

What Has Dr. Shook Been Reading?

Backache Survival, The Holistic Medical Treatment Program for Low Back Pain.

By Robert S. Ivker, D.O.

Published by Tarcher/Putman 2003

Dr. Ivker introduces this book with his own tale of back pain. It is the story of Dr. Ivker attempting an extreme mountaineering feat without consideration for his 50-year-old body. He quickly finds himself experiencing a Hawaii vacation within a body that will, only reluctantly, allow him to drag his sore and weary self from his bed to the bathroom. Drawing upon his knowledge of the body and the holistic approach to healing he recommends for his own patients, Ivker was able to get out of bed and enjoy the rest of his vacation. Having already authored several books describing a holistic approach to dealing with headaches, sinus problems, allergies and asthma, Dr. Ivker wrote this one addressing low back pain.

Taber's Medical Dictionary describes "Holistic Medicine" as the comprehensive and total care of a patient taking into consideration and caring for physical, emotional, social and economic needs.

Backache Survival is absolutely a holistic approach. The importance of eating nutritious food, drinking sufficient clean water and breathing fresh, clean, unpolluted air is a reoccurring theme. Strength, flexibility, cardiovascular health, the mind-body connection, the emotional causes of back pain, chakras, dealing with anger, social health, sex, parenting and forgiveness are just a few of the many topics discussed in Dr. Ivker's Backache Survival Program. There is a little anatomy and a little physiology and some discussion of symptom (pain) relief with drugs and directions for using ice and heat. A wide variety of healing professions and therapies are described including Healing Touch, Trigger Point Therapy, Chiropractic, Traditional Chinese Medicine, Feldenkrais, Rolfing, Pilates and Yoga. Understandably His own field of Osteopathic Medicine is discussed at length.

Backache Survival is an interesting book that covers a wide range of topics from anti-inflammatory medications to the spirituality of sex and draws a connection between sinus troubles, repressed emotions and back pain. For a while the discussion about sinus health and healing sinus troubles was so extensive that I nearly forgot the title topic was surviving a backache.

This is not a book for someone seeking a quick fix for his achy back. It is much more a book for someone eager and willing to learn more about the many paths along the road to fitness especially if that someone has sinus and back troubles,

PS: Have you heard the news? Vioxx, an anti-inflammatory drug commonly prescribed by medical doctors for the treatment of musculoskeletal pain, has been withdrawn from the market because research showed that it increased the risk of heart attack ... !!!!!Eeeek! WOW, maybe this is a good time to consider a more holistic approach to treating your body's aches and pains.

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