



## Introduction to The Technique A Holistic Guide to Wellness for Chronic Pain

By Juliet Cameron

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 82 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. Introduction to The Technique is a beginners guide to wellness for those suffering from all forms of chronic pain. Improvements can be felt in as little as seven days with miraculous results attained in just three months! Introduction to The Technique is composed of a complete nutritional system with comprehensive information on the damaging effects of certain foods and the healing qualities of others. The first section of the book is designed to rapidly heal the body from the inside out while the second half of the book illustrates effective physical exercises. Postures are described in easy to follow instructions and photos. The ease of exercises were designed to leave little room for mistakes. For those with limited range of motion and mobility, modifications, safety and gentle progressions are offered allowing for a greater measure of confidence and success. This item ships from La Vergne, TN. Paperback.



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