes of musculoskeletal pain, defines good posture, and explains how deviation from good posture necessarily results in muscular pain. It then discusses postural distortion and how even everyday activities, such as sitting too much, can create postural distortion and consequent pain. Section 2 - Charting Your Posture outlines a simplified method of doing a postural analysis to discover the postural distortions that are causing your pain. Section 3 - Getting Rid of Your Pain gives you the tools to create a personalized program to reduce or eliminate pain through stretches and exercises custom-tailored to counterbalance your personal pattern of...



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