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Lower Back Pain How I Eliminated 35 Years of Back Pain in 3 Weeks Without Drugs, Invasive Procedures, or Silly Exercises

By Israel A. Sanchez

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Paperback. 76 pages. Dimensions: 8.3in. x 5.4in. x 0.2in. How is it

possible for someone to go over three decades with the same pain and no lasting relief despite myriad different treatments

How is it possible for just one therapist to figure out what is

causing the problem, address it, and eliminate it in only 3

weeks The events in this book are based on one of the true

cases in the practice of Israel Coach Izzy Sanchez, a renowned

strength coach and pain therapist. He looked past the

symptoms others thought were the cause and in doing so,

helped this patient regain an active and pain-free life. The

insightful, provocative, and straightforward step-by-step

analysis will take you through an eye opening journey and

show you how our penchant for overlooking the obvious

perpetuates painful conditions. Israels approach while science

based, is considered puzzling by those who arrive to his

practice for the first time. This bewilderment vanishes when

patients realize he is integrating many approaches into one

method to unravel the bodys mysteries and guide them to a

path of recovery and self-sufficiency. This item ships...



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