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Soft-Tissue Manipulation: A Practitioner's Guide to the Diagnosis and Treatment of Soft Tissue Dysfunction and Reflex Activity

Leon Chaitow

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#9855672 in Books 1987-06 Original language: English PDF # 1 .0 x .0 x .0l, .0 #File Name: 0722514611256 pages | File size: 44.Mb

Leon Chaitow : Soft-Tissue Manipulation: A Practitioner's Guide to the Diagnosis and Treatment of Soft Tissue Dysfunction and Reflex Activity before purchasing it in order to gage whether or not it would be worth my time, and all praised Soft-Tissue Manipulation: A Practitioner's Guide to the Diagnosis and Treatment of Soft Tissue Dysfunction and Reflex Activity:

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noteworthy and prolific writer who has written about numerous therapy techniques and this book of his gave a good basic understanding of some of the more well-known soft tissue manipulation techniques. I have read a great number of Leon Chaitow's many articles as well as some of his books. However, I learned the hard way that none of these techniques will permanently resolve chronic pain because they are all based in mainstream medicine's false belief that chronic pain is caused by 'structural' problems. I now know that this is not true. Chronic pain is instead 'psychophysiological' in nature. So Leon Chaitow, prolific writer that you are, someone who is also always searching for the right answers--please write your NEXT book on the work of Dr. Sarno, MD, whose work on TMS (Tension Myositis Syndrome) has permanently 'cured' over 10,000 patients of their chronic pain problems. Sarno's work has already freed me from Repetitive Stress Disorder regarding my hands and wrists. See the sources I've cited below. The youtube.com videos are worth watching, and the book by Ozanich is exceptional. I am now going to enroll in an online course entitled "Unlearn Your Pain" by Schubinar, whose work is based on Dr. Sarno's. ONE MORE SUGGESTION: Look up Sarno's book, "Healing Back Pain: The Mindbody Connection" and read some of the 750 positive reviews of his book, testimonials to the effectiveness of his work. ONLINE:--tmswiki.org--youtube.com. Look up "Dr. John Sarno 20/20" and other videos on TMS and/or Dr. John Sarno. Also see Juliet Archdale for testimonial on Sarno's book Healing Back Pain.--thankyoudrsarno.org BOOKS:--*The Great Pain Deception: Faulty Medical Advice Is Making Us Worse Steven Ray Ozanich (2011).--Healing Back Pain: The Mind-Body Connection" John E. Sarno, MD (2010)--"The Divided Mind: The Epidemic of Mindbody Disorders " John E. Sarno, MD (2007)

Dr. Chaitow provides practitioners and students with a working knowledge of the diagnostic and therapeutic use of neuro-muscular, muscle energy and strain-counterstrain techniques, and covers a number of additional individual techniques and systems involving reflex points and trigger points.

"A completely up-to-date and indispensable textbook for students and therapists of all schools." (American Journal of Acupuncture)"Chaitow is a visionary in bringing together different alternative and complementary health systems and points of view into a form that offers new therapeutic possibilities." (Robert King, American Massage Therapy Association) About the Author Leon Chaitow is a practicing osteopath, naturopath, and acupuncturist who has served as director of postgraduate studies at the British Naturopathic and Osteopathic College and as consulting editor to the Journal of Alternative Medicine. He is the author of several books on health and alternative medicine for both lay and professional readers including The Acupuncture Treatment of Pain, Amino Acids in Therapy, and Candida Albicans. He also lectures internationally.