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Pain Reduceri# 0

Dear Back Pain Sufferer,

Here at [The Healthy Back Institute](#) we've helped folks who've suffered with serious back problems and back conditions for 10 ...15 ...

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Eight Pain Reducers For Faster Pain Relief

**Ways to deal with the pain
while you're starting your personalized
treatment program**

I've learned over the years after working with and helping over 50,000 back-pain sufferers, with every condition known to medicine and major traumatic injuries, that there are three things back

Pain Reducer One:
The FIRST THING you MUST

or damage. And the swelling is protective as it prevents you from moving it and causing more irritation.

This is also

"Thank you!!!

making your muscles ache more. The evidence shows inflammation really does wreck havoc on your body ...

The New England Journal of Medicine published a study showing "convincing evidence that inflammation is strongly linked to heart attacks and stroke."

Until you identify exactly which muscle imbalances you have you can't tell which activities you're doing are contributing the most to your pain or which activities could be helping reduce your pain.

Exercising improperly for your particular body and dysfunction could very easily make you hurt

Pain Reducer Four

Self-MUggU[Y: Hck hc F]bX UbX ÍDY-AWhj UhYÎ

Trigger-Points In Your Muscles

You re going to *love* this.

Do you know how good it feels when you get a massage and someone finds that

These dime-sized landmines in your muscles cause your muscles to tighten and shorten. And because they tighten y3om5(us)-4(cl)10(e)-3(s)-3(t)2(he)-5(s t)-ght to lahe12-30

For many people, even when they try to sit with "perfect" posture, they can't

- < The unique spinal channel gives you full support without putting pressure on your spinal column ...
- < You get a wide back support that wraps around your sides and "hugs" your

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dozens of foods that reduce and/or prevent inflammation in our bodies. Consuming the right mix of these throughout the day, weeks and months is essential toward living pain free.

The Lose The Back Pain Treatment System

In fact, you'll see why folks who've been diagnosed with many of the most serious back-conditions known to medicine are celebrating this natural treatment

Í D5-B-FREE for the FIRST TIME in 15-

What the heck is a muscle imbalance you ask?

When a muscle or group of muscles overpowers the opposing muscle(s), you have a

The FOUR major types of Dysfunctions underlying Back Pain:

Forward Tipped Pelvis: Caused by weaker abdominal muscles, gluteal muscles and hamstrings combined tight muscles in the lower back, hip

Does your waistline slope backwards?

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for a cure I came across "Lose the Back P

Absolutely! But ONLY if you know what muscle imbalances you have and how the stretches you know affect those imbalances. Because doing the wrong stretching exercises will make your pain and dysfunction WORSE.

This is most likely the first time you ever heard of these physical

Dr. Robert V. Duvall, DPT, ATC, MGF1

"This simple formula will allow any back pain sufferer to pinpoint the cause of their problem and get rid of it!"

— Dr. Brian Paris, DC

100% Money-Back Guarantee Be Back Pain Free! 365-Day Guarantee

Lose the Back Pain MUST Give You The FASTEST, Most EFFECTIVE Back-Pain Relief — **FREE!**

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Lose The Back Pain System

You get the Complete

[Just click here now to get your Lose The Back Pain System](#)

People With Serious Back Conditions Explain How They Beat Their Back Pain

Living with back pain is hard, depressing and sometimes lonely0mw11(0mwp d)le pasanene

GhYj Y`A i b_ Ñ`F YU` Life Back Pain Relief Story:

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"I am a 62 year-

"On a scale of 1 - 10 in pain, I hovered between a 7 and an 8, and sometimes even a 9 when I could barely walk.

"Now, I would say on a very good day I'm a 1, more often a 2, but rarely as much as a 3.

"

"I want to thank you for your Lose The Back Pain program. After a year of excruciating sciatic pain, your program was the only thing that worked!

The combination of muscle imbalances, back conditions, tissue inflammation and injuries can create problems

