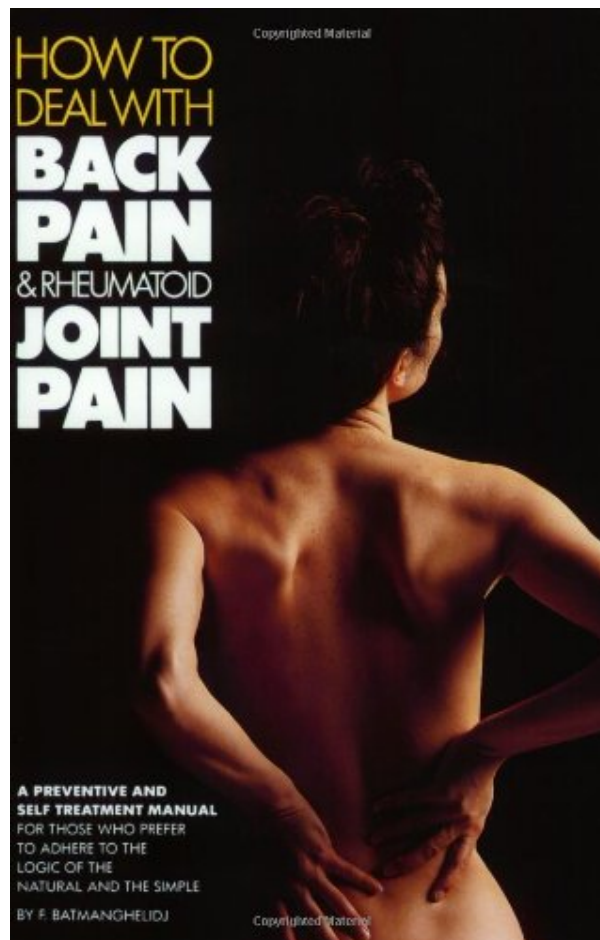
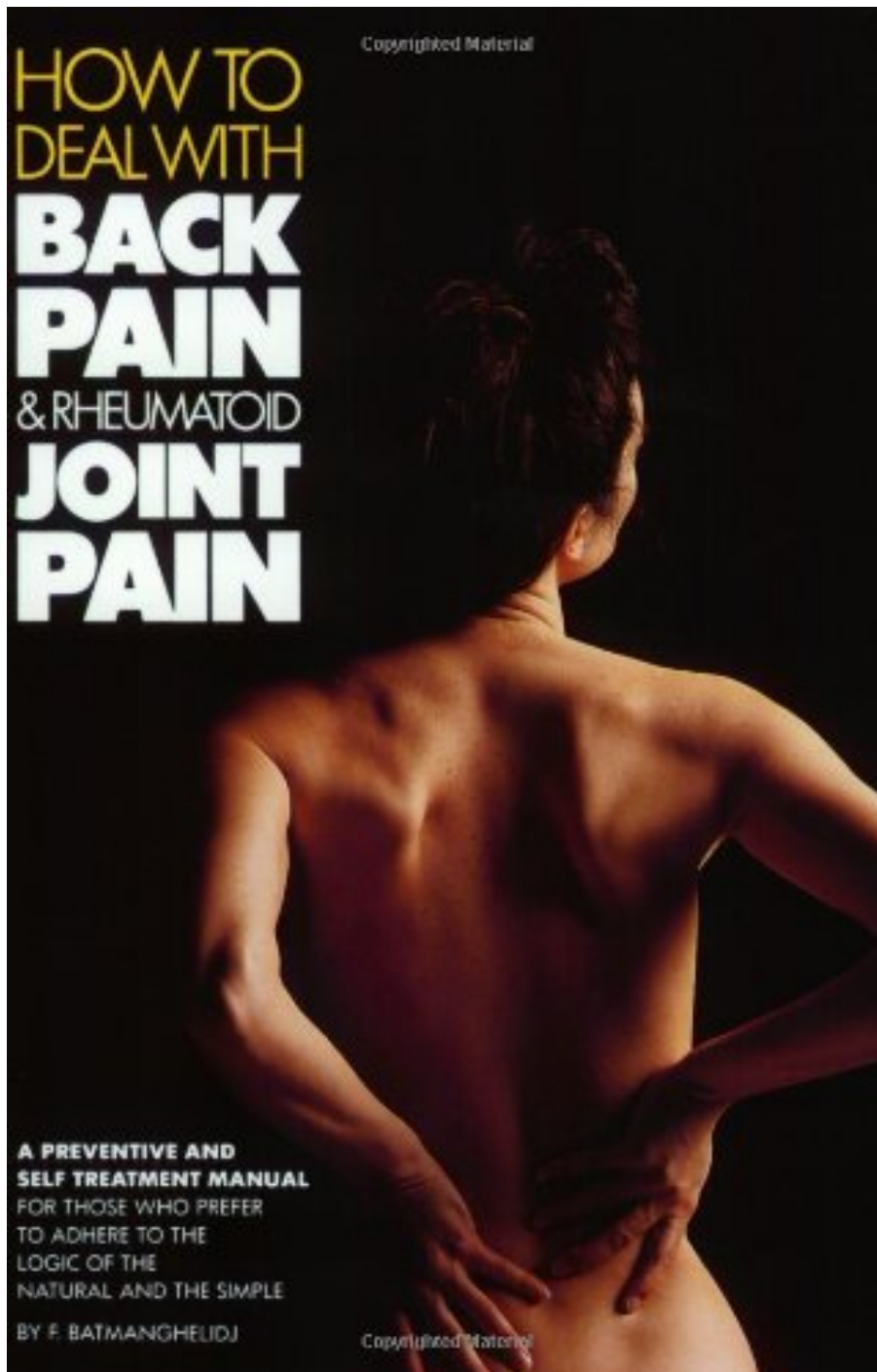


# HOW TO DEAL WITH BACK PAIN AND RHEUMATOID JOINT PAIN BY FERREYDOON BATMANGHELIDJ M.D.



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## Amazon.com Review

Dr. Batmanghelidj received his formal medical education at St. Mary's Hospital Medical School of London University. He provides for the layman a clear and comprehensive book on the origins of chronic pain. His clinical and scientific research exposes, for the first time, that recurring "chronic pains" are a signal system of the body indicating severe general or local dehydration. Most of these pains can be relieved simply by drinking water. Instead, however, the patient often receives costly pharmaceutical medications which treat rather than cure.

In this book, back pain and rheumatoid joint pain as indicators of local chronic dehydration are explained. The mechanisms involving the important role of water in holding the spinal column together are discussed. Based on years of detailed study of the human anatomy and the science of physiology, Dr. Batmanghelidj has devised a new exercise approach for the successful hydration of the disc core, the retraction of the displaced discs, and immediate relief of pain, even sciatica. These exercises are clearly explained and demonstrated, and may be the only way to save yourself from the surgeon's knife.

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The book explains simply and professionally for the layman what back pain is. An important book, extraordinarily useful...the sort of news that could change your life. No kidding. Dr. Batmanghelidj has really got hold of something.

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This educational and preventive treatment manual gives you easy-to-use techniques for relieving chronic back pain and rheumatoid joint pain. This new approach to prevention and treatment of back pain is simpler, inexpensive, less dangerous and more effective.

-- Learn the vital information on the mechanics behind your spinal column, the role of the disc and its needs for water

-- Learn the simple body movement that will promote fluid circulation in the disc spaces the twill result in relief of back and sciatic pain

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