

"The greatest contribution ever made to non-surgical back pain treatment."

—Helen Barkan, M.D., PH.D., Neurology, MAYO CLINIC

8 STEPS to a PAIN-FREE BACK



❧ *Remember When It Didn't Hurt* ❧

Esther Gokhale, L.Ac.

with SUSAN ADAMS

Esther Gokhale

8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot



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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? What she learned in each one of these locations has changed the lives of thousands of people. Preserved in the actions of weavers, millers, and farmers in more traditional societies is definitely historic body wisdom that prevents discomfort and enhances health. In a quest to find the real cause of back discomfort, Esther Gokhale studied at the Aplomb Institute in Paris and traveled to elements of the globe where back pain is virtually unknown. Her research required her to remote control Burkina Faso, rural Portugal, and fishing villages in Brazil. For the first time, these insights have been brought together in a step-by-step guidebook made to help those experiencing back discomfort re-educate their bodies and regain the posture for which our bodies evolved.



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Just the honest to goodness physics of proper perfect posture. Before changing my posture (with the her .. It's a subconscious issue you need to constantly remind yourself of during the first couple of months. The book is very complete and incredibly well illustrated, with lots of photographs that make it easy to follow, even if you have not really taken her class in person. It absolutely works. No gimmicky tips or props or machines. Simply the honest to goodness physics of appropriate perfect posture. Totally worth the effort, because it will mean a healthy back that's not constantly being trashed by lousy posture. Since working doggedly on my posture using the assistance she provides in this book-- my back again has stopped venturing out COMPLETELY. In fact, since focusing on my posture with everything she talks about--- it hasn't eliminated out at all since I browse her book over a year and a half ago. I've reexamined my body movements and see bad posture in others now aswell.. But it is absolutely worth it. In the beginning it's tricky. I am constantly referencing it to apply my basic sitting, standing & I believe it will only progress as I could do them. Before changing my position (with the her publication), my back would venture out on me every 2-3 months or so. Very helpful, easy-to-navigate instructions for avoiding poor posture. That's what I've learned. Have a look at her lectures posted upon YOUTUBE as well. She's awesome. I use this reserve as the gold standard by which to judge other authors. At this time it's sitting with many others I purchased --I'm beginning to think that a pain totally free back leaves an incorrect impression ! It's easy to stick to, understand, and try. However, despite the fact that the principles outlined seem simple, placing them into practice produced amazing results for me personally. Simple improvements in position along with conscious movement and sleep positions have gone me injury-free. I used to end up being laid up with back spasms about every 3-6 a few months! The photos are precious for providing a mental picture of how to hold myself, and I still recall those images when I am lifting, sitting, driving (I use a Gokhale stretch-sit down cushion in any vehicle I drive), and setting up to sleep. Readable, easy to set up to apply. My walking speed increased using the suggested walking technique, while at the same time offering relief from an irritating "click" in my own hip. Who would have got imagined that such small and simple changes works so incredibly well? There may be other sources for the same or similar information, but this is all I needed! This book is a lifetime keeper! I bought this book in 2011, after seeing a PBS program about Esther's function and the Gokhale Method. You can definitely use it as a stand-alone and obtain great benefits. This book changes your life. Her approach made perfect sense to me -- avoid discomfort or discomfort by learning how exactly to use your body in the way it's designed to be utilized -- and I found the book to become a great assist in furthering my knowledge of these methods and in removing the trunk and leg discomfort that I had been living with. But if you take her course, which for me was life-changing, then your book becomes exponentially even more useful as a reference and help. I can't say more than enough about how exactly much good the program and the publication have done for me. It's so simple therefore wise, and Esther has "performed her homework" and presents the material in that manageable and arranged format, that I honestly can't visualize anyone who not benefit in many ways from this material. This is a beautiful book, both for content and construction. Simple Everyday Adjustments to Promote Effective Lifetime Back Pain Relief The writer has collected a lot of field data from numerous countries and compiled it into this book. And just why live with back again/shoulder/neck/leg/foot pain? Fabulous! Absolutely the best book about natural posture. I've bought 3 extra copies over the years as I give this book away to all my friends in need. I in fact fell asleep right after I attempted the stretch out lying on my back again, that was unusual because usually I toss and change for awhile. Basic and effective. Esther's emphasis is on posture and proper ways to lay down or sit as well as how exactly to stand and walk. Exercises receive in the back of the book but her emphasis is usually on how to align the body properly. Results can usually be felt fairly quickly in the event that you follow the guidelines which is wonderful in case you are in pain and it also gives you an instant increase of faith to follow her plan. Best investment yet I purchased this book within my Pain Dr's request. Best investment yet. Lately his Nurse Practitioner

asked me if I wanted to go to PT and my Dr said the best thing for my back was to stick with Esther's methodology. I think this book is excellent because I learn so much in a nutshell time. It requires time to relearn great posture techniques. But ultimately it starts feeling unnatural to possess your posture in the wrong way, and it starts feeling natural to own it in the correct posture. walking techniques and reinforce my lessons or even to check my type on the stretches and exercises. It remains in the living room by my yoga exercises mat, stretching strap etc. I went on to take the classes to further my lessons. My idea of good posture is completely different today and I'm so happy I took enough time to learn about it. Heartly recommend. Practical, specific advice that makes sense Esther's book puts specific, practical information into perspective both logically and visually with a whole lot of photos. My initial impression upon receiving the book was that I might have wasted my money. I was described it by a physical therapist dealing with me for a personal injury. I've studied various other books such as for example Katy Bowman and Pete Egoscue but find this book the clearest & most helpful although others are also very good. Recommended. I loved the book so very much that I enrolled in her class, which follows the reserve and in addition gives live demonstrations, advice for your individual physiology, and elaborations to help you improve. Completely different approach for me personally to back pain Actually helpful insights into why back pain is so common and such simple yet effective approaches to correcting it. Mimicking what is performed in cultures without backpain is normally such a simple and brilliant strategy. There are some online videos available as well. I'm still working on my posture but I have the various tools now and already my back pain is significantly reduced, just by walking and sleeping and seated in better positions. Not durable This is something I enjoyed for a month but beyond that, the shine and color started to fade away. Totally enlightening! Last, the German Shepherd form is a miss as it does not appear to be its breed (the nasal area will not resemble that of a German Shepherd at all) It's not possible to learn yourself pain free of charge! Do it. Now, it's been over 5 years since an episode! Game changer Life changing information in this book!The hard part is that changing your posture is difficult. The engraved characters in the back have darkened and so are starting to be unreadable with the rubbing action on the metal. So when I start to deviate from the program, I can begin to experience it in my neck and back, which prompts me to reengage to get myself back on the right track. I look at as an eternity learning tool for back health. I currently starting using the techniques and exercises and I currently feel the different in my own neck. So eventually the right posture starts to become subconscious. They even have this book in my own Physical Therapist workplace, funny they didn't share that with me. I'm pretty sure I've told everyone I know about any of it -- it's that useful. She focuses primarily on posture. The seemingly small tweaks I've made to my position during everyday activities has made a significant difference and the discomfort is gone. Hardly ever thought I'd be learning how to walk again (correctly) at nearly 50 years older. I can feel the difference while moving about throughout the day with such efficiency while being pain free. Life saving! After all the time and money I've spent on back pain over the years, who would have guessed I possibly could make it go away for about \$20. Thank you to the author for collecting and presenting this useful and effective info. I've also been trying her methods for stretch out sitting on seats around my home. This a long time later, I continue to benefit and be grateful for the data I gained from Esther's program. If you don't fix your posture--your back is ALWAYS going to be a problem. The writer has several instruction videos on U-tube, which I recommend, to supplement the book.



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