



# **The Truth about Low Back Pain: Strength, Mobility, and Pain Relief Without Drugs, Injections, or Surgery**

*Gage Permar*

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If you suffer from low back pain it's likely you've tried a number of different treatments. Some of these may have helped a little and some may not have helped at all. The reason you still have pain is because everything you've tried treats the SYMPTOM (pain). You have to treat the cause to be pain-free. This book shows you how to: -Identify the cause of your back pain instead of treating the symptoms. -Learn how to move and what movements you need to complete daily to address the cause of your pain. -Completely rehabilitate your back in 12 weeks without going to a gym or buying any equipment. -Uncover the facts regarding MRI and Xray results and what role they play in your back pain. -Discover the truth about pain medication and its effectiveness and why surgeries and injections often times don't work. After reading this book you will know more about low back pain than most healthcare practitioners who would treat you. Educate yourself and take your health into your own hands. Apply what you learn from this book so you're able to manage your low back pain independently and effectively. After determining your functional diagnosis, this book walks you through a 12 week rehabilitation program specific to your low back condition. Interactive video links within the book show you how to correctly perform every movement. Read, learn, apply, and enjoy being pain-free.

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Spent a free time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the guide untitled The Truth about Low Back Pain: Strength, Mobility, and Pain Relief Without Drugs, Injections, or Surgery can be very good book to read. May be it might be best activity to you.

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