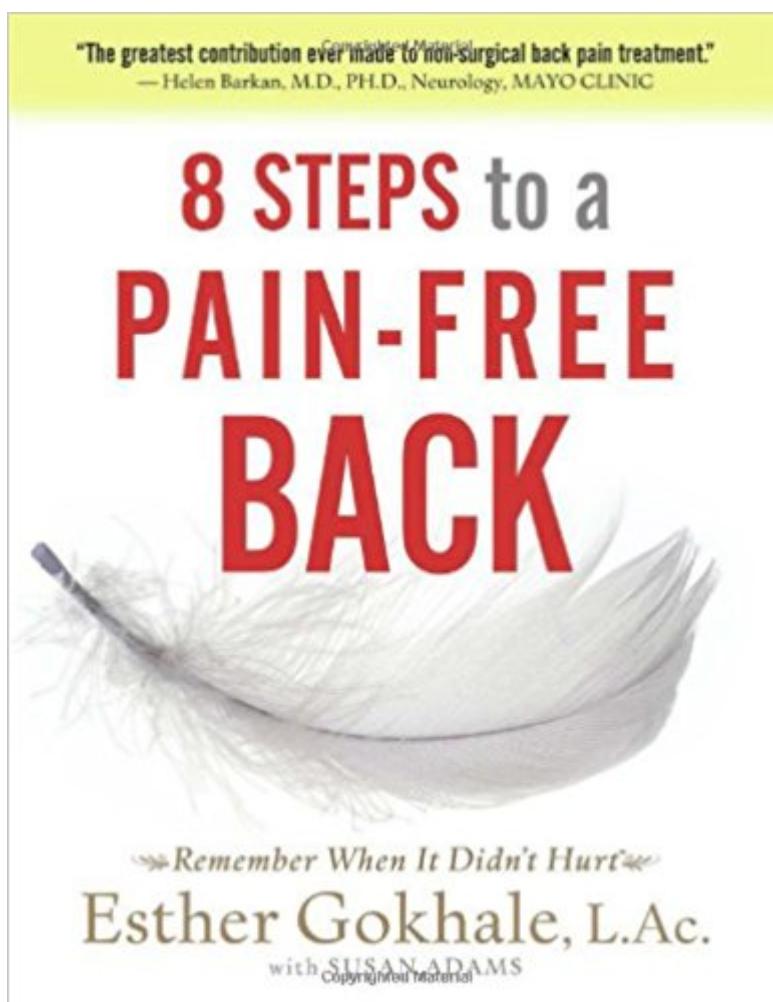


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# 8 Steps To A Pain-Free Back: Natural Posture Solutions For Pain In The Back, Neck, Shoulder, Hip, Knee, And Foot



## Synopsis

Nearly 90% of American adults suffer from back pain, and the number continues to climb. Why does this condition affect so many people in the industrialized world, while in some countries only 5% of adults report back pain? In a quest to find the root cause of back pain, Esther Gokhale studied at the Aplomb Institute in Paris and traveled to parts of the world where back pain is virtually unknown. Her research took her to remote Burkina Faso, rural Portugal, and fishing villages in Brazil. What she learned in each of these places has changed the lives of thousands of people. Preserved in the movements of weavers, millers, and farmers in more traditional societies is ancient body wisdom that prevents pain and enhances health. For the first time, these insights have been brought together in a step-by-step guide designed to help those suffering from back pain re-educate their bodies and regain the posture for which our bodies evolved.

## Book Information

Paperback: 244 pages

Publisher: Pendo Press; 1 edition (April 1, 2008)

Language: English

ISBN-10: 0979303605

ISBN-13: 978-0979303609

Product Dimensions: 8.5 x 0.7 x 11 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 842 customer reviews

Best Sellers Rank: #11,381 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #7 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #14 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

"The most lucid account I have read of how the human spine works, with handy lessons in how to stand, sit, walk, and sleep free of back pain." — J. M. Coetzee, Nobel Prize "winner in Literature" "8 Steps to a Pain-Free Back is the best back pain book on the market. I had significant problems with low back pain and sciatica for more than two decades before Esther Gokhale was able to help me. If I had found her earlier, it could have saved me a great deal of pain and grief." — Paul R. Ehrlich, author, *Human Natures and Population Bomb* "Esther's technique for treating chronic back pain is totally unique and her research really backs it up. This is a great tool for all of

us." "Billie Jean King, winner of 20 Wimbledon titles" "A great book for someone who is serious about achieving a pain-free back and willing to work to reach that goal." "American Association of Orthopaedic Surgeons" "Esther Gokhale helped me resolve a five-year injury after nothing else had worked. Her work is unique and thorough." "Patti Sue Plumer, three-time Olympian, 1992 World Record holder for 1500m and 500m run" "Every year, tens of thousands of patients undergo major back surgery without any benefits. By using Esther Gokhale's novel techniques, many of these patients can avoid such needless and expensive medical procedures, and quickly return to a pain free life." "John R. Adler, MD, neurosurgery, Stanford University Medical Clinic" "This book . . . will eventually be recognized by the medical community as the greatest contribution ever made to nonsurgical back treatment in this country." "Helen Barkan, MD, PhD, neurology, Mayo Clinic" "This is not only a stimulating self-help guide for relief of back pain through healthy posture, but also a work of art that celebrates the grace and poetry of the human body." "David Werner, author, *Where There Is No Doctor*

For some, a pain-free life is only a memory, but it doesn't have to be. Through my experience in healing my own back pain, coupled with extensive training and research, I have developed a technique to alleviate back pain--the Gokhale Method. It has been a privilege and a pleasure to help thousands of people re-learn the way their bodies were designed to move--gracefully and with ease. I have spent fifteen years teaching the technique, honing it for clarity and efficiency, and am delighted to present it here for general use. Many physicians now refer their back patients to me, and almost all the patients start to improve from the first lesson. In many cases the results are dramatic (see page 24). But then there are the people who can't come to see me, people who call me from the East Coast or the Midwest, perhaps friends or relatives of my patients, who are suffering terribly and need help. For years, I have wished there were a book that I could send them with step-by-step instructions and demonstrations of my technique. And here it is.

A "Must Have" item! This book is filled with many color photos on every page. Even if you do not read the words, you can see how Esther Gokhale guides you to have a pain free back. She shows you the movements in various back-healthy cultures; she shows you the anatomy to support back health. She gives you step-by-step pictures on how to effectively sit, stand, lie down, and walk. I thought I had fairly good posture but still I would get an achy back. Since using her techniques, I have found an easier, pain-free way to live in my body. As a health care provider, I have practiced these techniques with many of my patients to great effect. Not only are people reporting happy

backs, but they are also feeling relief in necks, knees, feet, and shoulders. With these simple guides to alignment, all the hinges work better. The book has everything you need to bring back the joy of being in postural alignment. Her website has some short videos too, but the book is the key. Buy this book if you have back pain or are a health care provider or you have a friend with back pain. It is FABULOUS!

This is an amazing approach to so many of the "usual" painful ailments we get as we age. I highly recommend you listen to her interview on npr.org in which she explains the development of her program. This is not an exercise "routine" in the usual sense, but does involve exercise, as gentle as you need it to be. It's a program to strengthen your core so that you'll be able to avoid the lower back distress we seem to be prone to. I haven't been doing this for long, and I am not a victim of chronic pain, but due to some health issues I've ended up with almost no strength in my core and I know this will ultimately lead to some painful old age, so I started doing this to regain my old strength. My muscles already know (and let me know) when I'm not using the correct positions, my goal is to get strong enough to stay in the right positions. This covers sitting, standing, lying down on back and side, using your core, and walking.

I have degenerative arthritis in my cervical spine. I have been to chiropractors, acupuncturists, massage therapists, doctors, etc. I have tried "preventative therapies", I exercise daily, I have great posture (or so I thought based on Western beliefs) and absolutely nothing...nothing...has helped me like this book. We ordered it and it arrived a fast 2 days later and since then I have been a daily reader and user, following page by page. For the first time since my diagnosis almost 8 yrs ago, I am actually experiencing a reduction in pain which has been chronic up until now. I am hooked and my life is now forever changed. Thank you to the woman that made this not only affordable, but available to the public.

Unbelievably simple and Incredibly effective! I cannot believe that I haven't used any pain killers for months since I started Gokhale's positioning strategies for everyday activities and sleeping. The research is well documented with heavy use of photographs. Many of the ways I stand and sit and sleep are shown to be contributing to the compression of my spine. Previously I thought I had good posture! The procedures for re-posturing are stepped through in a variety of ways so you can be sure you "get it" including a summary for quick reference. So grateful!

Bought this book 4 years ago. Its a great book, lots of good stuff in it to read. Shortly after I read this book i also learned how important stretching your legs is in direct relation to the health of your back. If your reading this and you have had as much back tightness and pain as I have had, then listen good. Since I have been stretching my leg muscles twice a day my back pain is practically gone. Every time I stretch my legs, mainly my hamstrings, I can literally feel my back separate with relief immediately after. It's amazing how easy the back cracks after a good hamstring stretch. If your reading this and you know that you never stretch your legs out, well that is most likely your problem. Get with the program and get to the ground and do your back a favor and stretch! And buy this book there is alot of great info here. I hope this review helps

Despite the serious subject matter, this book is actually fun to read since it includes lots of interesting side-bars, as well as lavish color photos. Following the steps in this book has helped my posture and reduced back pain. Now I feel more confident as I move and sit that I'm doing it "correctly." I was fortunate enough to also find a class nearby that taught these methods.

The approach in this book is based on observing people in cultures where back pain is virtually unheard of. You'll learn about that and learn new ways to stand, sit, walk and even sleep. From personal experience this has been very valuable and if you're consistent this will help ease your pain. E.g. you go to bed very stiff but you wake up with total relief and you can sleep without taking pain pills or muscle relaxers. There are many bad backs, and so many ways of trying to tackle the problem. Why this book stands out is because it works! The 8 steps are described in 8 chapters. The book is a easy to read, has diagrams and pictures to explain how to do it right. Before you buy the book google stretchlying by Esther Gokhale on YouTube and try it out. If you feel better after that, think about buying the book. It certainly has made a difference for this reviewer in the past 2 years since I bought it.

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pain, hips) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Walk Yourself Well: Eliminate Back, Neck, Shoulder, Knee, Hip, and Other Structural Pain Forever - Without Surgery or Drugs Tight Hip Flexors: The 7 Minute Tight Hip Solution:Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor exercises) Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) 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) 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain 50 Dry Rubs for Pork Shoulder: BBQ Pork Shoulder Recipes, Pork Shoulder Seasoning, Oven & Crock Pot Marinade Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain 7 Steps to a Pain-Free Life : How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain How to Permanently Stop Your Knee Pain, Even if you've Tried Everything Else!: Get Instant Knee Pain Relief with These Simple Tips Getting Back on Your Feet: How to Recover Mobility and Fitness After Injury or Surgery to Your Foot, Leg, Hip, or Knee Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses.

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