



# **Backache Survival: The Holistic Medical Treatment Program for Chronic Low Back Pain**

*Robert S. Ivker*

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The wait is over for the millions of sufferers of chronic back pain. Dr. Ivker and Dr. Nelson have compiled the first comprehensive guide to the variety of backache treatments available today that can be tailored to the individual's specific ailment.

A must for anyone who suffers from chronic low back pain, *Backache Survival* features:

- \* The backache Quick-Fix section. This fast start program allows the reader to begin the most important aspects of the program without having to read the whole book.
- \* A comprehensive look at the variables and causes of chronic back pain.
- \* A Wellness Assessment Questionnaire that helps individuals to determine the nature of their disability.
- \* An extensive list of resources for sufferers of back pain.
- \* Specific, integrated instructions for a dietary supplement plan.

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