



## 5-Minute Back Relief (Collins Gem)

*The Royal College of General Practitioners*

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For anyone who suffers from back problems and wants instant relief, these 5-minute exercises, techniques and ideas will soothe aches and discomfort.

Whether you are suffering from back pain, recovering from a back problem or seeking ways to prevent back pain, this one-stop guide is packed with quick solutions endorsed and recommended by the Royal College of General Practitioners. Before visiting your health professional, see if you can banish back pain forever with a 5-minute instant fix for relief. The book includes the following:

- Introduction, including how to maintain a healthy back, what can go wrong and a discussion of serious back conditions.
- Relief through posture and 5-minute relief using the Alexander Technique.
- Back relief through aromatherapy, posture, massage, stretch, yoga, water, walking, reflexology, increased blood flow, heat, osteopathy and chiropractics, herbalism and Reiki.
- Preventative methods – the golden rules.
- Troubleshooting back pain.

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