



Pain-Free and Healthy: An Owner's Manual for the Human Body

Dr. David W. Stedman

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Pain-Free and Healthy: An Owner's Manual for the Human Body Dr. David W. Stedman

Dr. Stedman suggests simple but effective changes you can make immediately to alleviate pain and improve your health without buying equipment or taking special supplements. He has compiled health-tips and guidelines that have worked over and over in the 34 years he has been in practice. He has helped thousands to become pain-free and healthy. Chapters include dos and don'ts, information on nutrition, exercises, advice for athletes and much more.

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