A practical manual for treating back pain. Nearly 80% of all adults experience low back pain during their lifetime. This painful condition, until recently, has been poorly understood and inadequately managed. Current research, however, has identified pathways and causes for low back pain. Imaging and other diagnostic tests have improved treatment and there have been tremendous advances in minimally invasive intervention. Penny Kendall-Reed, BSc, ND is a Naturopathic Doctor and appears regularly on television and radio across North America addressing various health issues. Specifications. Back pain is often unspecific and difficult to diagnose, and it is the second most frequently reported reason for visiting a doctor. The Back Bible is a must have health reference packed with proven, practical approaches to treating back pain and caring for your back. It offers one-stop shopping advice on the both traditional and modern treatments of back pain, and how to keep it from interfering with enjoying life. Also included: Clear and simple explanations of how the back functions, and the causes and complexities of back pain More editions of The Complete Doctor's Healthy Back Bible: A Practical Manual for Understanding, Preventing and Treating Back Pain: The Complete Doctor's Healthy Back Bible: A Practical Manual for Understanding, Preventing and Treating Back Pain: ISBN 9780778800903 (978-0-7788-0090-3) Softcover, Robert Rose, 2004. The Complete Doctor's Stress Solution: Understanding, Treating and Preventing St