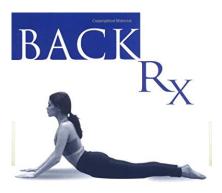
Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain PDF



A 15-Minute-a-Day Yoga- & Pilates-Based Program to End Low Back Pain

Vijay Vad, M.D., and Hilary Hinzifteen Mar by Vijay Vad : Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain

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PDF-703a5 | As a physician specializing in treating athletes, Dr. Vijay Vad has spent years researching how to cure back pain using medical yoga and Pilates. Profiled in The Wall Street Journal, his program requires just fifteen minutes a day for eight weeks to restore flexibility and prevent future injuries.Offering a proven alternative to invasive surgery, Dr. Vad's Back Rx provides the best of mind/body ... Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain



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