# THE BackPower
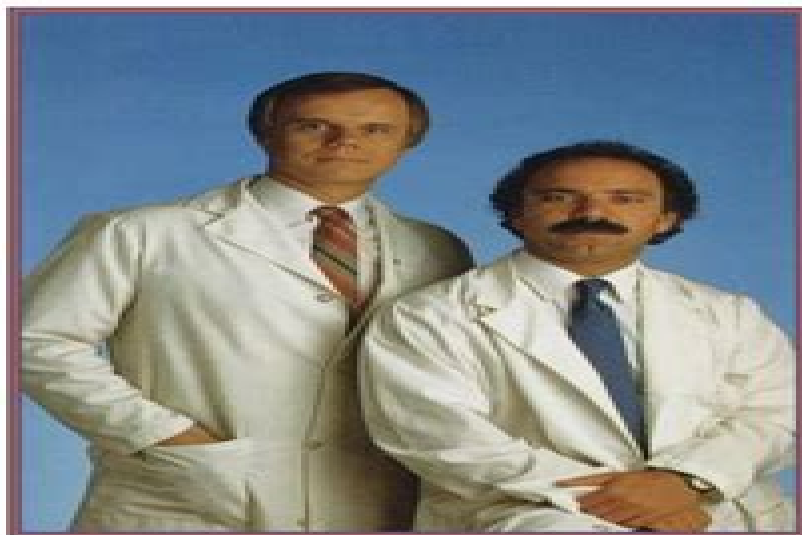## PROGRAM

Two Physicians—
medical and
chiropractic—
reveal their
revolutionary
program for
saying GOODBYE
TO BACKACHE

## David Imrie, MD
## Lu Barbuto, DC

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# The Backpower Program

L Cohen

**The Backpower Program:**

*The Backpower Program* David Imrie,Lu Barbuto,1990-09-03 Developed by and M D and a chiropractor this dymanic self management and preventon program helps back pain sufferers live healthier more productive lives Written in a clear concise style with step by step techniques self tests and checklists to help readers understand the major sources for back pain

*The Back Power Program* David Imrie,Lu Barbuto,1988 Presents a fitness test and exercise program for measuring and improving the strength of the back     Current Catalog National Library of Medicine (U.S.),1993     **Occupational Health and Safety Technical Assistance Manual** ,1993     **National Library of Medicine Current Catalog** National Library of Medicine (U.S.),1993     **Safety & Health** ,1991     **Fit To Be Well** Alton L. Thygerson,Steven M. Thygerson,2018-02-08 The fifth edition of Fit to Be Well Essential Concepts provides students with the tools they need to reach the goal of good health and fitness by delving into exercise proper nutrition and stress management Its content is organized in a succinct easy to navigate manner that allows students to become more aware of each aspect of a physically fit lifestyle Using a wealth of special features and online learning tools the text encourages students to improve their eating habits by incorporating healthier foods into their diet increasing their level of physical activity keeping their body composition and weight at a healthy level increasing their self esteem and reducing stress An integrated lab manual found at the end of the text helps students build and implement a fitness program that will work with their individual needs and schedules     *Electrical West* ,1921     *Journal of Electricity and Western Industry* ,1921     *Electrical Journal* ,1921     **American Bookseller** ,1990     Occupational Hazards ,1997     **AISE Steel Technology** ,2001     *The Publishers Weekly* ,1990     *Digest of Administrative Reports to the Governor* ,1990     **Annual Report** Jackson Correctional Institution,1998     The Women's Desk Reference Irene M. Franck,David M. Brownstone,1993 Contains some 1 500 entries on people organizations issues books politics and health each with see also references and many with bibliographical references Useful as a first stop reference Annotation copyright by Book News Inc Portland OR     **Trade-marks Journal** ,1991-03     The Visual Encyclopedia of Natural Healing Alice Feinstein,1996 Now available in paperback this book features hundereds of natural healing techniques presented in an easy to follow step by step format More than 700 illustrations show the reader soothing movements to ease tension body signals that provide clues to disease sleep positions for pain relief and more     Library Journal ,1990-07

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