



KnockOutPain® Secrets to Maintain a Healthy Back: Read This Before You Go To The Doctor

Winifred Bragg

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80% OF US WILL HAVE BACK PAIN AT SOME POINT IN OUR LIFE BY AGE 55. Back pain often comes at inopportune times. It destroys vacations, work, outings, holidays and special occasions.

Dr. Winifred Bragg has treated thousands of patients with back pain over the past 20 years. She has written this book to educate people about the symptoms and causes of low back pain and to offer her proven strategies for pain relief.

This helpful illustrated guide explains the basics of how to care for your spine(back). You will learn the answers to these questions:

- What are the O's of LIFE® which contribute to back pain?
- Why go to physical therapy?
- Which exercises can you do at work to reduce your back pain?
- When is surgery necessary?

By following these recommendations, you can increase the likelihood of maintaining a healthy back. After all, the best cure for back pain is to prevent it.

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