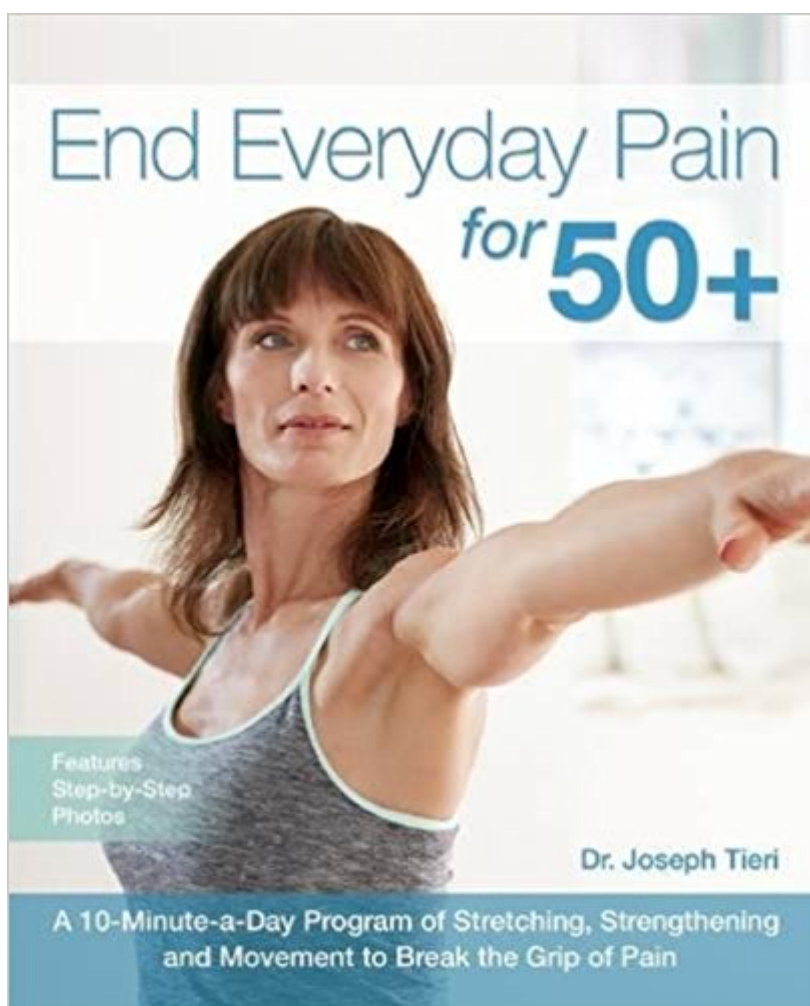


The book was found

End Everyday Pain For 50+: A 10-Minute-a-Day Program Of Stretching, Strengthening And Movement To Break The Grip Of Pain



Synopsis

END MUSCLE AND JOINT PAIN You've probably heard that as you get older, you are guaranteed to have more muscle and joint pain. That's simply not true. These chronic ailments arise from years of decreased activity and poor posture—not aging. End Everyday Pain for 50+ presents a complete 10-minute-a-day program to correct previous damage, develop healthier joints, and stay pain free at any age. This book's step-by-step approach provides quick relief and lasting solutions by fixing your body's alignment through simple stretching and movement. No matter what part of your body is hurting, End Everyday Pain for 50+ offers a treatment to heal it, including:

- Neck Stiffness
- Shoulder Bursitis
- Tendinitis
- Hip Misalignment
- Headaches
- Lower Back Pain
- Sciatica
- Meniscal Tears

Book Information

Paperback: 144 pages

Publisher: Ulysses Press; 1 edition (October 11, 2016)

Language: English

ISBN-10: 1612436048

ISBN-13: 978-1612436043

Product Dimensions: 7.4 x 0.4 x 9.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 29 customer reviews

Best Sellers Rank: #39,640 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #17 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #27 in Books > Health, Fitness & Dieting > Aging > Longevity

Customer Reviews

Dr. Joseph Tieri is an osteopathic medical physician and a specialist in the holistic hands-on healing practice of osteopathic manipulation. He has been in private practice for more than sixteen years and has treated thousands of adults and children suffering from a variety of ailments. Dr. Tieri has lectured and published articles on alternative medicine and osteopathy and serves as a clinical instructor teaching medical students and residents at his office, the Stone Ridge Healing Arts Center in Stone Ridge, NY, of which he is part owner. He enjoys raising his daughter Alexis with his wife Janice, and his hobbies include hiking and skiing in the Catskills Mountains, and practicing karate in which he holds a black belt degree.

I bought this book because my boyfriend suffered from sciatica and has undergone 2 surgeries and years of physical therapy. While he's no longer in pain (and he's not 50+) it's still good to maintain your muscles and joints. That's where this book comes in. I bought it as a guide for the both of us to maintain our bodies as we age and provide low-impact stretches to prevent injuries or reinjury his back. The book has chapters dedicated to each part of the body and uses written explanations in addition to pictures to help you do the stretches right. The book also provides stretching variety, you could be on the floor, chair or standing. One of the things that made me really like this book is that several of the stretches were the same ones he did while in physical therapy. If you're looking for a book to help you take better care of your body through stretching whether or not your 50+ this book provides just that.

I am 73 years old, had a knee replacement and some issues with my lumbar and cervical spine. I was ache-y and stiff and just did not feel like moving much--in spite of 2 weekly water aerobics and one yoga session almost every week. I needed to find something that fits into my life that I would actually do every day. I have not missed a day of doing the 10 minute program for the past 6 weeks. It has made a huge difference in my walking, my stability, flexibility and general well-being. My hips are now much more open and no longer ache. I have been telling all my friends about the book and program and showing off how I am walking these days. Thank you Dr. Tieri!

A well written and illustrated review of possible causes and cures of everyday pain for seniors.

Straightforward advice on how to avoid and remedy aches & pains caused by poor posture habits.

Simple, straightforward, effective exercises that I actually do -- no small thing for an exercise-adverse person like me. My knee pain seems to have gone and I feel more balanced and strong overall, after just a few weeks. I'm not at all limber, but it doesn't seem to matter - it's not a yoga workout, which for me is a big plus since I've hurt myself going that route. Highly recommended.

Very helpful information... building up to using it more and more

Great book!! Very informative, I wish I had this book 20 years ago, would have saved me a lot of

aches and pains! But it's never too late to change and learn new ways to get help yourself!

I'm writing this based on what my mom has said about it-- she asked me to help her write a review, as she's not great with computers. This is an exercise book that explains how bodies age and what we can do about it. It talks about stretching and simple muscle exercises, and goes into a lot of detail about how to do each exercise. I knew this was the right book for my mom when I saw the section on the piriformis-- this is an incredibly hard muscle to correct, and I've had problems with it for years. It's small, specific and less well-known, so when I saw this book addressed it in detail, I was sold. Anyone buying this book has to have some dedication to keep themselves in shape-- it's inspiring, but it can't do the work for you. That's why I think the approach it takes of addressing pain, rather than bad fitness or bad posture or any of the other issues its solutions will also resolve, is so genius. It comes from an approach of ending the suffering that occurs as less well-exercised bodies age. It's a really detailed look at how your muscle groups work together and the kinds of problems you run into as you age. My mom told me that actually the biggest motivation that came from this book was giving her a better appreciation for all the work her muscles did and the different types of muscles she had. It's been a huge help to her and I highly recommend for anyone over 50.

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

End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without Surgery (All Other Health) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without (All Other Health) Back Stretching - Back Strengthening And Stretching Exercises For Everyone Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Resistance Band Workbook:

Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques The End Of Chaos: Break Away From Bad Habits, Addictions And Self Destructive Tendencies Before They Break You End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand O Jerusalem: Day by Day and Minute by Minute the Historic Struggle for Jerusalem and the Birth of Israel Golf Rx: A 15-Minute-a-Day Core Program for More Yards and Less Pain The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals 15 Minute Stretching Workout + DVD The 30-Day Productivity Plan: Break The 30 Bad Habits That Are Sabotaging Your Time Management - One Day At A Time! (The 30-Day Productivity Boost Book 1) 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)