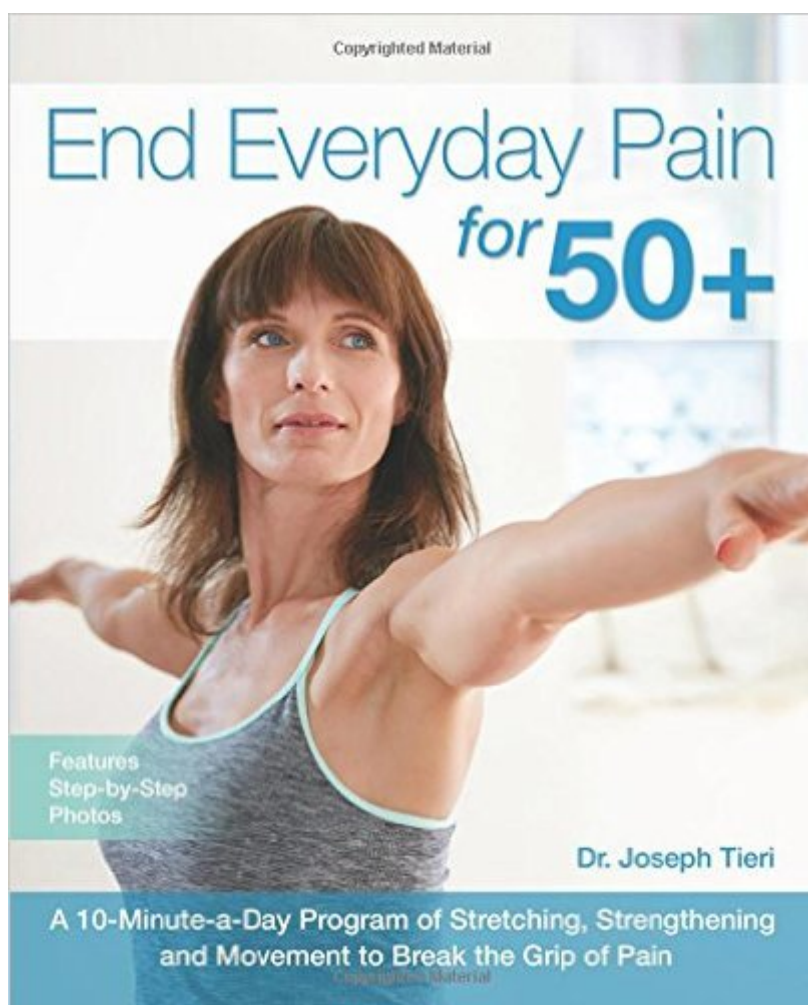


The book was found

# 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 (October 11, 2016)

Language: English

ISBN-10: 1612436048

ISBN-13: 978-1612436043

Product Dimensions: 7.5 x 0.5 x 9.2 inches

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

Average Customer Review: Be the first to review this item

Best Sellers Rank: #66,533 in Books (See Top 100 in Books) #99 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #200 in Books > Health, Fitness & Dieting > Aging #337 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

[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 Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, & I.B.S, and Other Symptoms Without Surgery Back Stretching - Back Strengthening And Stretching Exercises For Everyone Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement The Grip Book: The Studio Grip's Essential Guide Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain RUNNING:

STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Golf Rx: A 15-Minute-a-Day Core Program for More Yards and Less Pain The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching The 5-Minute Pain Management Consult (The 5-Minute Consult Series) The 5-Minute Clinical Consult Standard 2015: 30-Day Enhanced Online Access + Print (The 5-Minute Consult Series) Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) The Break Up Manual for Men: How to Recover from a Serious Break Up, Become Stronger and Get Back into Life 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) The Pain Cure: The Proven Medical Program That Helps End Your Chronic Pain

[Dmca](#)