



Relieving Sciatica: Everything You Need to Know about Using Complementary Medicine

Larry P. Credit, Sharon G. Hartunian, Margaret Nowak

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Identifying symptoms and offering solutions to a painful condition, this book describes how to use more than 15 effective complementary medicine approaches including acupressure, Alexander technique, Feldenkrais method, foot reflexology, hatha yoga, osteopathy, qigong, and rolfing.

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