

Gentle Techniques to Disease-Proof Your Body

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By the Editors of
PREVENTION
Health Books

Say Goodbye to Back Pain

Chung Moo Doe sounds like a delicious Chinese entrée, but it is a soft form of karate (not the board-breaking variety) that helps some people with chronic back pain, says Patrick Massey, M.D., Ph.D., an internist at Alexian Brothers Medical Center in Elk Grove Village, Illinois, sixth-degree black belt holder, and former sciatica sufferer.

In a study that he co-directed, Dr. Massey prescribed a modified version of Chung Moo Doe for 58 men and women ages 25 to 71 who had histories of serious back problems. All had failed to improve with physical therapy, steroid injections, or surgery. But after eight weeks under his guidance, 93 percent were pain-free.

For more information on this program, contact Dr. Massey at Alexian Brothers Medical Center, 850 Biesterfield Road, Suite 4011, Elk Grove Village, IL 60007.

When to See a Doctor

Here are some flares that signal it's time to see a doctor for your back pain, as offered by Patrick Massey, M.D., Ph.D., an internist at Alexian Brothers Medical Center in Elk Grove Village, Illinois, and a former sciatica sufferer.

- ▶ The problem persists beyond four days without improvement.
- ▶ You have back pain that persists after a fall or accident.
- ▶ The pain travels down your leg into the foot.

According to Dr. Massey, if you have any of the following symptoms, see a doctor immediately.

- ▶ You have trouble controlling your bowels or bladder.
- ▶ You have numbness in the groin or rectal area.
- ▶ Your legs feel extremely weak.