Smart Guide Guide Healing Back Pain

Quick & Easy Strategies for Keeping Your Back Healthy and Pain-Free

Smart Advice on the leading causes of back problems and the best ways to relieve the pain

Smart Ways to stretch, exercise, and strengthen the muscles in your back

Securif Tips on how today's leading medical techniques and therapies can make your back feel good again

Carole Bodger

# **Smart Guide To Healing Back Pain**

**Patrick Vollmar** 

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