



Sciatica No More: A Comprehensive Guide to Sciatica Causes, Symptoms, Treatments, and a Holistic System of Natural Remedies for Sciatica Pain Relief

By Pamela H. Royal

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"I woke up one morning and could not get out of bed – literally. Every time I attempted to raise myself to a sitting position, pain shot through my lower back and into my left hip and buttock..."

Does this sound familiar to you?

That was 6 years ago when I first experienced the shocking sciatica pain. Horror could not begin to describe how I felt that day. For the next 12 weeks I went through hell and back. **Through a series of non-surgical treatments, exercises, and stretches,** I have been back pain free & have not needed to see a healthcare professional for sciatica since then. I continue to care for my back with stretching, walking and sometimes back strengthening exercises. Oh, and every now and then, I also treat my back to spinal decompression at the chiropractor's office.

The single most important thing I learned through my ordeal with sciatica is that there is no way any doctor can tell every patient everything he or she needs to know and, unfortunately, most patients don't know what questions to ask.

This is why I wrote "**Sciatica No More.**" I am hoping that this book will help people learn about their conditions, learn of the many treatment options, learn to live within the limitations of their bodies and learn to live free from sciatica pain.

In this book, you will learn:

- **What is sciatica & sciatic nerve pain**
- Sciatica diagnostic processes, sciatica symptoms
- **Common causes of sciatica**

- Non-surgical treatment options
- **Natural remedies for sciatica pain**
- Exercises for sciatica relief
- **Surgical treatment options**
- Working with sciatica pain
- **Travelling with sciatica pain**
- Sleeping with sciatica pain
- **Myths and facts about sciatica**
- Learn to say sayonara sciatica
- **And much more...**

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