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Does This Virus Make Me Look Fat?

By Jesse Cannone, CFT, CPRS, MFT



If you're having trouble losing weight, the culprit may be virus-infected bacteria near the end of your intestinal tract.

Yes, you read that right. Bacteria can be infected with viruses just like you can. In this case, a recently discovered virus named crAssphage infects a favorable kind of gut bacteria called Bacteroidetes.

We've known for some time that obese people have fewer Bacteroidetes group than thin people. The bacteria play a direct role in obesity and diabetes risk. However, researchers at San Diego State University were surprised to find more than half of us have Bacteroidetes infected with crAssphage.

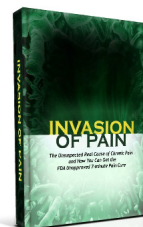
The virus attaches to the cells of the Bacteroidetes bacteria and replicates, weakening the bacteria and resulting in a decrease of Bacteroidetes in the

gut, making you susceptible to weight gain and diabetes.

It's just one more symptom of a hidden war going on inside your body, which is likely infected with numerous viruses, bacteria and even full-size parasites (at least 20% of Americans have them per the CDC). These invaders overwhelm your body's defenses, prevent healing, cause pain and lead to other side effects such as weight gain. The good news is there's a simple, non-invasive way to quickly eliminate these pests from your body.

I don't have room to tell you about it here which is why I'm sending you a copy of my special report, *Invasion of Pain*, which details the problem and

best solution I've found for it. Please share this important information with your loved ones. You have my personal permission to share the report with whoever you wish.





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There are few people who generally make a big impact in our lives and my dear friend, mentor and coach Rob Berkley has certainly been that person for me. When I met Rob, I was already on my journey of self discovery and self growth but to say that Rob played a HUGE part in my growth and success would be a giant understatement. I always tell people, he is "the wisest man I've ever known." Well, I am so happy to share with you the wonderful wisdom of Rob Berkley.

- Jesse

Make 2019 the Year You Achieve Your Goals!



By Rob Berkley

There are only a few days left until 2019 arrives. It is hard to believe another year is nearly over. I am sure most of you would agree that it is very difficult to get much accomplished between Thanksgiving and New Year's.

As I look back over the recent months, I have been hearing two consistent messages during the workshops I lead with my coaching clients and other professionals.

The first message is: "Although I have been extremely busy, this has been one of the most productive, profitable and fulfilling years of my life."

The second message -- less optimistic, uplifting and inspiring -- is: "I can't believe how little I have done, how frustrating the year has been and where all my time has gone."

Does either one of these messages sound familiar? Strangely, I have not heard anyone mention having a year in the middle of these two extremes. So why is this? What is going on here?

First, let's take a quick look at the bigger picture. Then we will dive into the details together and I will give you some immediate steps to take and shed some light on success secrets that are

very rarely shared. I will let you in on secrets that will make your upcoming year the best ever.

Almost universally, the people who have had great years can point back to their carefully crafted plans and goals.

It is a rarity when I encounter someone who has a written plan for their life. This is one of the reasons we developed Vision Day®, a strategic planning day for your life. But when I do run into someone with a life plan, they are almost always a very successful person who is able to recognize and enjoy their own destiny.

More commonly, I see people who have goals that are well thought out and carefully thought through. They also enjoy success that is inspiring to them and to those around them.

Unfortunately, there is one more group of folks I meet, those folks who dance through life with no plan and no goals, who are frustrated and disappointed, angry at their lack of success, and looking for objects of blame to assign responsibility for their lack of initiative and planning.

In my opinion, these three cases are evident and not surprising. It is, however, surprising to me how few people actually take the time, unless working with a coach, trainer or mentor, to establish goals for themselves, but that is an entirely different article from this one. In this article, I will focus on those people who have goals, and who take the time to consider them but are still unable to attain their objectives and become frustrated, confused and disillusioned at their lack of success and closure.

Over the years, the idea of setting goals has become more and more prominent. Nevertheless, few people know the intimate



secrets for creating goals and plans so that they don't trip up on the way to attaining their goals or even after reaching them. In fact, in the past 28 years of executive coaching, I have observed more than 23 ways that people create goals that neither serve them nor lead to success and satisfaction.

Before I take you through some of the secrets for creating goals and plans, I want to make sure that I dispel a few other myths. I'm going to be really blunt with you here. Being successful and attaining your goals, whether for fitness, finance, family or anything else important to you has nothing to do with any of the following:

- How smart you are
- Your level of education
- Where you live
- What color or race you are
- How much money you make
- What business you are in
- Whether you are in a relationship or single
- How old you are

The critical factor toward your success is creating a workable plan, setting good goals (and I mean goals that are well thought out and good for you) and taking action!

Now let's look at some of the ways – and I wish I had space to cover all of the ways – that we create goals that trip us up and how we can debug our goals in order to avoid that.

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In many ways, our goals are like computer programs. Our goals are the programs that run our life and govern our experiences and outcomes. As I'm sure all of you know, computer programs often have bugs that cause problems. Computer programs fail in the following major ways:

1. Fatal errors – the programs don't run at all and cause a systems failure – just imagine what a systems failure in your life would look like.
2. Logic errors – the programs run quite well, but produce the wrong results. Have you ever worked for a goal and been unpleasantly surprised at some of the side effects of reaching it?

Sometimes programs fail both ways, running happily along producing incorrect answers and then collapse in a devastating crash. Either way, these failures can usually be avoided with pro-active debugging.

"Take focused, consistent action and magic will happen."

- Rob Berkley

The same thing is true for your goals. Many of us set goals we never seem to reach – fatal errors. Other times we reach our goals, yet find to our dismay unanticipated and sometimes unappreciated results – logic errors.

Debugging your goal before planning and action will reduce or even eliminate both fatal and logic errors.

To determine potential logic errors (getting the wrong or unpleasant results) in your personal or professional goals, ask yourself:

- Does the outcome of the goal violate either my personal or our organization's values or standards?

- Is the outcome of the goal really worth my personal effort, sacrifice or the investment in time, energy or money?
- What could derail me from really going for this goal?
- Will the attainment of this goal interfere with the attainment of another, more important goal (this is sometimes called a competing outcome)?

If the answer to any of these questions is "yes," then it's best to abandon the goal or reformulate it.

Next, examine the goal for fatal errors. These come in three main forms, so you should ask yourself:

- Do I know how to do what is required to attain the goal?
- Do I have the proper support to attain this goal? (This means people who know how to help you, who want you to be successful, and who know how to support you without crushing your dream.)
- Do I want, without hesitation, to achieve the goal?
- Can I envision reaching the goal?
- Do I have the resources to reach this goal?
- Do I have the full opportunity to achieve the goal?

If your answer to any of these questions is "no," then the situation needs to be resolved in order for the goal to be attained. Build this into your plan or adjust the goal.

Even though giants like Microsoft have trouble creating bug-free software, you can create bug-free goals by using these simple tests. The results: fewer surprises, disappointments and life crashes!

Good luck to you in 2019! If I may make one last suggestion: Set aside a day where you can sit quietly, relax and with the help of a

skilled friend, coach or mentor who can truly support you, create a plan for your year, and map out your most important goals.

Rob Berkley is an executive coach, consultant and adviser to owners and leaders of fast-growing companies. He is also the co-developer of Vision Day® (visionday.com), the acclaimed strategic planning program that has helped so many identify their passion to live an extraordinary life.

A former corporate executive for companies such as Simon & Schuster and Pearson and board member of public and private companies, Rob is the co-founder of the Entrepreneur-to-CEO Mastermind that advises the owners of successful entrepreneurial ventures. He is married to Debbie Phillips, the founder of Women on Fire®, and they live in Naples, Florida, and on Martha's Vineyard.

Hand and Foot Pain Meet Their Match

By John Hayes Jr, DC, MD



When it comes to hand and foot pain, many become frustrated, irritated or downright angry. That's because getting relief to the furthest extremities can be more difficult than areas closer to the body's core.

Sometimes a multiple modality approach is necessary to achieve the greatest success. This could include approaches such as neurostimulation, massage, nutritional therapy, exercise, supplements and even medications.

However, what if you could get more relief with less effort? What if there's really something that can help? If you suffer with hand, fingers, foot or toe pains, aches, or tingling, whether from arthritis, neuropathy, an injury or something else, I have good news for you.

Block Pain with Neurostimulation

Neurostimulation has been around for a long time. However, it hasn't been used to treat hand and foot pain as a common practice.

In case you are not familiar with neurostimulation, in layman's terms it's a therapy that kind of tricks your brain and your pain. No, it doesn't literally do anything to your brain, it just creates a disruption of the pain signals flowing to your brain.

Neurostimulation is caused by a tiny electrical impulse created inside or outside the body. This impulse is delivered to the portion of the body where the neurostimulation is being

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NDGen Neurostimulation Home Care Kit

directed. Using the impulse, the pain signal flowing from the spinal cord to the brain for interpretation gets a little sidetracked. The stimulation creates a break or disruption in the pain flow/signal so that the brain does not receive it as pain.

No pain signal received, no perceived pain.

Making Neurostimulation Work for Hands and Feet

The process of neurostimulation is simple, but it becomes more complicated when you're dealing with hands and feet. That's because the flat pads used with neurostimulation units don't work well for the hands and feet.

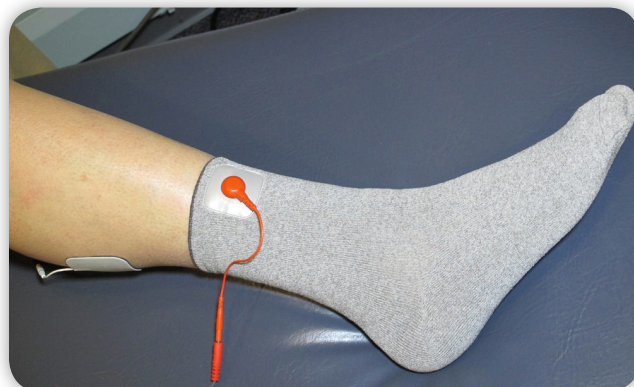
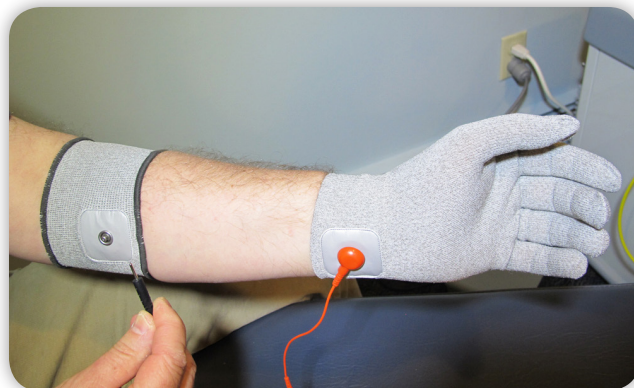
Knowing this, our team at neuropathyr.com got to work. We knew there had to be something more we could do to help our patients suffering with mild to severe hand and foot pain.

The team realized that traditional flat pads were not going to work on these areas of the body. There had to be something different. We began to consider what already works for hands and feet. What do we use on these areas of the body?

Gloves and socks, right?

That's where the breakthrough ideas began. If we could figure out how to use something that existed and combine it with state-of-the-art neurostimulation techniques, could we take the next step in hand and foot pain relief? We now believe the answer to be "yes."

After years of clinical work, drilling into problems, testing solutions, failing and succeeding, we finally created something we felt was worth taking to our patients. Even when our patients told us we had created a successful solution, we continued questioning how we could optimize their pain relief.



How Conductive Socks and Gloves Are Helping End Hand and Foot Pain

Our team developed clinical-grade conductive socks and gloves with a secure snapping attachment that connects to the NDGen neurostimulation unit. Used together, these highly specialized gloves and socks become neurotransmitters that reach to our furthest extremities. Hands and fingers, toes and feet are now engulfed in a bath of gentle neurostimulation that disrupts the pain flow.

In turn, the brain does not hear, "I'm hurting" and thus the patient feels less pain. Thousands of patients have rallied in praise for the unit and the comfortable socks and gloves.

We knew it was critical for whatever we came up with to be easy to use. After all, how could someone who was already having hand and foot pain deal with something difficult to do? It was one of our major objectives to make our solution a simple one.

The gloves are soft and comfortable. So, no need to worry about irritating your skin. Our conductive socks slip right on and help warm your feet while helping with your pain relief. In reality, you get a double dose of help with the NDGen, socks and gloves because you get the neurostimulation pain relief and the warmth relief as well.

That's a win-win situation for any patient suffering with neuropathy or arthritis.

So, if you are looking for extremity pain relief for yourself or a loved one, we invite you to try out our NDGen with our conductive gloves and socks. This will be one of the best things you've ever done for pain relief, we promise.

After you've had this experience of a lifetime, please let me know how much you are

enjoying your decreased pain and increased activity. I look forward to hearing from you.

John Hayes Jr, DC, MD has an extensive background in healthcare. His wife Patti Hayes is CEO of NeuropathyDR® which brings effective solutions to the millions of patients afflicted with peripheral neuropathy and other debilitating, chronic pain conditions. Dr. Hayes is also the author of the EVVY Nominated "Living and Practicing by Design" and the Outskirts Press bestseller "Beating Neuropathy-Taking Misery to Miracles in Just 5 Weeks."

Learn much more at neuropathydr.com including complete details about the NDGen neurostimulation home care kit as well as the new clinical-grade conductive gloves and socks for use with the device.

Overcoming Family Pain Triggers

By Dr. David Hanscom



Anytime you're anxious or upset, you have been triggered. In other words, your brain connects a current situation or person to an unpleasant past experience. Your body reacts by default the same way you previously did as a learned survival mechanism.

Perceived mental and physical threats are filed away in your brain, programming it to avoid or solve them if they occur again. This is particularly true within the family structure where frequent and repeated interactions occur. These family dynamics and our learned responses to them can overwhelm both self-care and medical interventions, reducing their possibility of success.

Couples, with few exceptions, trigger each other in an infinite number of ways. These powerful reactions become part of the unconscious nervous system. They aren't subject to rational interventions and you can't just "talk them out." Stress chemicals released in response to these triggers affect every cell in your body. One consequence of elevated stress chemicals is nerve conduction is doubled, causing you to feel more pain.

I have long asked spouses / partners of my chronic pain patients to participate in my Direct your Own Care (DOC) project with their loved ones. This step-by-step method allows

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patients to take control of their treatment plan and partners to reduce the occurrence of these pain triggers. Plus, partners of chronic pain patients also experience suffering. They have their own broken dreams, disappointments, and just plain feeling bad because their partner feels bad.

It's not primarily psychological, either. The human brain has "mirror neurons" that are stimulated by others' behavior. If one partner has a bad day, there's a good chance the other partner's day won't be great, either. When the patient's partner is snippy, critical, or hostile, the patient tends to feel worse, too. Simply put, the region of the brain that elicits a bad mood is stimulated. On the other hand, if one partner is in a great mood, the other tends to be happier.

Why Doesn't Your Partner Seem to Care About Your Pain?

The trouble is it can be remarkably difficult to convince other members of the chronic pain patient's household to engage in these tools to reduce triggers and aid healing. You would think a family member who cares would try to do as much as possible to help a loved one heal.

However, their compassion is limited by a limited perception. Not being in your shoes, they simply may not believe you're experiencing that much pain. This lack of perception was observed in a multi-center study published in *Pain* in 2013. Researchers measured the following variables in 105 couples over two weeks:

- Patient's pain
- Spouse's observations of patient's pain behaviors such as complaining, grimacing or limping
- The patient's perceived criticism or hostility from his or her partner
- The following observations were made:
- Patient's pain increased for over three

hours when they felt hostility or were criticized.

- Patient's observed pain behavior consistently created a negative reaction from their partner.
- These interactions were consistent. The assumption was that long-term, low-level negative interactions will erode relationships and quality of life.

This interaction is similar to what has been found in depression research. Depressed patients act in ways that cause rejection from others, which in turn exacerbates the depression.

There is no question that chronic pain is a family issue. The couples' study does not even consider the damage an angry person in chronic pain can inflict on his close relationships. The family unit can become a living hell and it can seem like a hopeless situation. But, like the patient's condition, the family dynamic can get better with the right tools.

Feeling Good Together

David Burns, author of "Feeling Good," wrote a second remarkable book called "Feeling Good Together." One stunning insight from this book that hit me hard was that, when your partner acts in a way that upsets you, of course you want to blame him or her; but chances are you're the one who set it up. It was your actions that caused your partner to react in a way that made you angry. That is why a person in pain keeps complaining in spite of a predictably hostile response from his or her other half.

This insight had a major impact on my awareness of my own behavior — not just toward my wife, but in my relationships with everyone. However, I found it to be by far the hardest part of my journey. Whenever I feel upset as a result of something my spouse

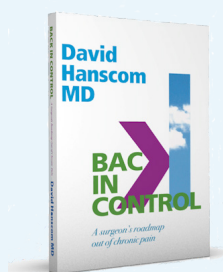
says or does, it still feels like it is she, not I, who caused the upset.

So how do you break this cycle of pain behavior, criticism from your partner, and more pain? You start by recognizing you have a choice whether to engage in pain behavior or not.

At some level you know your partner will react negatively to your pain behavior, but you

do it anyway. When you feel the expected hostility and criticism from your partner, stress chemicals are released. This increases the speed of nerve conduction causing increased pain. You're already mad at your partner; so you figure why not continue to be irritating?

Since there is seemingly no end to the pain, the cycle can continue for a long time - perhaps forever - unless you take steps to break the cycle.



4 Steps to Break the Pain-Triggering Cycle

Whenever I work with a chronic pain patient, I ask every adult member in the household to fully engage in the DOC process. This requires them to read my

book, "Back in Control," and begin to work through the steps in Stage 1. Specifically, I instruct them to follow the four steps outlined below. These are all crucial for breaking the recurring pain-triggering cycle.

1) Override the Negative Thought Process

Engage in expressive writing and immediately tear it up. This is the one necessary foundational step that breaks up the unpleasant anxiety-producing thoughts. There are more than 1,000 research papers documenting the effectiveness of various forms of writing. It is the most powerful tool with minimal risk. This is always combined with "active meditation" where you place your attention of some sensation for three to five seconds. This exercise calms and re-directs the nervous system.

2) End the Pain Discussion

Never discuss your pain again with anyone, especially your family. Ever. Your brain will

develop wherever you place your attention. Repeatedly discussing pain is counter-productive and also wears everyone out around you.

3) Restore Hope and Joy in Your Family

Remember in detail when life was the most enjoyable for your family. Why are you together? What were your dreams? Chronic pain tends to crush this aspect of a relationship so it's a critical step to re-connect with the more enjoyable part of your nervous system.

4) Create a "Safe House"

Make your home a "safe house." Under no circumstances can your family allow each other to argue or fight within the physical confines of your house. Take it outside. Each person has a right to come home and relax and have it stay that way. In the presence of chronic pain, the home frequently becomes a bit of a war zone. Since these are powerful survival reactions and not subject to rational interventions, as mentioned earlier, you really can't talk it out. I often ask my patients, "When did you ever solve a problem by arguing or fighting? The answer is "Never." You must simply "break

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it up.” It’s similar to breaking up two boxers who are clutching each other in the ring. Just STOP and walk away!! You can deal with the issue later after you both calm down.

Family dynamics may be the most powerful factor keeping people in pain, but can be equally powerful in helping the healing journey. The changes can occur quickly and the positive shift in the family sense of well-being is contagious for everyone, including me. It’s a dimension of the DOC process that has pulled patients out of the abyss of chronic pain more quickly than I have ever witnessed otherwise. Best of all, the family will often begin healing first and are able to take part in the patient’s healing journey.

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Dr. David Hanscom is an orthopedic complex spinal deformity surgeon who now understands that most chronic pain from any source is solvable – usually without surgery. He is the creator of the DOC (Direct your Own Care) program, covered in his bestselling book, “Back in Control: A Surgeon’s Roadmap out of Chronic Pain.” Dr. Hanscom distinguishes himself from many spine surgeons in that he strongly encourages non-surgical solutions for his patients. Chronic pain patients and their families are encouraged to use the resources found on his website, www.backincontrol.com.



Ask the Expert: How Are “Processed” Supplements Better?

By Steve Hefferon, CMT, PTA



I selected this month’s question from a comment on one of our public articles. It illustrates a common misconception related to supplement processing which I hope to clear up.

The overall focus of the article is the health benefits of bromelain, but the key part referenced in the question comes from this part of the article:

Eating more pineapple is a good way to increase your body’s supply of bromelain. But here’s the problem...

You’d have to eat a LOT of it raw to make an impact on your health and well-being. So much that you’d probably get sick of it...

And keep in mind... canned pineapple won’t do the trick.

Editor's Note

The full original article and comment may be found at losethebackpain.com/health-benefits-bromelain.

Food processing destroys the natural health benefits of these good-for-you proteolytic enzymes.

One of the best and safest ways to get the right amount of bromelain for your health is among the most convenient, too: as a dietary supplement.

Q **"Canned pineapples don't work because they're processed. But dietary supplements are not? Seems to me that supplements are processed even more than canned pineapples. Even so I agree that fresh or frozen is better than anything in cans!"** - Victor

A Victor is on the right track because, as a general rule, less processing is better. But all "processing" is not equivalent - which is why taking a properly prepared supplement with bromelain is far better than eating fresh pineapple for enzymes. And canned pineapple will do you no good at all when it comes to enzyme benefit.

The process of canning pineapple requires high heat. While much of the nutritional value of canned pineapple is preserved, heat quickly inactivates (denatures) the medically beneficial proteolytic enzymes in pineapple. As little as 176F (80C) inactivates virtually all enzymatic activity within eight minutes. Researchers who tested commercially processed pineapple fruit and juice found them to have ZERO enzyme activity.

But don't take my word for it - just try a little science experiment in your kitchen. Make two batches of Jell-O, which is basically sugar, collagen (a protein), and artificial colors, flavors and other stuff you really don't want to eat. Add fresh pineapple to one batch and canned pineapple to the other. The batch with canned pineapple will solidify just fine, but you'll have a runny mess with the fresh

pineapple batch as bromelain breaks down the collagen protein which is needed for the Jell-O to set.

The bromelain found in quality supplements isn't process with heat. Rather, it's extracted primarily from the pineapple stem (not very tasty but rich in enzymes) through centrifugation and ultrafiltration. The resulting mixture is freeze-dried (which does not affect the enzymatic activity) which prepares it for supplement use.

Long story short, bromelain supplements are processed. But only in a manner which ensures their purity and effectiveness. Higher purity and effectiveness require more "processing" which results in a higher cost, but the end result is worth the investment.

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Butternut Squash with Pesto and Bacon

High in potassium and vitamin B6, butternut squash makes a great after-workout meal. Add protein with bacon and walnuts along with flavor and medicinal qualities with the basil pesto. Make the pesto with your favorite recipe at home or purchase it from the grocery store premade. If buying from the store, look for the brand with the least amount of additives and the freshest green color.

Makes 2 servings.

1 organic butternut squash, deseeded and halved

2 tablespoons organic butter

2 tablespoons basil/garlic pesto

3-4 pieces organic, nitrate-free bacon, cooked and crumbled

Small handful of walnuts

Preheat oven to 400. Wash and rinse butternut squash halves, placing them open side up on a baking dish. Put a tablespoon of butter in each half and bake 30-40 minutes or until squash is tender and done. Remove and allow squash to cool.

Cube cooled squash and put in a mixing bowl with the remaining ingredients, adjusting levels to accommodate personal taste. Toss



everything lightly, being careful not to mash the squash and maintain the integrity of the cubes. Eat warm, or refrigerate

Make It Your Own

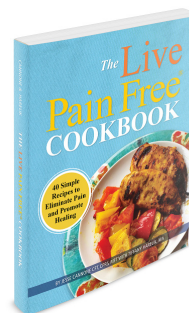
- Explore using different herbs if you do not have any pesto.
- Use different nuts.
- Refrigerate in individual serving sizes and take it along to your workout so it's ready to eat immediately.

FREE

Like this recipe? Find more delicious pre- and post-workout recipes in our Live Pain Free® Cookbook!

You get it **FREE** as a valued Live Pain Free® member!

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Login: www.losethebackpain.com/lpf

Coming Next Month

I'm super excited to bring you an interview with a true pioneer in the treatment of chronic pain - Dr. C. Norman Shealy. He was the first physician to specialize in resolving chronic pain. Next month he's bringing his best advice from a half century of experience helping his patients. Don't miss it!