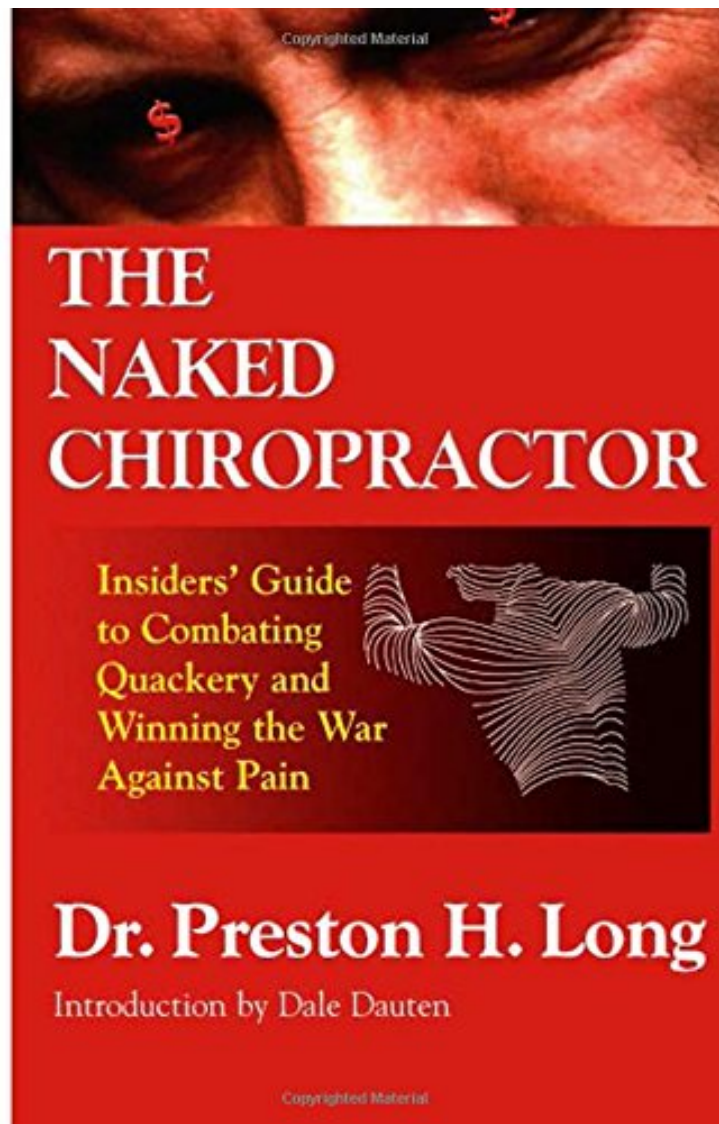


(Download pdf ebook) The Naked Chiropractor Insider's Guide to Combating Quackery and Winning the War Against Pain

The Naked Chiropractor Insider's Guide to Combating Quackery and Winning the War Against Pain

PhD Preston H Long DC

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PhD Preston H Long DC : The Naked Chiropractor Insider's Guide to Combating Quackery and Winning the War Against Pain before purchasing it in order to gage whether or not it would be worth my time, and all praised The Naked Chiropractor Insider's Guide to Combating Quackery and Winning the War Against Pain:

3 of 5 people found the following review helpful. Chiropractor Bad! Learn why.By Helen BeallI went to chiropractors

for years for what turned out to be simple muscle strain. They told me so many horrible things about my body that I lived in fear and considered going on disability. They keep you coming back and they keep you an invalid. I now work as a housekeeper and yeah I have aches and pains but so does everyone else. I will never go to another chiropractor they don't know anything. 15 of 43 people found the following review helpful. The Naked Chiropractor By A Customer I have just finished reading The Naked Chiropractor, and I will never think of the back care industry in the same light again. After years of intermittent back pain I was confused about all of the conflicting information espoused by the self proclaimed experts in the back care industry. This book was a very entertaining and easy-to-read guide on what to look for in treatments, and it provided concrete ideas on how to care for my back. The book also served as an expose on the rampant fraud in the industry, and how to avoid costly mistakes in back care. I only wish I would have read this story years ago, saving [money] on chiropractic care. 19 of 55 people found the following review helpful. Knowledge is Power - Take Control By A Customer The Naked Chiropractor by Dr. Preston Long is a must read for anyone, which includes the vast majority of us, who currently suffers or will suffer from back pain. This is a no-nonsense book that gives the reader the power to seek and receive the most effective and appropriate treatment for their back pain. I have suffered with back pain for 30 years and I have seen first-hand many of the practices that Dr. Long writes about that are perpetuated within the chiropractic field. Many of these are not based on scientific evidence, are potentially lethal and (I'll be kind) border on fraud. Protect yourself and your family, read this book before you visit another chiropractor or Alternative Medicine Provider. Take control of your healthcare and learn about the concept of Evidence-Based Medicine!

In all likelihood, you will be among the eight out of every 10 Americans who will suffer from back pain at some point in their lives. Probably because back pain is so common, there are more treatments touted for it than for any other medical condition in the world. In my years as a chiropractor and a consultant reviewing the various treatments rendered by health care providers, I have come to realize that most providers have little or no understanding of back pain or how (inexpensively and easily) to make it go away. It's also clear to me that patients have little or no understanding, primarily due to lack of education from health care providers. Patients also don't know how to help themselves. In the mid-1990s, I began fighting to decrease treatment variation and increase the use of evidence-based medicine. It's been an uphill battle. Of the 326 books about back pain listed on Amazon.com, most contain far more opinion, belief and testimonials than science. That's because back pain isn't a science, but the treatment of it can be. In most cases, back pain is a temporary condition. But that doesn't stop thousands of alternative medicine practitioners from trying to treat your back pain at considerable expense to you. As you will discover in the pages of this book, alternative medicine practitioners are very adept at patient solicitation, education of their particular technique and engendering patient satisfaction. The benefits patients experience from alternative medicine derive more from the way a treatment is presented than from the treatment itself. From an alternative medicine provider's point of view, getting you to accept convoluted logic and believe in the value of your treatment is nearly half the battle in resolving your problem. This book was written for you, the medical consumer. My goal is to shine a light on scientific evidence based on the most current clinical research---in an easy to understand format.