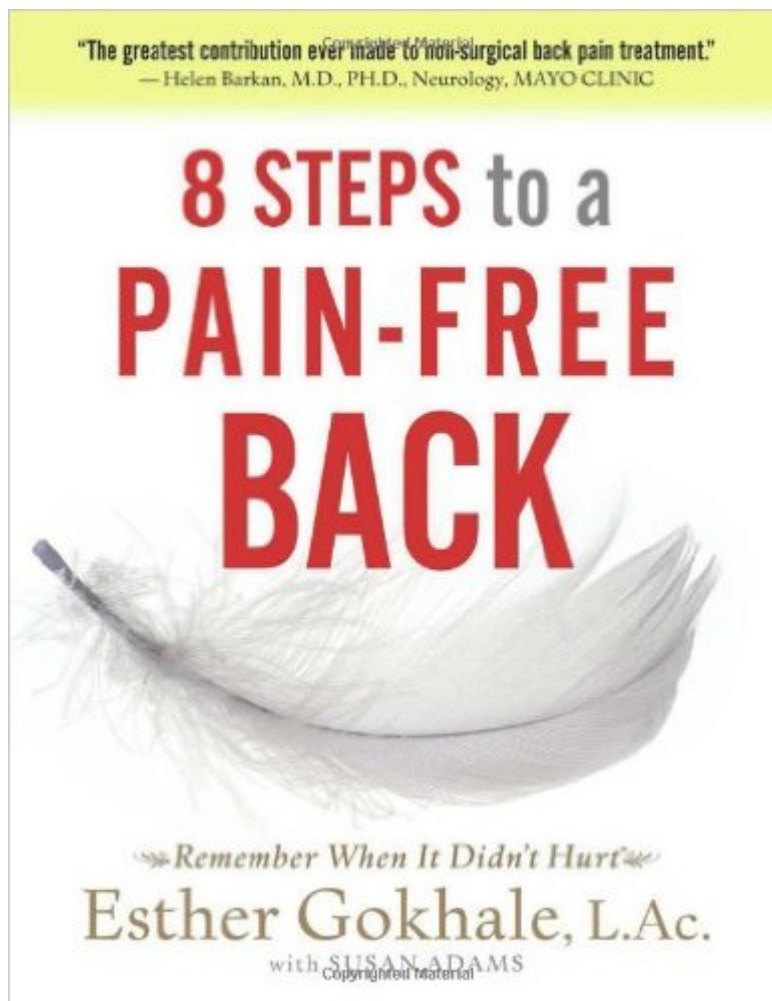


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# 8 Steps To A Pain-Free Back: Natural Posture Solutions For Pain In The Back, Neck, Shoulder, Hip, Knee, And Foot



## 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

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## 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.

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