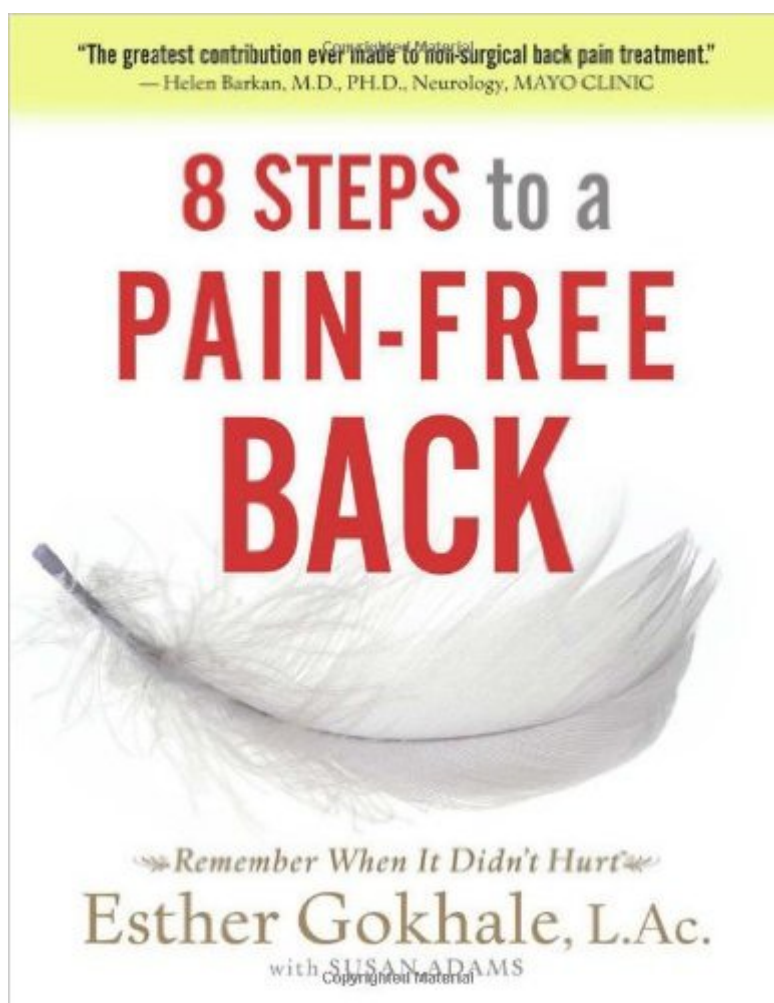


The book was found

# 8 Steps To A Pain-Free Back: Natural Posture Solutions For Pain In The Back, Neck, Shoulder, Hip, Knee, And Foot



## Synopsis

Nearly 90% of American adults suffer from back pain, and the number continues to climb. Why does this condition affect so many people in the industrialized world, while in some countries only 5% of adults report back pain? In a quest to find the root cause of back pain, Esther Gokhale studied at the Aplomb Institute in Paris and traveled to parts of the world where back pain is virtually unknown. Her research took her to remote Burkina Faso, rural Portugal, and fishing villages in Brazil. What she learned in each of these places has changed the lives of thousands of people. Preserved in the movements of weavers, millers, and farmers in more traditional societies is ancient body wisdom that prevents pain and enhances health. For the first time, these insights have been brought together in a step-by-step guide designed to help those suffering from back pain re-educate their bodies and regain the posture for which our bodies evolved.

## Book Information

Paperback: 244 pages

Publisher: Pendo Press; 1 edition (April 1, 2008)

Language: English

ISBN-10: 0979303605

ISBN-13: 978-0979303609

Product Dimensions: 8.5 x 0.7 x 11 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (755 customer reviews)

Best Sellers Rank: #3,778 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #4 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #8 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

I purchased his book, for several reasons. I have suffered from lower lumbar back pain for 40 years. Forty years ago, the Veterans Administration Hospital strongly recommended surgery. And meanwhile provided grocery bags of pain killers. But I also lived and worked in an African village for two years. I knew Esther was on the right track. The functional posture and strength of both men and woman in the tribe in which I lived, was awesome. Esther's photographs beautifully capture the functional strength and poise that I witnessed many years ago. I bought this book with great hopes. Sadly, some of the ideas in this book only injured my back further. But I can also say the same for

the dozens of "back books" and seminars which I have read or attended over forty years. Whether the subject is Tai Chi, Yoga, or Pilates, I always find that some exercises seem to help, but there are unhappily always a few exercises that do further injury. And there is the rub. I am also amazed that Esther does not show the ancient "village squat." This is a glaring omission. A westerner can not live, or travel, in the 3rd world and not observe the ease and frequency with which villagers - young and old - can assume the village squat. Generally, Westerners just can't seem to squat like this for any length of time. I am mystified that this functional and popular position is not captured in her photographs. I would love to see Esther take her beautiful - but beginning research - a step further. Thankfully, I eventually found right here - at - some back books and DVD's which have given me relief from back pain for the first time in 40 years - as well as a new found ability to run and ice skate again.

[Download to continue reading...](#)

8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot  
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology)  
Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs  
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)  
7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain  
Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot)  
How to Improve Posture: Achieve Perfect Posture with These 20 Easy Posture Correction Tips  
The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain  
7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain  
The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free  
Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury  
Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery  
WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1)  
Relief from Head, Neck and Shoulder Pain  
Total Knee Replacement and Rehabilitation: The Knee Owner's Manual  
The Back Pain Book: A Self-Help Guide for the Daily

Relief of Neck and Low Back Pain STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain  
Goodbye! Natural Posture for Pain-Free Living: The Practice of Mindful Alignment What Your Doctor  
May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to  
Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback))

[Dmca](#)