



Treat Your Own Spinal Stenosis

Jim Johnson

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Simply put, spinal stenosis is arthritis of the back, and **Treat Your Own Spinal Stenosis** will show you how to get rid of back and leg pain that is caused by the various aging changes that take place in everyone's low back over time. **Anyone with a herniated disc, bone spurs, degenerative discs, scoliosis, or unstable vertebrae will benefit greatly from the targeted exercises in this book, because these spinal problems are often involved in the process of spinal stenosis.**

What the exercises in this book will do for the lower back...

- make your back much stronger in 2 minutes or a day
- make your back more flexible in 90 seconds a day
- increase the protective reflexes in your back in 1 minute a day

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