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The Stuffy Nose and Back Pain Connection: Get Better Now (Paperback)

By Vanessa Ann Vigilante Phd

Vanessa Ann Vigilante, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. For years, psychologist and author Vanessa Ann Vigilante, PhD, suffered from both a chronically stuffy nose and lower back pain. Finally, after enduring unnecessary misery, Vigilante decided to do something about her chronic allergic rhinitis-and cleared up her lower back pain in the process! Now, Vigilante shares what she discovered with the hope of helping the millions of other Americans who unwittingly compromise their own musculoskeletal health and comfort because of untreated or undertreated seasonal allergies. In her pamphlet, Vigilante walks readers through the ways that improper breathing affects our bodies-all the way down to a cellular level. Instead of promoting a particular medication or treatment, she informs and equips readers to start a conversation with their physicians about the ways that untreated allergic rhinitis might be adversely affecting them. Using clear, accessible language, Vigilante explains essential physiological principles, backing up her claims with scientific evidence. The result is a pamphlet that provides an eye-opening look at how finely tuned our bodies are-and how even something as seemingly insignificant as a stuffy nose can throw the homeostasis of the body...



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