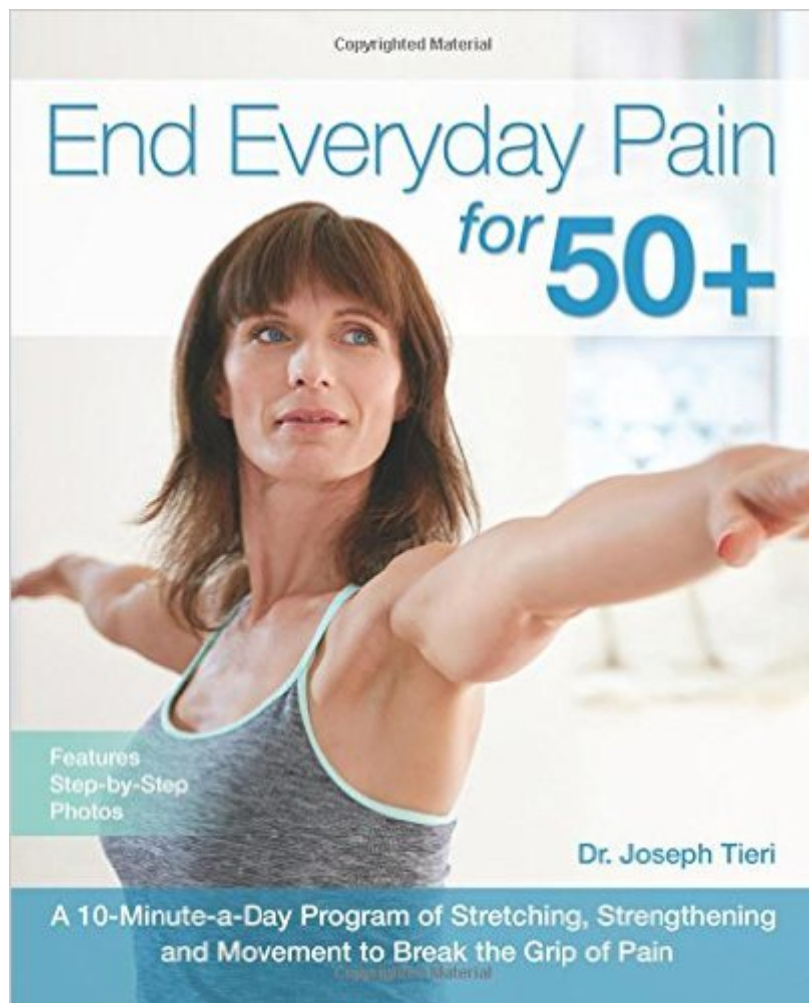


The book was found

End Everyday Pain For 50+: A 10-Minute-a-Day Program Of Stretching, Strengthening And Movement To Break The Grip Of Pain



Synopsis

END MUSCLE AND JOINT PAIN Youâ™ve probably heard that as you get older, you are guaranteed to have more muscle and joint pain. Thatâ™s simply not true. These chronic ailments arise from years of decreased activity and poor posture—not aging. End Everyday Pain for 50+ presents a complete 10-minute-a-day program to correct previous damage, develop healthier joints, and stay pain free at any age. This bookâ™s step-by-step approach provides quick relief and lasting solutions by fixing your bodyâ™s alignment through simple stretching and movement. No matter what part of your body is hurting, End Everyday Pain for 50+ offers a treatment to heal it, including:• Neck Stiffness• Shoulder Bursitis• Tendinitis• Hip Misalignment• Headaches• Lower Back Pain• Sciatica• Meniscal Tears

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