

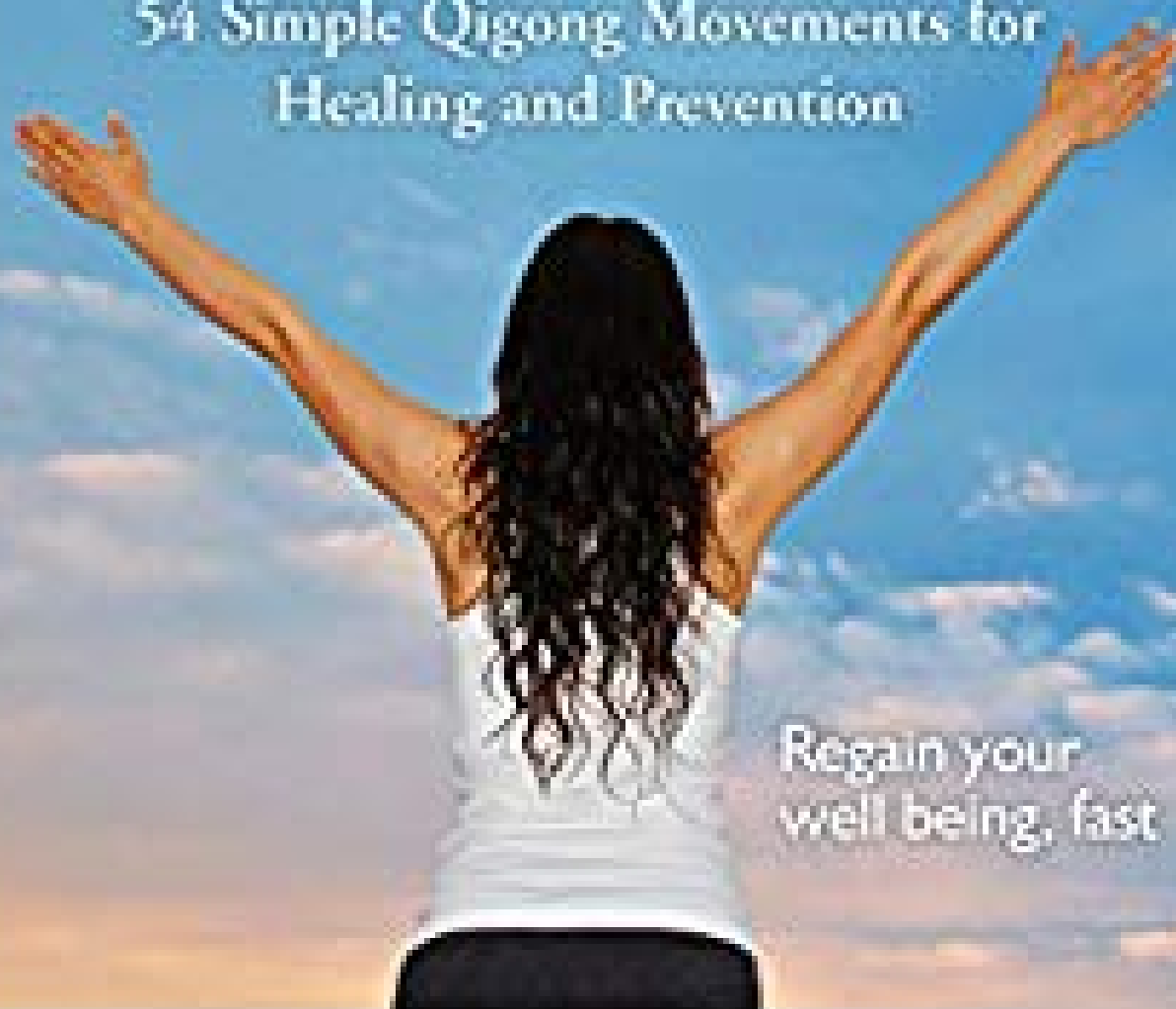
BESTSELLING AUTHOR OF BOOKS AND VIDEOS ON QIGONG AND HEALTH

**DR. YANG, JWING-MING**

# **THE PAIN-FREE BACK**

54 Simple Qigong Movements for  
Healing and Prevention

Regain your  
well being, fast



Jwing-Ming Yang

## The Pain-Free Back: 54 Simple Qigong Movements for Healing and Prevention



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By committing to a number of simple exercises, we are able to remain loose and versatile. For many, the problem progresses to the point where they will have to manage pain for a long time to come. Pain-free movement is the objective, and qigong movements will help you accomplish that goal. You will learn what qigong is and why it is a great choice for curing and maintaining a wholesome back.

3 back-loosening movements  
12 back-stretching actions  
30 back-healing movements  
7 movements for immediate relief  
2 back-strengthening movements

A 12-stage plan for keeping your back healthy.

Based on the National Institute of Neurological Disorders and Stroke, almost 80 percent of adults experience low back pain at some point in their lives. We can prevent and heal accidents to maintain a solid, healthy back. Motion is the key, and in this publication Dr. Yang, Jwing-Ming are certain to get you moving. You will regain organic, pain-free motion and balance with qigong, a classic Chinese art that promotes healing, versatility, and balance. The soft, meditative movements emphasize appropriate motion in coordination with breath, making qigong the right choice for preventing, treating, and healing back pain. Many people rely on acupuncture, chiropractic remedies, and even surgery. But for the millions of others with back pain, there is hope. This reserve presents 54 motions to assist you loosen, stretch, strengthen, heal and maintain a strong back for a lifetime. By committing to a simple qigong practice, you can start to take care of your own back, with less reliance on others. Some will have little choice but to rely on prescription medication.



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Note there is absolutely no magic involved in either. I used these in conjunction with my physical therapy stretches and exercises to assist the healing process. Soft Qigong TO ASSIST Recovery A lot of good materials in the reserve on back again structure and how to get over injury using soft Qigong techniques. Dealing with back issues takes time and persistent practice for healing. Dr. Timely Information Dr Yang, Jwing-Ming has given us another gem. Yang offers a thorough summary of Chinese medication and how to treat back pain in this book. It's clear he provides studied qi and qigong for many years, and he provides proof for his claims throughout the book. Understanding qigong reaches the root of the book (and many of his volumes). In case you are prepared to put in the task then this book might help. Yang lists out the primary factors behind back pain, and provides types of how both western medication and traditional Chinese medicine treat and stop back pain.. Good safe exercises This is a good, well-illustrated book about the nature and sources of back pain in the nerves, muscles, and skeletal system, plus a number of well explained back mobility exercises drawn from white crane qigong. Helped me greatly! This book explains the differences between Eastern and Western culture when it comes to the treatment of back pain. The first half of the reserve explains the different types of back discomfort, the different networks of the trunk and its framework. The second half of the book uses diagrams and displays proper breathing techniques alongside stretching and exercising the back to strengthen it. I have been suffering from severe spine pain these past couple of months and in simply the 2 14 days I've had this book and accompanying CD of exercises I have noticed a marked improvement of how Personally i think. The DVD clarifies any prospect of misunderstanding. In case you are experiencing discomfort in your back and so are open to looking at alternatives, I would recommend this publication as a reference. We are lucky to get this data first hands from Get better at Yang. Yang provides much more than . He provides many visuals with step-by-step guidelines on how to safely and successfully alleviate back discomfort.. This book and also DVD present various information. Yang provides a lot more than a brief group of illustrations with which to begin a stabilizing and strengthening routine. This book is packed with illustrations, photographs and a narrative which takes you in to the whys and hows of dealing with decreasing back pain and improving overall health through the Qigong movements contained within and by relaying the depth of Dr. Yang's understanding as a tai chi and qigong grand grasp. The DVD included with the reserve is icing on the cake as you can see just how these movements are performed. This reserve is crucial for the beginner and teacher alike! Fantastic As quite a while sufferer of back pain from injuries, I am looking forward to using these exercises and getting my back in shape An Excellent Resource Dr. Once again, Dr. I highly recommend the publication and CD to those suffering with back pain. Once again, Dr. Basic and effective an absolute must have for your library. An excellent teaching tool and an excellent personal practice. This is a permanent part of my teaching library. Dr Yang always gives 200% of his understanding and experience. I really like that there is a Dvd and blu-ray attached so there is no question about practicing properly.



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