



## Back Pain for the Average Joe: Naturally Heal Your Back Safely Without Drugs or Surgery

*Vince Chavez*

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# **Back Pain for the Average Joe: Naturally Heal Your Back Safely Without Drugs or Surgery**

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Are you suffering from back pain? I can tell you that I was a victim of back pain for over 5 years, until I took control of it. It was not easy, and anyone who tells you that it is easy is a fraud. But I can assure you that it is controllable. In this book, I will explain to you the daily practices that I incorporated into my everyday life which helped me get rid of my back pain. There are certain reasons that you get back pain, and I will help you figure out why you are feeling pain in certain areas. After you figure out the reason, I will show you various techniques to alleviate your back pain in that area. I show you different exercises and practices that will help speed the process. Although it will not happen overnight, each day you will begin to feel more relaxed in your back.



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