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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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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. Israel's 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 body's mysteries and guide them to a path of recovery and self-sufficiency. This item ships...



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