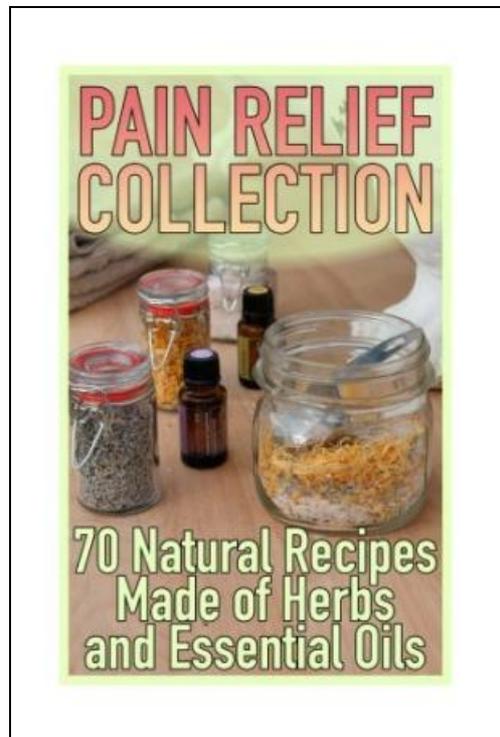


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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Pain Relief Collection: 70 Natural Recipes Made of Herbs and Essential Oils Book 1. Pain-Free Life: 15 Lessons For Instant Pain Relief (Back, Neck, and Shoulder Pain) Welcome to Pain-Free Life, a D.I.Y. to help you not only get rid of pain but keep away for a very long time. As we continue to develop into a species that's tied to our chairs and still working in construction the same way we have for the past century, we all need ways to keep the pain away but not at the expensive cost of health care. In the first chapter, we will go over: How to remove the pain in your lower back by popping out the sockets temporarily Reposition the muscles in the lower back so that the overstrained muscles are no longer causing any issues Some of the issues you should take to a doctor if your pain isn't relieved In the second and third chapter, we'll be going over the upper back and the front of the neck. These are two areas where people find it difficult to get relief from pain and so we cover all-natural methods of releasing the tension in your muscles, repositioning your muscles and nerves, and how to get into the more difficult areas so that you can experience pain relief all around. In the fourth chapter, we'll also cover the back of the neck and how you can release the pain. In almost all of the lessons within this book, we'll also be going over the...

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