



End Back Pain Forever: A Groundbreaking Approach to Eliminate Your Suffering

M.D. Norman J. Marcus M.D.

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From a leading pain management expert, a revolutionary book about ending back pain—the #1 cause of debilitating pain in people under age forty—through treatment of muscles and tendons, rather than through medication or surgeries.

If you or someone you love has been suffering with back pain, this book could change your life.

Americans spend more and more each year treating neck and back pain—over \$86 billion annually—but all too often, the treatments simply don't help. Why keep taking medicine if it doesn't work? And why resort to painful, unnecessary surgery or injections if there's a better remedy? *End Back Pain Forever* is a revolutionary guide that shows you the many ways that back pain can be produced and the easy-to-follow steps you can take to eliminate it.

Norman Marcus, one of the nation's leading back pain specialists, estimates that more than 75 percent of back pain cases can be cured by treating the muscles rather than through surgery or drugs. Yet too many doctors don't recognize this, leaving patients struggling for solutions. In this groundbreaking book, Dr. Marcus will show you:

- Why the current standard for diagnosing and treating back pain is flawed.
- Why high-tech imaging tests are not useful in diagnosing most back pain.
- Techniques that can protect you from injury.
- Twenty-one simple exercises that can end your back pain forever.
- How aging and pregnancy affect your back.
- And much more.

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David Waymire:

Reading can called head hangout, why? Because when you are reading a book particularly book entitled End Back Pain Forever: A Groundbreaking Approach to Eliminate Your Suffering the mind will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely will become your mind friends. Imaging every single word written in a publication then become one form conclusion and explanation which maybe you never get just before. The End Back Pain Forever: A Groundbreaking Approach to Eliminate Your Suffering giving you yet another experience more than blown away the mind but also giving you useful details for your better life on this era. So now let us teach you the relaxing pattern is your body and mind will be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary wasting spare time activity?

Patricia Ackermann:

This End Back Pain Forever: A Groundbreaking Approach to Eliminate Your Suffering is great guide for you because the content which can be full of information for you who have always deal with world and still have to make decision every minute. That book reveal it info accurately using great arrange word or we can point out no rambling sentences inside it. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but tough core information with lovely delivering sentences. Having End Back Pain Forever: A Groundbreaking Approach to Eliminate Your Suffering in your hand like having the world in your arm, info in it is not ridiculous one. We can say that no publication that offer you world throughout ten or fifteen minute right but this book already do that. So , this really is good reading book. Hi Mr. and Mrs. busy do you still doubt in which?

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In this era which is the greater man or woman or who has ability in doing something more are more special than other. Do you want to become one among it? It is just simple strategy to have that. What you should do is just spending your time not much but quite enough to have a look at some books. On the list of books in

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