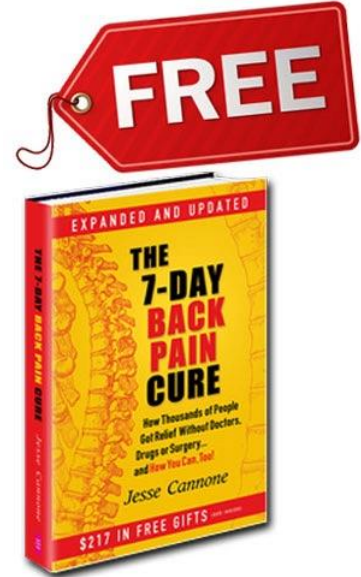


This AMAZING Book Could Help Cure Your Back Pain In The Next 7 Days... And It's FREE!



Even if you're limping, struggling to move or walking bent over, it's possible... depressed, disheartened and feeling old before your time, it's possible... loopy from pills, aching from shots and frustrated with therapy, it's possible...

Dear Reader,

If you've seen your doctor, chiropractor or some other professional, and you're not getting the relief you need, you may feel as though you'll suffer forever!

And if what you've read and heard is to be believed, despair will cling to you like a bad smell. Then just as the pain subsides, the chronic spasms, shooting pains and numbness kick in again convincing you you're fated to a life of pain.

But that's not true, because even if you're experiencing severe pain right now-that is about to change with the information you'll discover within the pages of this book.

Let me explain...

Unless you already have arthritis, an infection, a fracture or cancer, you should be able to cure your back problem in the comfort of your own home.

Even if you're already experiencing back problems, you can completely reverse them in a matter of months, weeks – or sometimes even days.

How?

By adding small daily health habit forming routines found in your free copy of "The 7 Day Back Pain Cure" book.

Packed with simple doctor-approved solutions, you could be back to your painless confident self in no time.

Hi, my name is Jesse Cannone. As co-founder and CEO of The Healthy Back Institute, I can tell you this:

Just about any back problem you have can be improved, when you treat the cause and not just the symptom of pain.

Please DON'T take my word for it: I'm going to show you scientific proof that when you normalize the core muscles that support your spine, you can help:

- ✓ Rehabilitate or prevent injuries related to muscle imbalances!
- ✓ Increase your muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks (the 'core muscles' of your body)!
- ✓ Improve your posture!
- ✓ And so much more!

Plus, you'll experience a rejuvenation of health WITHOUT costly prescription drugs loaded with dangerous side effects!

I'm going to introduce you to five of the most POWERFUL back pain healing methods known to mankind. And these natural methods are now available in ONE place for you to sample 100% RISK FREE!

What's more, you'll meet real folks – just like you – Who've conquered back pain problems and are living the life they want again!

Skeptical?

I sure hope so! But you won't be for long – I promise!

But first – let me show you why you've got to act RIGHT NOW to reduce or even STOP your back pain!

Muscle imbalances the cause of many back problems!

A recent research study shows muscle imbalances are a major source of non-specific back problems - pain that can't be attributed to an accident, infection or disease.

But wait a minute – that's not really "breakthrough" news. Here's why:

Doctors have known for years that muscle tightness, weakness or muscle spasms could cause back related pain.

Tight or weak muscles can place added pressure on the spine leading to pain. Likewise, if the muscles are not properly nourished this can create spasmodic contractions. In other words...

...A lack of water, glucose, sodium, potassium, calcium, and magnesium can create chaos within the effected muscle – causing it to spasm (lock), resulting in pain!

In another study, Boston University tested patients' activation imbalances in lumbar spine muscles in the presence of chronic low back pain.

The subjects were divided into two groups, "low back pain" (LBP) and "healthy" group.

Then the groups took the trunk extension strength (MVC) test. The results?

- ✓ Trunk extension strength (LBP produced only about half of the force of the control group)
- ✓ The LBP group showed more muscle imbalances between left and right side muscles
- ✓ And LBP patients had less control when doing trunk extensions

The study suggests if you're suffering from back pain caused by muscle imbalances, you're more likely to be re-injured due to unnatural firing of the muscle fibers involved.

See what I mean, if muscle imbalances are causing you pain-you've got to take action now!

That's why you need to take advantage of this *FREE* book offer.

You'll find the information you need to make muscle imbalance pain a thing of the past.

And that's not all, this amazing book covers some of the most common back health issues, is yours one of them?

Have a look, read the step-by-step pain relieving action plan and see if they work for you.

You'll find secrets to:

- ✓ Three hidden causes of all back pain and how to avoid them... Page 27
- ✓ **How to use the POWER of food to treat inflammation and pain naturally... Page 67**
- ✓ Are you making these treatment mistakes? ... Page 93
- ✓ **The 2500-year-old GREEK SECRET that can STOP back pain permanently... Page 145**
- ✓ The simple secret to relaxed unknotted muscles... Page 151
- ✓ **What you must do immediately if you have nerve-based back pain... Page 163**

The KNOTTED-MUSCLE pain eliminator!