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Jesse Canonne
Co-founder, *The Healthy
Back Institute*

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 ... up to 50 years finally get lasting pain relief.

These are folks who've been failed by doctors, chiropractors, surgeons and physical therapists but suddenly found pain relief right in the comfort of their own homes!

It's surprising but true.

Name the condition: scoliosis ... herniated discs ... sciatica ... fibromyalgia ... stenosis of the spine ... piriformis syndrome ... spinal arthritis ... low back pain ... upper back pain ... neck pain ... even folks who've suffered from up to four or five of these conditions and problems at once...

... and we've helped people who've sustained serious back injuries: from car accidents ... sporting injuries ... accidents and work injuries... ALL eliminate or drastically reduce their pain by 90% or more, often in just 2 days; but usually in about 2-3 weeks.

We're not talking about a few hundred "lucky" back-pain sufferers here either. Over 60,000 people, in countries all over the world, have experienced this miracle.

And they've done it without prescription medications, expensive equipment or home-visits from therapists of any kind.

They simply went through the same process you're going through right now- they found our website online, requested this guide and embraced the [Lose The Back Pain System](#).

Here at *The Healthy Back Institute* we specialize in helping folks who've "tried it all" to get rid of their back-pain with no success. We've found most people continue to suffer from back pain for years for several reasons:

1. They are given one-size-fits-all treatments. But your body is unique and so is the specific cause of pain in your body. So you need a unique treatment program that targets your pain ...
2. They are told to rely on band-aid treatments that only treat the symptoms of back pain and do nothing to address the underlying causes...

3. No one ever explains the FULL cycle of pain in their lives – from the physical to the emotional aspect to the dietary or day-to-day contributors to pain.

If you've tried everything else and none of it has worked you're about to finally get relief.

Our approach is different from everything you've seen before because it starts by assessing specific underlying "often hidden" causes of your body's pain. Only then can you get your personalized treatment system to target the precise needs of your body. In this guide you're getting ...

- ✓ Eight pain-reducers to help you get immediate pain relief and avoid causing yourself additional pain. I'll even send you a FREE BOTTLE of our best selling back pain relief supplement, [Heal-n-Soothe](#) because it reduces and removes the #1 cause of pain in your body.
- ✓ You also get in this guide the basic self-assessment system we use here at The Healthy Back Institute so you can identify the underlying sources of your back pain (this easy self-assessment is life-changing for many folks because it shows you a clear path to getting rid of your pain)

Once you get through the basic self-assessment and go through your Eight pain reducers and you still want more help getting rid of your back pain I'll show you the *Lose The Back Pain System* we've used to help over 60,000 back pain sufferers just like you around the world.

**Please read this Back Pain Relief Guide carefully
because severe DEPRESSION
is the #1 emotion associated with chronic back pain**

If you have chronic back pain and don't find a way to get rid of it or reduce it you're at risk for major depression on daily basis for weeks at a time.

If you find you're already suffering signs of depression then you need a real solution to your back problems now. Common signs of depression include ...

- If you've been feeling sad, hopeless, irritable or depressed most of your days for weeks at a time ...
- If you're losing interest in the activities you normally enjoy ... or your sex drive has dropped dramatically ...

- If you've experienced big changes in your appetite – either not wanting to eat much or suddenly eating much more often and gaining weight ...
- If you're not sleeping well at night or feeling sluggish and irritable and your ability to concentrate isn't what it should be ...
- If you're finding yourself having feelings of guilt or worthlessness ..

One study found that up to 82% of chronic back pain sufferers show signs of some form of depression. And when you put the two together, chronic back pain and depression, absolutely destroys your quality of life.

It's easy to see how it happens ...

1. Your back pain makes it hard for you to sleep at night so you spend most of your days tired and irritable.
2. Your social life is destroyed because back pain makes moving around hard and painful which makes you spend a lot of time at home alone.
3. You might even develop financial problems because your back pain makes it hard for you to work.
4. You might try expensive pain medications that make you tired, dull-minded or cause other health problems.
5. Sex all but disappears from your life because of the pain.

In one systemic study on back pain they discovered 42% of patients experienced the onset of depression *first*, then their back pain started. 58% of the patients experienced depression *after* their back pain flared up. Depression and back pain are linked at the hip – whether depression comes first or second if you have chronic back pain you're at extreme risk for depression.

THE GOOD NEWS: In 15 years of working with over 60,000 back pain sufferers I've never found a patient whose back pain couldn't be eliminated or virtually eliminated where they got rid of 90% of their pain.

The only people who can't be helped are the folks who've decided not to let us help them.

Wishing you fast and permanent pain relief,

Jesse Cannone

The Healthy Back Institute

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 sufferers need to address to live pain free:

1. You need to learn how to reduce acute pain quickly when it flares up.
2. You need to get rid of the underlying root cause of pain (this goes deeper than simply fixing a diagnosed back condition as you'll see in a few minutes)
3. You need to address the emotional and mental factors that increase pain.

For some people the only treatment they ever need is the muscle balance therapy system we give you in [Lose The Back Pain](#), for other, more severe cases, muscle balance therapy gets them 90% of the way and they need to try a handful of additional treatments to live pain free.

I'll explain how muscle imbalances and physical dysfunctions are a major contributor and cause of back pain in the second section of this guide.

But first I want to go over several pain-reduction strategies and treatments for acute pain that you can use right now to start feeling better, faster.

One big word of caution: Don't overlook the simple things.

Over and over again I've found that people suffer through chronic pain needlessly because they aren't taking good basic care of their bodies. And some of the fastest reductions in pain can come from something as simple as strategy number three below.

Pain Reducer One:

The FIRST THING you MUST do if you have back pain is to control inflammation in your body. Here's why ...

Studies have shown inflammation is the #1 cause of pain in your body. Now, let me make this clear. Inflammation is NOT the underlying cause of all of your back pain – but it IS the major mechanism in your body that causes you to experience pain.



- **You have tissue inflammation if you have upper or lower back pain ...**
- ***You have tissue inflammation if you have serious back conditions like upper & lower back pain, sciatica pain, herniated discs, scoliosis, arthritis or other conditions ...***
- ***And you have tissue inflammation if you've injured your back in an accident, playing sports, or through a lifetime of hard, physical work ...***
- **Every part of your body where you feel pain in your muscles you can be pretty sure you have tissue inflammation ...**

Inflammation is the #1 pain-causing *mechanism* in your body. So the first thing I recommend you do if you want to quickly get rid of your acute pain is to cut down the excess inflammation in your body. Then we can start to address the underlying causes of your back pain.

A new back-pain study published in *The American Journal of Roentgenology* found 80% of back-pain sufferers experienced soft-tissue inflammation in and around their spine.

This is a *critical point* if you're suffering from any type of back pain. Because there are ONLY two basic physiological types of pain: tissue-pain and nerve-pain.

- **If you have a back condition you probably suffer from BOTH types of pain.** If you have sciatica, herniated discs, spinal stenosis, scoliosis or some other condition you're pain is probably "mixed pain".

You have BOTH tissue-pain caused by inflammation in your muscles and soft-tissue that causes nerve-pain by exerting pressure on your nerves (sciatica is a perfect example of this).

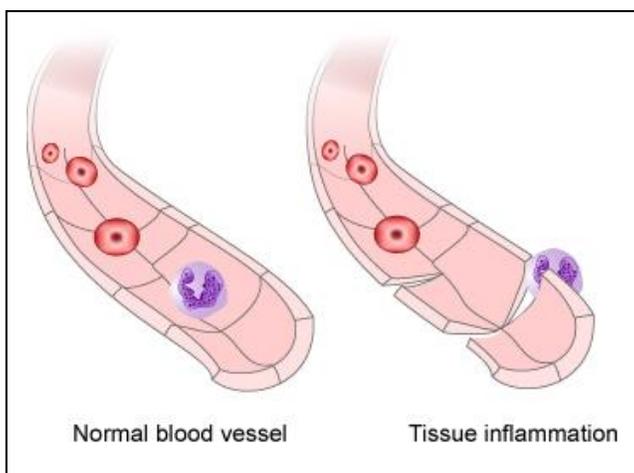
- **If you injured your back the pain you're feeling is almost all inflammation related.** Because inflammation is your body's natural reaction to trauma. And at the age of 25 your body started to slow production of the enzymes that fight inflammation – which is why when you sprained your ankle at 15 it healed in a couple of weeks but at 45 it can take months to heal.

First though, think about your own back-pain for a second.

- **Do your back muscles hurt?** If so, your pain is definitely caused to some degree by inflammation. To get rid of your pain you'll have to first, get rid of the inflammation and second, get rid of any ongoing causes of inflammation.
- **Do you feel a lot of nerve-pain?** Things like, shooting lines of pain, burning, numbness, pinching tend to be nerve-pain. But guess what? Often the pressure and pinching of the nerve is because the surrounding tissue is inflamed and expanded!

That's why the study found soft-tissue inflammation in 80% of back-pain sufferers. **Because even when your pain is caused by damage to nerves in your spine some of the pain you feel is a result of inflammation in the surrounding tissue.**

To get lasting pain relief you need to address the things in your body causing your muscle-related pain and causing your nerve-related pain.



Inflammation is a response from your immune system in response to an irritant. For example, if you sprain your ankle, your immune system creates a protein called a Circulating Immune Complex (CIC for short). The CIC travels down to the injured ankle and causes pain and swelling.

The pain you feel is to inform you of the injury

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

This is also your body's way of running to the problem with fresh blood, antibodies and vital cells in order to begin healing and repairing the damage.

Then what normally happens is our bodies produce proteolytic enzymes which counteract the inflammation, and things return to normal. That's why a sprained ankle as a young child heals within a few weeks at most, but can take six weeks or more for an adult of say 45.

The problem is, **after around age 25, our production of these enzymes drops off almost completely** so there is nothing to tell the body to stop the inflammation. These enzymes are also responsible for cleaning the blood, fighting off viral and bacterial infections and breaking down excess fibrin (scar tissue).

So to do that I want to send you a FREE BOTTLE of Heal-n-Soothe, our best selling back pain reliever.

And *then* I can show you how we get rid of the rest of your back pain and make sure it doesn't come back.

So here's the deal...

[Click here and I'll send you a FREE \\$59 bottle of Heal-n-Soothe, our best selling pain reliever](#)

Just cover shipping and it's yours FREE. Experience how great it is to NOT feel all those aches and pains everyday. Then if you love what Heal-N-Soothe™ does for you I'll enroll you in our Smartship savings plan. We'll send you a fresh bottle every month at the low members-only \$49 discounted price. Plus, I'll pay the shipping charges on all future bottles for you.

You're NEVER obligated to continue accepting more bottles. If you don't want to keep getting Heal-N-Soothe™ for whatever reason - no problem at all - just say so and I'll make sure you don't receive it. All I ask is that you try it for yourself before deciding.



[Click here and I'll send you a FREE \\$59 bottle of Heal-n-Soothe, our best selling pain reliever](#)

"WOW! Huge difference -- I stopped taking painkillers!"

"All I can say is a big WOW and thank you. I have **only been taking them for 4 or 5 days, but have noticed an huge difference.** I stopped taking my strong painkillers, Co Codemal (the strongest) and Dihydrocodine, which I was taking every day and the full limit allowed in a day. I feel "almost" normal again."

From a very very grateful,
Angela Jaggs (England, UK)

"My pain and inflammation went down in just 2 days!"



"I have been taking Heal-n-Soothe™, for 3 weeks now. I must say at first I was very skeptical. I was thinking 'How can this really help if my medication the doctor gave me does not work??!' But sometimes you reach a point or a day where the pain is so bad, that you will try anything... So I did.

"After about 2-3 days on the activation dose, I noticed reduced inflammation, and my pain in my leg reduced. I'm a believer that you 'Can't put a price on your health'."

--Dan Monahan, England

"Rah! Rah! I'm 57 with osteoarthritis and a cervical neck fusion. I was in horrible pain and now I look forward to another day! Thanks again!"

"I'm 57 with osteoarthritis and a cervical neck fusion I was in horrible pain and now I look forward to another day. I was not sure these pain free capsules would work. Rah! Rah! Jesse. I find it hard to believe that all the prescription medicine and pain management shots did not work as well as this product. Even my Fibromyalgia is better. Thanks again."



-Doreen D. New York

"Thank you!!! Heal-n-Soothe™ gave me a new PAIN FREE life!"

"Heal-n-Soothe™ has helped me in just a week. It is working very well. I have a crooked spine, and sciatic nerve problems. Your product has given me a whole new life of PAIN FREE. I can actually golf now. Please keep sending every month. It has made a big difference in my life. Thank You...Thank you !!!!!

Sandra Marginet, Michigan

**"I'm off prescription Celebrex
because of Heal-n-Soothe™. My heartfelt thanks!"**

"I am happy to report I no longer take Celebrex, once the only drug that would allow me to function "normally" by blocking the pain. Heal-n-Soothe™ reduces the inflammation to a point where I can now look forward to a productive day, plan trips and live with about 80% less pain!"

Christine M., Canada

Just cover shipping and it's yours FREE. Experience how great it is to NOT feel all those aches and pains everyday. Then if you love what Heal-N-Soothe™ does for you I'll enroll you in our Smartship savings plan. We'll send you a fresh bottle every month at the low members-only \$49 discounted price. Plus, I'll pay the shipping charges on all future bottles for you.

You're NEVER obligated to continue accepting more bottles. If you don't want to keep getting Heal-N-Soothe™ for whatever reason - no problem at all - just say so and I'll make sure you don't receive it. All I ask is that you try it for yourself before deciding.



[Click here and I'll send you a FREE \\$59 bottle of Heal-n-Soothe, our best selling pain reliever](#)

Harvard Medical School and The New England Journal of Medicine have reasons to consider Heal-N-Soothe™ completely unrelated to back and muscle pain (we're talking life-saving good reasons)...

Inflammation in your body poses much more serious health dangers than just

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."**

A Harvard study went further, saying that **"half of all heart attacks are caused by inflammation."**

And it's not just heart attacks and strokes you have to worry about from inflammation. A study published in the *The Annals of Neurology* concluded, **"inflammation is linked to Alzheimer's and other dementing diseases."**

Pain Reducer Two: **Exercises to avoid**

What exercises should you avoid if you have back pain?

The short answer is: all of them until you identify what physical dysfunctions are contributing to your pain. Why? Because unless you understand which dysfunctions are contributing to or causing your back pain any exercises you do can make the problem worse.

In the next section of this guide we'll go over the basic assessment you'll need to do (it's easy) to identify some of the underlying "hidden" causes of your back pain.

Obviously, exercising is a critical part of living a healthy life. But if you're in a lot of pain you need to slow down or even stop exercising for a while as you identify the underlying contributing causes to your pain.

Basically, the first rule of dealing with back-pain is the same as the first rule of medicine: "Do No Harm."

The muscle imbalances and dysfunctions contributing heavily to the pain your body is experiencing developed over the years based on your activities ... which muscles you naturally favor when you move ... what sports you played over the years ... what injuries you sustained in the past ... how you sit where you feel pain in your body and more.

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 more. That's one reason we offer the [Lose the Back Pain](#) system on a 100% RISK FREE basis – so you can do a FULL assessment to correctly identify your own dysfunctions and get a personalized treatment plan for fixing them. (You'll learn more about it later in this guide.)

Pain Reducer Three

Resting Your Body and Mind

Think back to a day when you were stressed, tense and anxious – do you remember feeling how tight the muscles in your neck and shoulders were?

In today's world it's almost impossible to find anyone who is not a ball of stress, tension and anxiety.

But if you let it, your body has an amazing power to heal itself. You just need to give yourself the rest, relaxation and sleep you need.

A good "formula" to remember is: Rest + Relaxation + Sleep = Recovery

Getting enough rest during your day

Take breaks during the day – if you sit all day then stand up and stretch... if you're on your feet all day find a few minutes to get off your feet.

Stretch a little or take a power nap for 15-30 minutes. Try and find whatever works for you and fits into your daily routine but make a point of giving yourself a break at least a couple of times a day.

Daily relaxation methods:

Because we're so stressed these days it's even more important to take the time to unwind. And I don't mean just sitting in front of the television; instead take the time to truly relax your body and your mind.

A few ideas: sitting quietly on your porch, meditating, do yoga or tai-chi or lie on the beach if you can.

A great relaxation method you can do anywhere is a simple breathing exercise:

GET INTO POSITION: Sit somewhere comfortable and quiet. Make sure to sit with your back straight, don't force yourself to sit too straight, just sit with your back naturally upright. Let your hands fall in your lap or rest on your thighs. Close your eyes.

THE EXERCISE: Focus your mind lightly on your nostrils and simply feel the air pass through your nose when you inhale, then feel the air pass out as you exhale.

Breathe naturally, don't try to breathe deep or force your breathe in anyway. Just notice the air as you breathe in, and notice the air as you breathe out.

Breathe in, breathe out. And notice that between your inhale and exhale there is a slight gap and just be aware of it as you breathe. Feel your body expand with each breathe in and contract with each breathe out.

It's that simple. But if you do it for 15-20 minutes you'll feel wonderfully rejuvenated. Do it for an hour and you'll be amazed at how much energy you have all-day long.

How to get enough good sleep:

Most of the "repair work" your body does happens during your deep sleep. And if you're not getting enough of that deep sleep you short-circuit your body's efforts to heal itself.

How much sleep does your body need?

Everyone is a little different but the healthy range is 6-9 hours of sleep a night.

Three Ways to Get Better Sleep

- **Warm feet means swift sleep.** Wear socks to bed. Socks? Yes, socks. Your feet have the poorest circulation in your body and cold feet have been tied to waking up at night. A Swiss sleep laboratory

study found if your feet are warmer than room-temperature you fall asleep faster.

- **This is what to eat several hours before bed.** Eat high-protein snacks (but not grains, see below) because they give you the L-tryptophan you need to produce the melatonin and serotonin that improve sleep.
- **Use a NATURAL sleep aid.** If getting enough sleep is really a problem for you consider a natural sleep aid. They're safe and full of ingredients proven to help you get deeper, more restful sleep. [Click here if you want to try one for free.](#) NOTE: They don't work for everyone because we all have a unique body-chemistry, that's why we suggest you try the free-bottle if you're interested in trying this.

Three things to avoid right before bed because they make it harder to get a good night's rest:

- **Don't eat right before bed.** Especially anything with a lot of sugar or grains. Why? Because when your body comes off the 'sugar high' caused by both sugar and grains your blood sugar drops too low and can wake you up. Plus, it'll be harder to get back to sleep with lowered blood sugar.
- **Don't watch TV right before sleeping.** It really stimulates your brain and can disrupt your pineal function making it really hard to fall asleep. If you have a television in your bedroom and are having trouble sleeping, you should seriously consider moving the TV to another room.
- **Don't drink caffeine or alcohol.** Drinking coffee in the afternoon will continue to affect many people well into the night and make it harder to fall asleep. While alcohol makes people drowsy, that drowsiness doesn't last very long and you often wake up several hours later and can't get back to sleep. Plus, alcohol stops you from getting into the deeper stages of sleep where all the healing takes place.

Pain Reducer Four

Self-Massage: How to Find and “De-Activate” 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 perfect spot where they press and all of your muscle-tension and pain just melts away?

It feels amazing, right? Well, today I'm going to show you how to find those spots yourself!

So you get the deep, tension and pain-relieving massage on demand, whenever you want it (without spending a fortune on a visit to the masseuse).

Ok, so let's talk about these knots in your muscles.

These spots can cause your headaches ... neck & jaw pain ... back pain ... joint pain ... even numbness in your hands and feet. These tiny knots that form in your muscles – and are the source of so many types of pain – are known as “trigger points.”

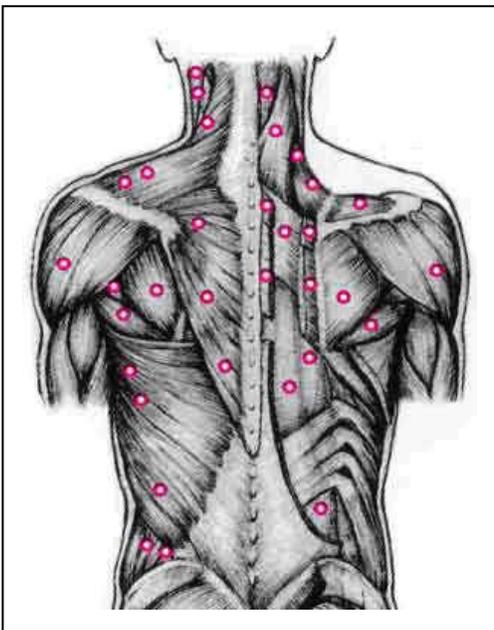
These trigger points tighten your muscles and contribute heavily to your muscles imbalances.

First discovered by President John F. Kennedy's personal physician, trigger points in muscles are increasingly becoming recognized as the cause of up 75% of muscle and tissue pain. Seventy-five percent!

These dime-sized landmines in your muscles cause your muscles to tighten and shorten. And because they tighten your muscles they start to change the way your body moves.

They limit the movement in one muscle causing it to weaken over time. Often when we find someone who is having a problem getting rid of one last aspect of their muscle imbalances and back pain it's because they have trigger points that are left unaddressed.

When you deactivate them you feel better instantly.



You've probably experienced trigger point pain before – here's how to tell for sure ...

Have you ever tried to rub a sore, painful muscle and no matter what you did you couldn't quite "get" to the painful spot?

Those are trigger points!

It's called "referred pain" and it's when the real cause of the pain is a point in the muscle but you FEEL the pain several inches away – so you can never quite find the perfect spot to massage.

Three signs you've found a trigger point in your muscles

Using your fingers, probe your muscles for spots that are harder than the surrounding tissue.

Three easy to identify signs you've found a trigger point are:

1. Your trigger points will be firm under pressure.
2. When you press on them you will feel your aches or pains more intensely.
3. Moderate pressure on the spot creates local tenderness – with referral sensations to other parts of your muscles –like tingling, aching, sharp-pain or numbness

The Basic Treatment for Trigger Points

The simplest technique is to first, relax the muscle as much as possible. Otherwise you're fighting the treatment. Next, press firmly down on the trigger point and hold. The trick is to apply SUSTAINED pressure.

Do it long enough, about 1 minute, and you'll "deactivate" the trigger point and all of a sudden your pain and tension will melt away.

Now the absolute best way to treat trigger points at home is to get *The Trigger Point Self-Treatment System*. It's the perfect tool massage away those painful spots and give your muscles deep, lasting relief. [Click here to find out more about the Trigger Point Self-Treatment System](#)

Pain Reducer Five

Use back support when you're sitting

What shape is your spine in right now?

Are you sitting so your spine is shaped like a "C"? With your shoulders bent a little forward over your hips?

Did you just sit up a little straighter?

Most people do when I ask that question.

Why? Because you know what good posture is and you know one of the most important things you can do to protect your back is maintain good posture.

And even though you *know* you should have good posture, and you *know* good posture is when your spine takes on an "S" shape NOT a "C" shape ...

... you still probably sit with bad posture more often than not.

Mostly because if your muscles weren't trained from the time you were a child to sit with perfect posture, then your muscles have been trained for decades to sit with poor posture. This is called muscle memory.

And the only time you sit up straight is when you remember to (which is probably less than 1% of the time you spend sitting).

For many people, even when they try to sit with “perfect” posture, they can’t because their muscles have weakened or tightened to make it difficult to do on their own.

You sit for hours every day: you sit in your car or truck ... you sit at your desk ... you sit when you eat ... you sit to relax while watching TV ...

... and every time you sit down your posture puts a strain on your back and increases your back pain!

For many people, even when they try to sit with “perfect” posture, they can’t because their muscles have weakened or tightened so much over time making it difficult to do on their own.

Worse, sitting with poor posture contributes to muscle imbalances and physical dysfunctions in your body so your back pain will get worse overtime if you never do anything about your posture.

A poor seated posture can cause your hip flexors to tighten and shorten over time and weaken the muscles in your behind (making it weak and a flabby).

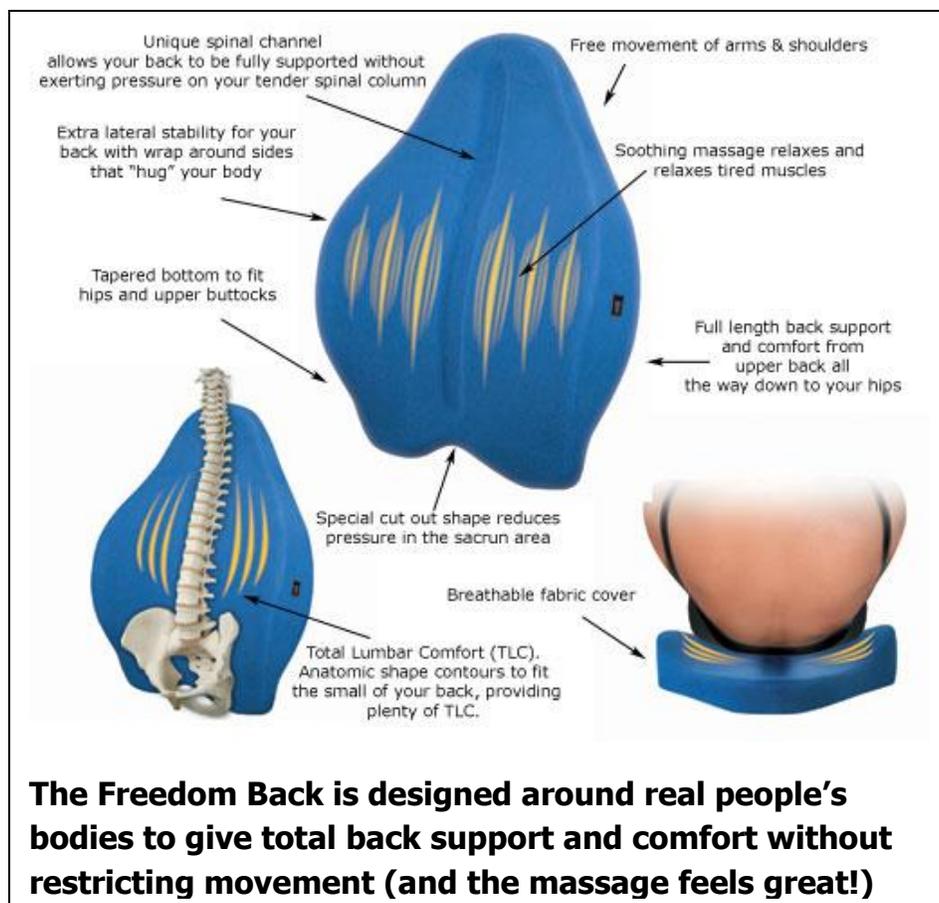
The imbalance will pull your pelvis and spine into an unnatural position and lead to unnecessary back pain.

The good news is there are some easy solutions. For starters you [click here to watch a video on how to sit to reduce back pain.](#)

Back pillows and back orthotics are two of the simplest and most effective.

This is the Back Pillow that we recommend most often

This is the ultimate in back-support comfort. The contours of the Freedom Back are designed to fit the shape of your whole back from your upper back all the way down to your hips.



- 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 body ...
- You get Full Length back support from your upper back all the way down to your hips ...
- The special cut out shape on the bottom makes sure you're not getting pressure on your sacrum ...

Every aspect of the Freedom Back has been designed around the bodies of real-people so you get comfort and support and don't have to keep adjusting it to stay comfortable.

The Freedom back is very versatile too because you can take it anywhere you go. Plus it has a built in massager to soothe and relax you. [Click here to find out more about getting a Freedom Back](#)



Another option is to use a back orthotic which delivers pain relief to an incredible 92% of people who try it.



use sitting device that posture.

The orthotic gently tilts your pelvis forward so your spine is in a neutral position.

One of the reasons poor posture creates back pain is because when you sit improperly the muscles in your back and around your spine have to hold up your body weight. And that's not what they were designed to do.

Your body weight should be supported by your skeletal structure.

A back orthotic works wonders because it takes your body weight off of the muscles designed to support your spine and transfers it back to your bones where it's supposed to be.

Folks who try it love it:

"The BackJoy fixed me up when doctors came up with no solution for me."

"After I sat on any chair, hard or soft, I could hardly walk for a while when I stood up. No doctors could come up with a solution, but then I tried The BackJoy, and **it's really fixed me up. The BackJoy is really a joy!**"

*Mary Colbert
Sedona, AZ*

[Click here to find out more about the Back Joy](#)

Pain Reducer Six

Decompress Your Spine

Did you know you are about 1cm taller in the morning than you are in the evening?

It's true. Measure your height in the morning and again at night before going to bed and you'll see you lost about one-centimeter of height during the day.

Every day you "shrink" a full centimeter and then "grow" taller again at night.

This cycle of expansion and contraction happens every day, 365 days a year, every year of your life.

Think of it like a daily freeze-and-thaw cycle for your spine. And it contributes to all kinds of back and spine problems.

From the moment you were born, gravity has been working on your spine. And while gravity is *great* for making sure you don't get flung off the planet, it puts pressure and stress on all of your muscles, bones, joints and ligaments.

And because the way your spine is structured it takes the most abuse.

The combination of gravity and muscle imbalances shove your vertebrae together, pressing on your discs.

The inner core of your discs is made of a jelly-like substance that acts like a shock-absorber for your spine. It gives you both flexibility and cushioning while you are sitting, standing or exercising.

During your day-to-day activities, gravity squeezes fluid out of your discs into adjacent soft tissue. With less fluid between the discs your vertebrae get compressed closer together causing you to 'shrink'... and sometimes pinching a nerve causing sciatic nerve or other pain.

Great news if you have a herniated or bulging disc ...

"Just the slightest increase in the spaces between your spinal discs can be enough to allow a **herniated or bulging disc to pop back into place.**"

At night when you're lying down and sleeping (remember: your body repairs itself when you sleep deeply) some of the fluid goes back into your discs.

But not all of the fluid soaks back in between your discs.

When your vertebrae get squeeze closer and closer together if they pinch or pressure your nerve roots, guess what happens? Right! It hurts – a lot!

Worse, a lot of times the pressure on your discs is not distributed evenly so sooner or later you start to develop spinal conditions.

Your discs bulge, or herniate, damaging your spine and can condemn you to a life of unexplained pain.

How to decompress your spine for faster pain relief

The good news is just the slightest increase in the spaces between your spinal discs can be enough to allow a **herniated or bulging disc to pop back into place.**

Or be enough to relieve pressure on compressed nerves.

That's why spinal decompression is so popular with chronic back pain sufferers.

When you decompress the spine you, very naturally, increase the spaces between your spinal discs taking the pressure off nerves and bulging or herniated discs.

The most effective method of decompressing your spine is inversion therapy.

Inversion therapy is a way of treating back-pain by diminishing the influence of gravity, reducing the compression of your vertebrae and allowing the muscles and ligaments that encase your spine to relax.

In inversion you basically just hang upside down in a safe, supported position and allow your muscles and spine to relax. Just 15 minutes a day is often enough to provide wonderful benefits.

The safest, most effective way to decompress with inversion therapy is by using an inversion table. The table allows you to lie on your back relaxed, in an inverted position. A good inversion table lets you control how inverted you want to be so you don't have to go all the upside down if you're not comfortable – just a 25% incline is enough to start with.

To find out more about inversion tables you can [click here and read about the only inversion table we recommend.](#)

Pain Reducer Seven

Eating To Be Pain Free

What you eat and drink has a huge impact on how much pain you feel. So taking a little time and thought about what you're eating or not eating is well worth it if you're suffering from a lot of pain.

1. Drink More Water!

This may sound "basic" but, please, do not over look the importance of staying well-hydrated.

Most people, and more back-pain sufferers, don't drink enough water.

And no, soda, coffee and teas don't count.

When you're suffering from back-pain water is critical to getting relief. Water helps your body heal and recover from stress, but if you have **bulging** or **herniated discs** or a **degenerative disc disease** it's even more important.

When you're dehydrated you could lower the levels of fluids throughout your body (like the fluid in your spinal discs!). Your body heals and repairs itself much better when it's well-hydrated. And that affects how fast you can recover from back-injuries or how much pain you experience from another condition.

How much should you drink?

You've heard EIGHT 8 oz. glasses a day for years. And it's a good number ... to start with. Eight glasses should be a minimum, yes you might go to the bathroom more often, but you'll feel a LOT better. Try it for a few days and notice the difference in how you feel.

2. Eat to reduce and avoid tissue inflammation

Food is a critical piece of the puzzle when it comes to controlling inflammation. There are dozens of foods that create inflammation in our bodies, and there are

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.

And in times of injury or pain suffering, the foods you consume may be what keep the inflammation active well past its usefulness, and send your pain into chronic territory.

First, here is a list of foods you might want to avoid because they can contribute to painful inflammation in your body:

Animal Milk Products: Milk, Cream, Ice Cream, Cheese, Cottage Cheese, Yogurt.

Hydrogenated Oils: Non-Dairy Creamer, Crackers, Cookies, Chips, Snack Bars.

Nitrates: Hot Dogs, Cold Cuts, Pepperoni, Sausage, Bacon, Liverwurst.

Processed Sugars: Candy, Soda, Bread, Bottled Fruit Juice, Cookies, Snack Bars.

Night Shade Vegetables: Potatoes, Peppers, Tomatoes, Eggplant.

Fast Foods: French Fries, Onion Rings, Loaded Baked Potatoes, Fatty Burgers, Mexican Food, Pizza, Calzones, Stromboli's.

Caffeine: Coffee, Black Tea, Soda, Chocolate.

Trans Fats: Partially Hydrogenated Fats / Vegetable Oils / Deep Fried Foods

Processed White Foods: Artificial Sweeteners, Flour, Bread, Pasta, Sugar.

Second, try eating the foods on this list more often to help you reduce painful inflammation:

Now that you know which foods actually cause inflammation or make it worse, let's look at those foods that can help reduce and even prevent inflammation.

Wild Alaskan Salmon

Fresh whole fruits

Bright colored vegetables (except night shades)

Green or White Tea

Purified or Distilled Water

Olive oil

Lean poultry (skinless)

Lean beef (filets)

Nuts, legumes and seeds

Dark green leafy vegetables

Organic Oatmeal (regular, not instant)

Aromatic Spices (Turmeric, Ginger, Cloves, Garlic, Onion, Coriander, Ground Mustard Seed, Cayenne Pepper)

As you can see, a diet high in fiber and whole foods and low in preservatives and fat is the key to diet-based pain relief. But specifically, the above-mentioned foods actually work to reduce pain and inflammation.

NEXT: The Lose The Back Pain Treatment System. Now that you're armed with these pain relieving methods to reduce and manage your back pain let's talk about how to get rid of the underlying causes of different types of back pain.

Go to the next page.

The Lose The Back Pain Treatment System

- Whatever condition or conditions you have ...scoliosis ... herniated discs ... stenosis of the spine ... arthritis ... fibromyalgia ... piriformis syndrome ... sciatica ... upper or lower back-pain you name it and someone else has already used this system to get lasting pain-relief ...
- If you've suffered serious back injuries resulting in chronic back-pain you should know folks injured in car accidents ... suffer sporting injuries ... hurt at work ... or around the house have all found lasting relief using this system ...
- Join the 50,000 strong army of chronic back-pain sufferers who finally found relief after enduring 5 ... 10 ... 15 ... even 50 years of debilitating pain traditional treatments couldn't get rid of...

PLUS; be sure to complete the short self-assessment included in this chapter to help you determine the "hidden" causes of pain in your body.

If you've tried everything else to get rid of your pain without success you're going to have some big "Aha!" moments as you read this chapter.

Because you're going to discover an underlying cause of the back pain that usually goes completely overlooked and yet is responsible for an enormous amount of the pain you're experiencing.

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 system I'm about to share with you.

Folks like Carolyn who, by all standards, fell smack in the middle of the "lost cause" category of back-pain patients, but who overcame several serious conditions and took her life back...



**"Lost Cause"
back pain
sufferer Carole
Gardner finally
got pain free
after 30 years
of pain**

"My abilities DEFY my MRI films!"

"I've been dealing with back pain for over 30-years. I have an "S" curved spine ... Class 2 slipped vertebrae ... bulging disc ... stenosis (of the spine) ... sciatica ... hip, butt, leg and low back pain.

"Over the years I've been in casts and braces ... paid for adjustments that made things worse and gotten bad advice."

"Doctors, surgeons, specialists, chiropractors and physical therapists didn't help."

"But THIS did! I'm almost completely pain-free – some days I'm TOTALLY PAIN-FREE!"

-- Carolyn

Carolyn was an extreme case. She'd been suffering for over three decades and had multiple serious conditions but she finally found pain-relief. And I want you to know that you can too.

We've spent over 15 years researching, studying and helping people with severe, chronic back-pain, sciatica and other back-conditions.



"Virtually Pain-Free After 20-Years of Suffering!"

"I have suffered back pain for over 20 years... now ...I'm virtually PAIN-FREE! THANK-YOU!!!" – Lynn Wertelet, Albion PA



“PAIN-FREE for the FIRST TIME in 15-Years!”

“I've been pain free for the last 8 weeks. And I mean PAIN FREE for the FIRST TIME in over 15 years!”

- Mark A. Visalia, CA



“20-Years of Back-Pain –GONE!”

"I experienced wonderful relief from my pain the very first day I used your system. I've had **back pain for 20 years and now it's gone...** it's amazing!" –Robert English, Queensland, Australia

The reason we've been so successful helping so many back-pain sufferers at *The Healthy Back Institute* is because we treat the underlying cause of your pain.

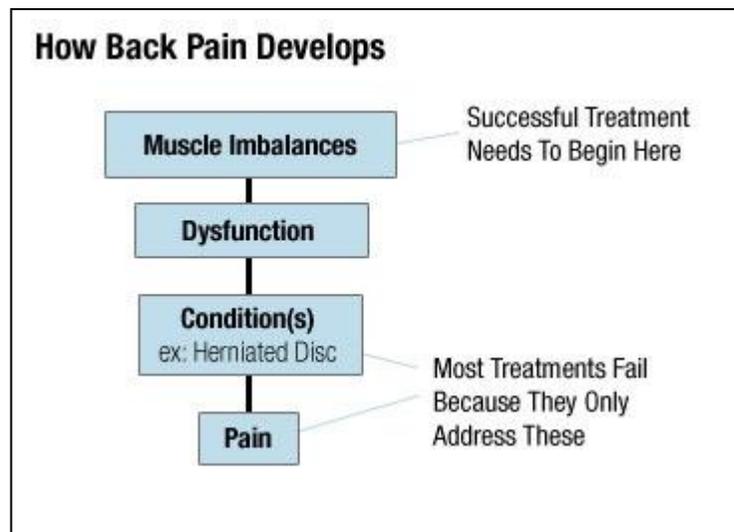
If you're sick and tired of temporary back-pain treatments and want the secrets to LASTING PAIN RELIEF, keep reading ...

Did you know the pain in your back could be caused by the muscles on the front of your thighs?

It's true. if your thigh muscles and hip muscles are out of balance your quadriceps can pull your pelvis and spine right out of position!

Look at the picture on the right. You can see how muscle-imbances lead to what are called physical dysfunctions that lead to conditions like herniated discs which causes you pain. So it *seems* like the pain happens suddenly but now you know the cause was there first.

The pain is just nature's way of telling you, "Hey! Something's wrong with our body!" Just like the light on your dashboard tells you your almost out of gas.



What the heck is a muscle imbalance you ask?

When a muscle or group of muscles overpowers the opposing muscle(s), you have a muscle imbalance. Think of it as a Tug-of-War.

When your muscles are out of balance they pull your bones and joints out of their normal position and this places them under constant and uneven stress.

For example, the position and curvature of your spine is determined by the amount of balance in all the muscle groups in your thighs, hips and torso.

When muscle imbalances pull your spine and body out of alignment, the level of stress on certain muscles, bones and joints increases.

And even the smallest muscle imbalance can over time pull you out of balance and place tremendous amounts of uneven pressure and wear and tear on your body... especially the vertebrae, discs, spine and its supporting muscles.

When your skeletal structure gets pulled out of alignment it can cause inflammation in the tissues throughout your spine, hips and muscles. And you can get pinched nerves in your spine and legs – like in cases of sciatica – because of the changes in your body's structure.

Plus, because your muscles are no longer in the positions they were designed to be in they weaken over time.

Why do you have muscle imbalances in the first place?

For a lot of reasons; like how active you are ...

- What activities you do – sports, golf, gardening, horseback-riding – you're using your muscles all the time, some get stronger, others get weaker ...
- The exercises you do affect your muscle balances – so your hour at the gym, on the treadmill or running -- all come into play to pull your body out of alignment ...
- Even how you sit – on the couch at home, in the car and at work ... how you stand ... and how walk all day long is part of it too ...
- What you do all day at work – whether you're sitting at a computer, standing or running around saving people's lives on a fire-truck ...

Overtime the way you use your body affects the tug-of-war between your muscles and causes pain.

Everyone has muscle imbalances. And as you may have already realized, muscle imbalances are responsible for more than just back pain and sciatica.

Just think about it; what happens when you drive your car with unbalanced tires or your steering is out of alignment? Your tires will wear down unevenly and quicker than normal and eventually you'll have a blowout... the same is true for your body!

So even sudden pain caused by lifting something or gardening, was only made possible by the underlying cause -- the months and years of uneven pressure and wear and tear on your body caused by muscle imbalances.

The "event" was simply your body finally breaking down.

This "hidden cause" of back pain goes unnoticed for years BEFORE you start having back pain and conditions

Long before you ever noticed any back pain or pulled any back muscles something was happening in your body.

It is what weakened and strained your back-muscles over time and reworked your pelvis and spine causing all kinds of back problems for you.

Your body was developing physical dysfunctions you didn't know about.

Physical dysfunctions are a combination of tight and loose or weak muscles in your upper legs, buttocks, hips and shoulders that pull your pelvis and spine out of alignment over the years.

This makes your back muscles work "against the grain" so they weaken over time and get injured easier ... they put pressure on your spine and pinch nerves and cause all kinds of nerve-related pain.

Plus, by putting unnecessary stress on your muscles and skeletal system these dysfunctions cause a large amount of inflammation and muscle-pain you feel.

These dysfunctions can actually cause conditions like herniated discs, sciatica and even *virtual scoliosis* among others.

If you're suffering from back-pain it's not a question of IF you have one of these dysfunctions the question is which ones and how many do you have.

The FOUR major types of Dysfunctions underlying Back Pain:

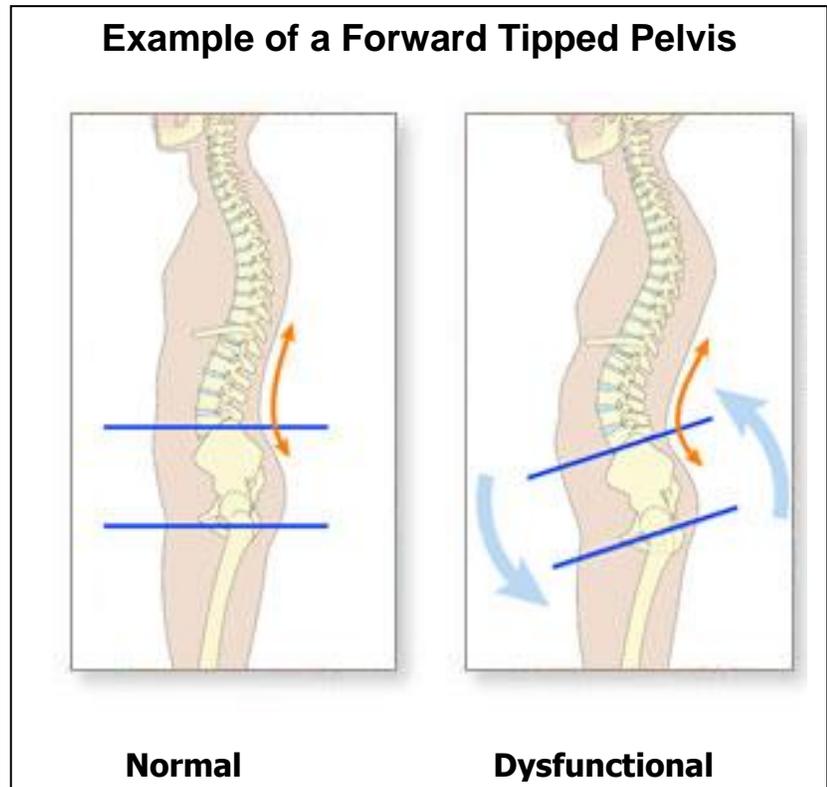
Forward Tipped Pelvis: Caused by weaker abdominal muscles, gluteal muscles and hamstrings combined with tight muscles in the lower back, hip flexors and quadriceps.

Backward Tipped Pelvis: Caused by weak muscles in the upper-back, hip flexors and quadriceps combined with tight muscles in the chest, upper abdominals, gluteals and hamstrings.

High-Right, or High-Left Pelvis: Caused by tight muscles in the low back, right or left psoas and abductor muscles combined with weakness in the right or left hamstrings and gluteal muscles.

Forward Head and Neck: Caused by weak middle and lower trapezius muscles, posterior deltoid muscles and infraspinous and teres minor muscles combined with tightness in the anterior deltoid muscles, and in the latissimus dorsi and chest muscles.

On the next four pages you'll see illustrations of each one of these dysfunctions compared to a healthy spine.



Step One: Identify the underlying cause of the pain

**Do This Short Back Pain
Self Assessment Test to See Which of
These Dysfunctions You Might Have**

Let's run through a few signs of which physical dysfunctions you might have. Now, because this is a compressed version of the full *Lose the Back Pain System* we don't have the space to give you a complete diagnosis.

But we can definitely get you moving in the right direction. In *Lose the Back Pain* you'll have a video and workbook to take you through the entire self-assessment process of visual assessments and diagnostic exercises.

But for now, let's run through a few signs you can use to tell which of these dysfunctions you might have.

If you answer "Yes" to the questions under each dysfunction, then that may be the culprit underlying your pain ...

Signs you might have a Forward Tipped Pelvis:

- Does your waistline slope forward?
- Do you have an excessive curvature in your lower back?
- Do you lean forward from your ankles?

If you answered "yes" to these questions there is a good chance you have a forward tipped pelvis.

Signs you might have a High Right or Left Pelvis:

- Do you have a slightly large skin (or fat) crease in the lower back of one side? If so that side is likely the high-side.
- Does the arm on one side of your body hang closer to your body than the other?
- Is one of your shoulders lower than the other?

If you answered "yes" to these there's a good chance you have a high-right or left pelvis.

Signs you might have a Backward-Tipped Pelvis:

Having a forward head and neck is like carrying a bowling ball on your head.

Forward head and neck posture can put up to 30lbs of abnormal leverage on your spine!!

That's why it's so critical to fix your underlying dysfunctions because they contribute so much extra pain to your day-to-day life

- Does your waistline slope backwards?
- Do you see almost no curvature in your lower back?
- Do you lean back from your knees to your mid-back?

If you answered "yes" to these there's a good chance you have a backward-tipped pelvis.

Signs you might have a Forward Head and Neck:

- Are your ears forward of your shoulders?
- Is your head pushed forward?
- Are your shoulders rotated forward?

If you answered "yes" to these there's a good chance you have a forward head and neck.

Again, because this is a compressed version of the *Lose The Back Pain System* this is NOT A COMPLETE ASSESSMENT but you have probably already identified which potential dysfunctions you have.

And in case you're wondering: Yes, you may have more than one dysfunction at a time. That's very normal.

STEP TWO: Get immediate pain relief so you're not in agony.

There's no way you're going to get rid of the causes of your back pain if you're in so much pain right now you can barely move.

So as soon as you know what your muscle imbalances are – we show you exactly how to get rid of the pain you're feeling right now.

It works REALLY fast. Then, when you're not in agony anymore, they show you how to get rid of the entire problem for good.

You can start with the chapter on **8 Pain Reduction Strategies** in this guide that will help you deal with the pain you're feeling right now so that you can work through the simple treatment exercises to fix your dysfunctions.

STEP THREE: Treat and remove the dysfunction causing your pain so you get long-term, lasting pain-relief

We do this with PERSONALIZED TREATMENT PROGRAMS targeting your specific dysfunctions and pain.

Since pain is just a warning signal something is wrong in your body once you get rid of the underlying problem then you get rid of the pain.

And once you know what physical dysfunctions you have and the muscle imbalances causing them you need you the precise treatment to get rid of your unique causes of pain.

Fix the problem, fix the pain.

If you'd like to get your own personalized treatment program and the complete self-assessment system we recommend you get a copy of the complete Lose The Back Pain System – which we offer on a totally risk-free basis.

We're proud of the remarkable track record of getting rid of so many people's back pain after everything else has failed to help them ...



"The relief was immediate! I'm a 70-year old retired fire chief from Chicago. I thought I was going to have a sore hip and back for the rest of my life.

"I received your system and started. The relief was immediate! Your program worked just as I hoped."
- Bennie L. Crane, Chicago, Ill

"The pain totally disappeared in just 3-days! I'd been suffering from lower-back pain (slipped disc) for NINE YEARS. I was hospitalized. I went through treatments like physio-therapy, traction and anti-inflammatories. After being totally frustrated

for a cure I came across "Lose the Back Pain.

"I couldn't believe it myself, the shooting pain in my hip TOTALLY DISAPPEARED IN JUST 3-DAYS! It's over four-months since starting and there is no sign of pain."

Mohammed Suhail Gamidi – Jeddah, S.A.



"I felt better the very first day! I must say I took your DVD with some apprehension, but within a day ... yes, a day, I started to feel better. I've visited everyone from physiotherapists to chiropractors; no one helped me at all.

"I felt better the very next day using your system. Thanks for everything. I'll recommend this to anyone. Always in your debt.

Paul Hart, Morristown, TN

"My suicidal-sciatica is GONE! I'm happy to say my suicidal-sciatica down my leg is completely... I mean COMPLETELY GONE. Thanks to you.

Gregory



"Your back-pain program works wonders, I am a new man, thanks to you. I have been laid up for nearly two years, two weeks on your program and I was up and about. Now two months later I am back to full working order.

"Thanks for everything." - Derrick Lambe, UK

"Can't I just do the back-pain stretches I already know since my pain is caused by a muscle-imbalance?"

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.

That's why it so critical you find out which dysfunction and muscle imbalances you have. Because you only need very precise stretches based on what imbalances you have.

Stretching just for the sake of stretching is dangerous when you don't what your muscle imbalances are. That's a perfect example of the "medicine" being worse than the "disease."

But once you know what your specific cause of pain is, you'll be able to stretch the pain away easily.

"Can a chiropractor fix my dysfunctions?"

No, probably not. Chiropractors are great but they don't get rid of the underlying cause of back pain.

Adjusting the spine can give some temporary relief but the spine is held in position by your muscles. So if you don't balance your muscles your spine stays out of alignment.

That's why you have to keep going, and going and going to get treatment.

Your muscle imbalances took years to develop. "Popping" your back a few times a month isn't going to do the trick and get rid of them.

Plus, the average visit to your chiropractor costs \$65 – and if you have to go 8 times (\$520) ... 12 times (\$780) ... 20 visits (\$1,300) the costs rack up fast!

Back surgery fails 50% of the time PLUS for many people it INCREASES their back pain!!

NO! An orthopedic and neurological study found that in MORE THAN HALF THE CASES surgery didn't work.

The diagnosis was either completely wrong. Or surgery gave patients a NEW PROBLEM – lateral spinal stenosis.

According to *The British Medical Journal* “only one in three patients achieve more than 30% pain relief.” That stinks!

Plus, post-surgical scarring (epidural fibrosis) can cause failed surgery and chronic pain. Ugh. The cure is worse than the disease!

Worse, surgeons often damage the nerve roots causing even more long term pain.

Heck, just the diagnostic tools to find out if you need back surgery like myelograms have been shown to cause “permanent, unrelenting pain.” The prestigious Mayo Clinic even reported a terrifying fact about a common type of spinal surgery where surgeons put screws into the spine -- 55% of the time the screw goes in the wrong place!

Why go through the trauma of surgery when you can get rid of back pain naturally, easily and from the comfort of your own home?

Prescription pain medications KILL over 16,500 people a year!

The science is in on pain-drugs and it’s frightening. NSAIDs Anti-inflammatory drugs (the most common pain-drugs given for back-pain) ...

- Kill 16,500 people a year ...
- Hospitalize 103,000 people trying to get rid of their pain ...
- And countless more get ulcer perforation ... gastrointestinal bleeding ... and other side effects.

And on top of that, they DO NOTHING to fix the muscle imbalances causing your back pain. When you’re in extreme pain, medications can be necessary – but the goal of any treatment program needs to be to get you OFF the drugs as soon as possible by getting rid of the causes of the pain.

Balancing your muscles works wonders for reducing back pain. And if you still find you need extra pain relief there are some very good, natural and safe options as effective as prescription drugs (See pain reduction strategy #2 in the next chapter).

So now you have an idea why other treatment methods might not have worked for you.

This is most likely the first time you ever heard of these physical dysfunctions – let alone get a way to diagnose which ones you might have.

The key to treatment is to loosen the tight muscles causing your dysfunctions and strengthen the weak muscles contributing to your dysfunctions.

Get The Complete *Lose The Back Pain System*

The Lose The Back Pain System is a home-based Muscle Balance Therapy program. You'll get everything you need to identify and remove the underlying causes of your back-pain.

Back Pain Solution #1: Lose the Back Pain™ DVDs



Identify your body's unique dysfunctions in dvd #1 Pop dvd #1 into your DVD player (or VCR) and we will walk you through your own muscle imbalance assessment.

You'll discover what the major dysfunctions are and which ones you have and the muscle imbalances causing them and your pain.

Get your personalized treatment program in dvd #2.

Once you've identified your dysfunctions, we then walk you through the corrective exercises, stretches and self treatments are SPECIFIC to your physical condition that are necessary in order for you to rebalance your body and eliminate your pain.

Back Pain Solution #2: Lose the Back Pain™ Audio CDs

In addition to the two videos, you'll also receive 3 audio CDs.

Here's what's covered on the CDs:

Audio CD 1 - How To Get the Best Results Using The System - On this first CD discover in detail how to use the system and how to get relief as quickly as possible.



Audio CD 2 - Strategies for Reducing and Managing Pain - On this CD you'll learn about more than a dozen strategies for reducing and effectively managing your pain while you also work on eliminating the underlying cause.

Audio CD 3 - Condition Specific Recommendations - If you've been diagnosed with a specific condition, CD 3 will give you specific recommendations, techniques and treatments you may also want to consider. These recommendations are in addition to addressing your imbalances and are explained in great detail

Back Pain Solution #3: Lose the Back Pain™ Reference Manual

This powerful reference manual is another tool to make sure your pain goes away fast. In you'll find:

- ✓ Your **Personal Self-Assessment Worksheet** to make absolutely sure to identify the cause of your pain...
- ✓ **Progress Checklist** and Pain Scales to make sure you're pain goes away fast ...

Plus;

- ✓ You get all of the assessment information from the DVDs in written form for fast, easy reference ...
- ✓ Every one of the corrective exercises for each type of dysfunction and muscle imbalance with pictures and detailed descriptions ...
- ✓ Over TWELVE pain-reduction strategies you can use immediately to stop hurting ...
- ✓ And much, MUCH MORE

Get the Lose the Back Pain System for less than the cost of a single visit to the Chiropractor

How much does back-pain help like this cost? Practically nothing compared to what you've probably already invested in trying to manage your pain.

One leading chiropractic clinic owner once told me he knows the average patient who walks through his door is will pay \$1,800 by the time their treatment sessions are over. \$1800!!!

And did you know the average senior is paying over \$1,912 a year for prescription drugs – many of which are pain-relievers – and that number is expected to balloon to \$2,810 a year by 2010??

But we're here to help you, not soak you, so you won't pay a tenth or even a twentieth of that.

That means you can get the entire *Lose The Back Pain System* for just \$97.



Dr. Al Sears, MD

"I stopped referring patients with back-pain to orthopedic surgeons and started referring them to *The Healthy Back Institute* instead."

"I use *The Healthy Back Institute* because they offer real solutions that work. I've worked with thousands of patients and with back problems; I used to refer more to orthopedic surgeons - Now I have a better option. As a strength coach and personal trainer, I've tried and reviewed dozens of back pain programs."

"The Healthy Back Institute gets to the root of the problem."

"They're on to an important core idea and it works. And I like to see them empower the reader to relieve their pain without drugs or doctors' visits."

Dr. Al Sears, MD

"Lose The Back Pain gives you an easy to follow plan addressing both the symptoms and causes of back pain."

"One of the reasons most treatments fail is because they treat the symptoms and not the cause. Unlike most treatment options that may only give temporary relief, the Lose the Back Pain System provides you with an easy to follow plan that addresses both the symptoms and the cause.

"The reason this approach works so well is because it's based on basic human anatomy and mechanics principles, that are almost always overlooked and ignored by the mainstream medical community. In my opinion, there is no other treatment available that makes as much sense and it's same approach I personally use with my patients."



Dr. Robert Duvall

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



**Dr. Brian
Paris, DC**

“Following 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 “Be Back Pain Free” 365-Day Guarantee

“*Lose the Back Pain* MUST Give You The FASTEST, Most EFFECTIVE Back-Pain Relief – or it’s FREE!”



When your files are overflowing with “thank-you” notes from back-pain sufferers that no one else could help. When you’ve seen firsthand how *Lose The Back Pain* changes peoples’ lives it’s easy to offer the strongest guarantee possible.

Order *The Lose The Back Pain System* today. Test it out for yourself. Feel the difference it makes in your back pain and your life. Give yourself time to be 100% sure it works for you. Don’t feel rushed in anyway.

If for any reason in the next YEAR – a full 365 days – you’re not absolutely delighted with the results *Lose The Back Pain* gives you just return the system for a FULL AND COMPLETE REFUND.

That way you have nothing to lose. I understand you could be skeptical because our approach goes against a lot of mainstream ideas about back pain, so I want to make this decision as easy as possible.

I know *Lose The Back Pain* will work wonders for you so I’m willing to make this rock-solid, risk-free guarantee so you don’t have to worry about anything but experiencing the results.

[Click here now to get your *Lose The Back Pain System* ...](#)

Let's sum up everything you get with your *Lose The Back Pain System...*

- You get the Complete *Lose The Back Pain System: The ONLY Self Diagnosis and Self-Treatment System that Addresses Both the Cause and The Symptoms!*
 - ✓ You get the self-assessment program to discover which muscle-imbbalances are causing and contributing to your pain ...
 - ✓ You get the targeted exercises to treat your specific body and pain so you get exactly what your body needs to cut back and remove the pain ...
 - ✓ You get your personal *Lose The Back Pain* workbook to chart your progress ...
 - ✓ You get the *Lose The Back Pain* Reference Manual with detailed instructions to reduce your back-pain...
 - ✓ You get the videos showing you how to do the assessments and the exercises in your personal treatment program
- You get the detailed pain-reduction strategies so you're armed with everything you need to get rid of your back-pain ...
- You get the *Lose The Back Pain* 2-hour Audio Program ...
- You get my **100% Money-Back Be Back Pain Free 365-Day Guarantee** – if you're not thrilled with your results just return the system for a FULL AND COMPLETE REFUND ...

All for just \$97, less than 5% of what the average senior is stuck paying every year for prescription medications.

[Click here now to get your *Lose The Back Pain System ...*](#)

**If you've got an open mind you can be pain free or
virtually pain free just 21-days from today**

You've seen doctors like Dr. Sears, MD and Dr. Duvall, MD who recommend Lose The Back Pain to their patients now...

You've heard from folks just like you who've suffered all kinds of back pain for years and found relief ...

You've seen why regular back-pain treatments fail to give you lasting relief...

You've seen why we've succeeded where surgeons, chiropractors and physical-therapists have failed ...

You've heard how you'll spend enormous amounts of money on temporary treatments that don't last if you're not careful ...

You want to get rid of your back-pain and get your life back.

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

Obviously, nothing else you've tried has worked to get rid of your back-pain or else you wouldn't still be reading this.

How many days of your life have already been ruined by back-pain?

How many things that you love to do has it robbed you of already?

The choice is yours; no one else can take responsibility for your health.

Will you keep doing what you know hasn't worked? Will you keep throwing money down the drain on treatments that haven't worked for you? And days of your life on things that aren't making your life better?

Or will you try something that has worked for over 50,000 patients who got fed up with regular back-pain treatments that didn't work and finally found relief with *Lose The Back Pain?*

You know you have nothing to lose – you're protected by our **100% Money Back Be Back-Pain Free 365-Day Guarantee.**

You've heard from doctors who've examined the system and recommend it wholeheartedly to their patients.

You've seen the people who were sitting where you are now wondering if they should give it a shot. You've heard the words straight from the mouths of people just like you who have used the system and gotten rid of or dramatically reduced their back-pain.

We're here to help you if you choose to find lasting relief, just like we've helped tens of thousands of folks before you.

[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 lonely. So please take the time to read these inspiring stories, letters and accounts from folks just like you who endured terrible pain but finally found lasting pain relief.

I want you to know you can be pain free, or virtually pain free too. And the best way to do that is to introduce you to back pain sufferers who have already succeeded.

Rich Cowan's Real Life Back Pain Relief Story

**He thought his days of mountain climbing were over
then he discovered *Lose The Back Pain* ...**



"I was the first one in Oregon and probably parts farther east to see the sunrise on 5-25-07 along with my mountain climbing companions.

"I told everyone last July when I hobbled up and down Mt. Rainer, that it would be my last climb, until I signed on to the *Lose The Back Pain* program late in August. Thanks for making it all available!!!!!"

"I carried an 85 lb pack over a mile in the snow and over 1000 ft of elevation gain to where we set up camp in the snow. I also did some glissading down the mountain on the descent.

I am now going to concentrate on the stretches and exercises in the *Lose The Back Pain system* for a while, so I can continue to climb in the future."

Thanks!

Rich Cowan

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

Steve Munk's Real Life Back Pain Relief Story:

"I felt like I'd been kicked in the behind by a mule!"



"I do not believe it!

I am 98% PAIN FREE!

"I am a 62 year-old guy in fine general health. Since March of 2004, I have had symptoms that I can only compare to having been kicked in the behind by a mule.

"That pain in the butt then took off toward my ankle and made standing or walking a living torture. I started with chiropractic, then orthopedic surgeons, then physical therapists, then massage therapy, more orthopods, anti-inflammatories, and lost all hope for ever recovering. Then an internet search took me to your website, and ever skeptical, I was desperate.

LESS THAN A WEEK later, I watched your DVD, read the manual, and determined my course of action (still skeptical, of course); Two weeks later, I THOUGHT I was feeling a little better (maybe a placebo effect). **One Month later, my pain had decreased by 50 %. It is now just over two months into the program, and I can honestly, and amazingly, say that I am 98% pain free.** I honestly do not believe it, but truth is beauty, as the poet said. Why NO certified practitioner had been able to truly diagnose and isolate the problem, and the CURE, I will never know. What happened in Med School?? You guys at LTBP should be teaching courses in Med school!!!

"Can't thank you enough."

Steven Munk

Denise Barns' Real Life Back Pain Relief Story:

Sometimes she couldn't walk because the pain was so bad.

Now because of *Lose The Back Pain*

she's virtually PAIN FREE ...



"With two weeks now of virtually-free pain, I feel I can write to you and thank you for your excellent program that I have been following.

"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 am so grateful, as I had tried osteopathy, occasional pain killers when it was very bad, and massage, which at best only slightly relieved it for a very short time. Usually, I wouldn't notice any relief, and sometimes I felt worse.

"By the way, my Personal Trainer is a pretty cynical person who has suffered with a painful back on and off since he had a horrific accident when a young man, and he says the exercises are good, and he does a few of them himself when he's at home doing his own training.

"I also want to thank you for the emails and pain relief tips you send, I think it is good to know you are out there, and that you gave tips to help specific problems.

"The other day I had to go to the doctor's for something else and he said, 'How's the back pain?' He had already put me down to have an epidural, and if that didn't work, then surgery. I was determined that I wouldn't do either. So I told him about the dramatic pain reduction and he said, ' That's marvelous.' I explained about your program and he didn't even ask the name or anything. It just shows that some doctors still don't believe in self-help or the alternative way to get better.

"I hope this letter (which you can use) will encourage others who are only at the beginning stages. The main thing is to have faith in the program. I really believed it would help me and it did!

Yours gratefully
Denise Barns
Tunbridge Wells, Kent, England

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

Brenda Jenket's Real Life Back Pain Relief Story:

**"After a year of excruciating sciatic pain
Lose The Back Pain was the **ONLY** thing that worked!"**



"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!** Although I work in an office and sit at a computer all day, I have always exercised and have been an avid walker. I consider myself in pretty good shape for 56 years old!

"However, about a year ago I started noticing a popping, creaking noise in my back when doing yoga, and occasionally would get a shooting pain down my left leg at night.

"I ignored it for a while, but when it got so bad that I couldn't sleep at night, I started going to a chiropractor.

"After 9 months of chiropractic with very little relief, I gave up on that and decided to try physical therapy. They recommended the usual exercises, but when I told them I was already doing all those exercises, they put me in traction. Traction seemed to help the pain somewhat, but a short time after that I started getting pins & needles pain in my left leg.

"I also started noticing when I pulled my head down that it hurt in my lower back. This was a new pain since starting the traction! After 12 phys therapy visits, they said there was nothing more they could do for me. On to acupuncture! This did absolutely nothing (surprisingly) and in fact seemed to make the pins & needles worse! I gave up on the acupuncture after 6 visits at \$60 each. Needless to say I was becoming very discouraged, and felt like a 90 year old woman sometimes, especially mornings and late evening. Out of desperation, I started searching the web and stumbled upon your website. To be perfectly honest, I had to really think about whether I wanted to spend additional \$\$ on my back problem, since so far nothing had worked; but then, after a really bad day of pain, I decided to just go for it. What did I have to lose?

Well, I am totally and completely amazed at how quickly the exercises worked me. I would say within a few days (maybe 3) I felt 90% better!!

"I could get in and out of a car without pain, get in and out of bed, etc. I have now been doing your exercises faithfully for about one month, and am just about 100% back to normal. I will continue to do them to keep my back strong. I am telling everyone about your program! Thank you!"

Brenda Jenket

**Joe DeMartini's Real Life Back Pain Relief Story:
He could barely move without pain**

**when he ordered the system.
Now the constant pain making him miserable is GONE ...**



"Hey Jesse, as a user of your program for about four months now, I just wanted to send you some comments. I am 54 years old and have been running for about 28 of those years on the street, concrete, and some soft stuff but not much.

I always enjoyed running because I never had any real pain to speak of all those years, and the workout made me feel good. I probably ran on an average about 20-25 miles per week. Just in the past year or two, I started getting knee, back, joint, heel, hip, sciatic, etc, you name it, I started to get it and each time I would run it was a different adventure.

I realized just in the past 6 months that not only was running causing me to have pain during exercise, but the pain started to be constant and was causing me to be miserable and having serious issues with my work which is Carpentry Construction.

When I got your program and started using it, I could barely move without pain and I diagnosed myself to have a forward tipped pelvis and forward neck roll. Let me tell you, most if not all of my constant pain is gone, and yesterday I ran a mile around a local track backwards (like you suggested) and so far I feel fine.

Most people I tell about your program don't want to listen (even though they are in bitter pain) because they are old fashion in they're thinking and refuse to be open minded to what makes good sense. Thanks for the program, and I will keep you updated on things if you don't mind. (It's good therapy for guys like me to talk about it)"

Thanks again,
Joe DeMartini

A final note about getting lasting back pain relief

You don't have to miss out on living the life you want just because you have back pain.

I know chronic back pain can be a complex and agonizing problem.

The combination of muscle imbalances, back conditions, tissue inflammation and injuries can create problems you might think you can never fix. But please don't give up on yourself. And don't let the depression or hopelessness that comes with chronic pain stop you from getting lasting relief.

Yes, you can get rid of all of your pain, or in the worst case scenario, you can get rid of 90% or more of the pain you feel.

If you haven't tried it yet get the [Lose The Back Pain](#) over 50,000 people have used to get rid of their back pain. But don't forget about the other pain reduction strategies:

- If you think muscle and tissue inflammation contributes to your pain like it does for 80% of back pain sufferers then try a bottle of systemic enzymes, our [all natural anti-inflammatory for back pain](#).
- Make sure you're getting enough sleep and eating healthy. Remember to take breaks during the day to relax and rejuvenate yourself.
- Consider trying [trigger point therapy](#) or [inversion therapy](#) if you need extra help getting rid of stubborn back pain.
- If you have to sit for long periods of time get a back pillow like the [Freedom Back](#) or a back orthotic like the [Back Joy](#).

The point is; do whatever you have to do to get rid of your pain.

You can be pain free again. You just have to keep an open mind and be willing to try to help yourself. After 15 years of working with back pain sufferers we know that's the surest recipe for successful self treatment of back pain.

And don't forget to look around our website, www.LoseTheBackPain.com for more practical information on getting rid of back pain.

Wishing you every success,

Jesse Cannone
The Healthy Back Institute

This Guide has been provided to you by:
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www.popularfitness.com