

# Back Chat

## *The Ultimate Guide to Healing and Preventing Back Pain*

Garry Trainer and  
Tania Alexander

**'If anyone knows how the back works it is Garry Trainer'**  
*Dr Hilary Jones*

**'Garry is an amazing healer, often able to correct things that no one else can.'** *Gwyneth Paltrow*

In their new book, *Back Chat*, Garry Trainer and Tania Alexander set out to demystify the back and take the fear out of back pain. By concentrating on core information about the back and using a lot of case

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histories Garry and Tania have written an extremely useful and concise book - a must for anyone wanting to know about back pain and

Back pain is part of modern life. Almost 80% of people will experience back pain at some point. But it is treatable and preventable.

This new book, by celebrity osteopath and acupuncturist Garry Trainer and health writer Tania Alexander, demystifies back pain, reassures the sufferer and helps the reader heal and prevent their back problem.

Illustrated with photographs and drawings throughout, it also features detailed case studies to help the reader easily identify and conquer their own problem. *Back Chat* offers helpful tips on lifestyle, gives a practical action plan for zapping back pain, provides easy-to-follow and effective strengthening and stretching programmes, and gives top advice about helpful consumer products. All told in a chatty, accessible style, *Back Chat* offers you the secrets of London's leading back specialist.

**Garry Trainer**, is widely acknowledged as a pioneer and one of the foremost practitioners of osteopathy and acupuncture in the UK. A New Zealander by birth, Garry has spent the last 26 years establishing his practises in Harley Street and Primrose Hill. Garry combines a unique combination of osteopathy, acupuncture and massage to treat a myriad of debilitating everyday conditions. His clients have included Johnny Depp, Gwyneth Paltrow, Sir Derek Jacobi, George Michael, Sir Paul McCartney and Emma Thompson. Garry regularly appears on television, radio and in the press, commenting as an authority on alternative health issues and as a spokesperson during National Back Pain Week in the UK.

**Tania Alexander** is a leading freelance health journalist and consumer expert, who is the author of 6 books.

*Back Chat – the Ultimate Guide to Healing and Preventing Back Pain* by Garry Trainer and Tania Alexander is published on March 1st 2007 and retails at £10.99

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**Aurum**