



# **Back Pain: The Holistic Approach to Relief from Lower Back Pain, Chronic Pain, and Poor Posture**

*Misty Jordyn*

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## **Get Rid of Back Pain for Life**

**This book contains proven steps and strategies on how to repair your body and eliminate chronic back pain.**

**According to studies, 80% of the people in the world have experienced and will experience back pain. Occasionally back pain may be a relatively minor and easily treatable condition, unless the pain is so severe that it prevents you from doing your normal tasks. You can often receive relief from your back pain without taking any medication. A few changes in your lifestyle and movements can go a long way when treating back pain. That is the primary emphasis of this book.**

**In Back Pain, you will learn:**

- Twelve common causes of back pain

- Three simple habits that can often relieve back pain
- How changing five objects or fashion items in your life can make a huge difference
- Easy exercises that can help reverse problems causing your back pain
- Six useful home remedies or relaxation techniques that often resolve back pain symptoms
- Types of professional assistance that may be appropriate.

This book will give you some effective back pain relief tips that are so simple and easy. You can even do most of them on your own at home without the assistance of a medical professional, although of course it is still best to consult your physician especially if you have a serious condition.

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