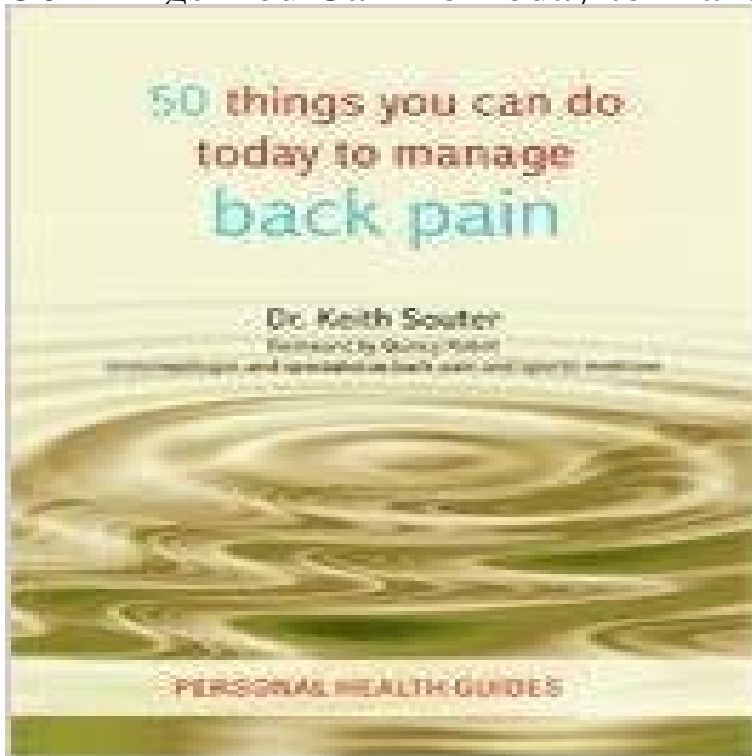


## 50 Things You Can Do Today to Manage Back Pain



A guide to the various types and many possible causes of back pain, and practical and holistic advice to help sufferers deal with it. Looking at lifestyle changes, dietary manipulation, supplements, and DIY complementary therapies, this book provides strategies that can help reduce back pain. The 50 things that sufferers can do include choosing beneficial foods and supplements, discovering natural anti-inflammatory herbs and spices, developing strategies to reduce pain, trying out exercises, and finding helpful organizations and products.

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