

istic Solutions for Relief from Sciatica, Lumbago, Sli

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Synopsis

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Whether you suffer from chronic low back pain or you've recently hurt your back, you will know how that pain affects your daily life. *Bye-Bye Back Pain: 9 Holistic Solutions for Relief from Sciatica, Lumbago, Slipped Disc, and Backache* was written for those who:

- Suffer from chronic back pain and nagging discomfort that just won't go away
- Have noticed a little nagging back pain and want to prevent a serious outbreak of pain
- Have seen multiple doctors, therapists, massage therapists, and chiropractors, and your pain is still there
- Want to decrease or stop taking painkillers for pain relief
- Have had an injury and want to learn new preventative techniques
- Have a loved one in pain and you want to guide them in their recovery

Dr. Grace Walker Gray, a physical therapist, occupational therapist, holistic healthcare practitioner, certified clinical nutritionist, certified master of herbology, and certified aromatherapist, has treated over 11,000 people for back pain - including herself - using both traditional and holistic solutions.

Based on her extensive experience over 35 years as the owner of a large physical therapy practice where she and her staff of 30 successfully treated patients referred from over 500 physicians, Dr. Walker Gray has identified nine proven holistic solutions to relieve your back pain without surgery or drugs.

Much of her holistic approach can be self-administered at home, saving you both time and money. If you have ever suffered from back pain, this is a must-have, must-listen audiobook. You, too, can soon say, "Bye-Bye Back Pain".

Reader's comments

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