



High Heels to Hormones: A Woman's Guide to Spine Care

Christina Lasich

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Christina Lasich, MD, has created a book that is very comprehensive yet brief and easy to understand. There are many drawings that are humorous but emphasize important concepts that will be easy to visualize and remember. Overall, this is an excellent self-care guide for anyone with neck or back pain, but it is especially written for women.-James B. Reynolds, MD, Orthopedic Spine Surgery, Chairman and Program Director of SpineCare Medical Group

With all the medical concerns facing women today, a healthier spine might not be at the top of your list-but it should. Back and neck pain interferes with many women's busy lives, and but a remedy for it is easier than you might think. Christina Lasich, MD, draws on her many years of experience as a spine rehabilitation specialist to bring you High Heels to Hormones: A Woman's Guide to Spine Care. Through hilarious cartoons and short, easy-to-read, informative text, Dr. Lasich shows you how important good spinal health is to your overall well-being. Women of every size, shape, and age will benefit from Dr. Lasich's sound, proven advice. Say goodbye to your sore neck and aching back and hello to a stronger, healthier spine!

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