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Back Pain: Back Pain Treatment: Back Pain Relief: How To Heal Back Problems

By Ace McCloud

Pro Mastery Publishing. Hardcover. Condition: New. 68 pages. Dimensions: 10.0in. x 8.0in. x 0.2in. Would you love to solve your back pain problems once and for all? There is hope for pain-free living! Whether you want to (1) find real and permanent relief for your back pain, (2) strengthen your back to avoid injuries and pain, or (3) move comfortably and painlessly, this book will teach you everything you need to know. Get to the root of your pain. Learn where the pain comes from. Identify biological, physiological, neurological, and psychological sources that can cause or aggravate back pain. Discover practical steps you can take right now to treat the root cause and relieve the painful symptoms. Learn about easy-to-implement treatment strategies that can take the touch out of your daily activities. Prevent back pain. Lay a foundation for a pain-free active life for years to come. Follow easy-to-implement instructions for activities and exercises designed specifically to strengthen your muscles and joints. Adopt simple lifestyle changes that will help your body painlessly support your weight and move you smoothly through life. Treatments that Work! Discover how to eliminate your back pain using some of the best all-natural methods available. Learn which herbs and...



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