



How to Overcome Pain: Natural Approaches to Dealing with Everything from Arthritis, Anxiety and Back Pain to Headaches, PMS, and IBS (Paperback)

By Leon Chaitow

Watkins Media, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Whether you suffer from back pain, headaches, migraines, arthritis, stomach problems or repetitive strain injury, health expert Leon Chaitow can help. Delve into this complete guide to natural pain relief to discover a wide range of tools and techniques that will empower you to take control of your pain, reduce reliance on pharmaceutical painkillers and achieve long-lasting relief from your symptoms. **How to Overcome Pain:*** Shows you how a positive mental attitude, improved posture, exercise, and dietary changes can help break the pain cycle* Covers all the main complementary pain relief approaches, from meditation and breath work to massage and hydrotherapy* Features step-by-step self-help exercises and a practical treatment directory for the most common ailmentsAn essential book for everyone wanting to reclaim their everyday sense of comfort, ease of movement, health and all-round vitality with natural treatments.



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