

Beth Sturr Blog Publishes Treat Sciatica Now Review

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The Beth Sturr Blog has published a review of the book "Treat Sciatica Now". The aim of the book is to provide people with an alternative to surgery, while still finding full relief from their sciatic pain. Sciatica is a condition that affects quite a large proportion of the population, and is one that is incredibly painful. As a result, people frequently search for new and alternative treatments.

Beth Sturr herself says: "Sciatica, or inflammation of the sciatic nerve, is one of the most painful physical injuries a person can experience. Sciatic nerve conditions leave the affected individuals almost debilitated, unable to accomplish even the simplest everyday tasks. While surgery is the most common treatment, it is actually only truly effective in about 1% of people. We wanted to provide people with an alternative, taking back control of their quality of life. That is why we decided to take a look at the book."

Some of the things that the blog discusses are stretches for sciatica. Because sciatica refers to one of the nerves in the back being pinched, either by bone, muscle, or other tissue, it is very important to only do stretches that will not further damage the area. The correct stretches are described in the "Treat Sciatica Now" book, which Beth Sturr has comprehensively reviewed on her blog.

"The book really provides an out-of-the-box treatment and its effectiveness has really shocked me," adds Beth. "It can provide quick sciatic pain relief, using only natural means. This means you don't have to make many trips to expensive chiropractors and that you can finally avoid taking those dangerous chemical drugs. Becoming free of sciatic pain, for many people, is a dream come true and this new book enables them to reach that dream."

In the Treat Sciatica Now review, Beth discusses her personal experiences with sciatica. She explains that she had to deal with this type of pain for many years, and that she nearly hit rock bottom herself. For her, Treat Sciatica Now has been a literal life saver and she wants to encourage everyone to try it for themselves.

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Beth Sturr Blog

Beth Sturr blog is dedicated to provide quality, honest information to those that suffer from sciatica and lower back pain.

Further information can be found at <http://www.bethsturr.com>.

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