

HOW TO FIX YOUR BACK PAIN FOREVER WITHOUT EXPENSIVE DRUGS OR SURGERY

Imagine if you could get out of bed in the morning, get in your car, go to work, come home, and feel no pain in your back. Well you can.

Secret #1 Drugs do not fix the problem

Many cases of back pain are caused by stresses on the muscles and ligaments that support the spine.

Painkillers are designed to block the pain. When this pain cannot be felt you are actually further injuring the tissues of the spine, and are effectively creating a cycle of re-injury that will require you to take even more painkillers.

About nine out of ten adults experience back pain at some point in their life, and five out of ten working adults have back pain every year.

Now that's a lot of painkillers!

Secret #2 Surgery can create more problems down the road

Would it make you feel better to know that surgical procedures may actually require incisions to put in either artificial vertebrae or to fuse 2 vertebrae together. Not to mention all the other procedures that just block the pain without solving the problem of why it's there in the first place.

Those incisions turn into scar tissue and adhesions that restrict movement and can create even more back problems for you in the future.

Only 10% of back problems actually require surgery to correct.

Secret #3 Massage is PROVEN to relieve pain in back pain sufferers

How can Therapeutic Massage fix your back?

It increases blood flow and circulation, which brings needed nutrition to muscles and tissues.

This aids in recovery of muscle soreness from physical activity or soft tissue injury (such as muscle strain).

It decreases tension in the muscles. This muscle relaxation can improve flexibility, reduce pain caused by tight muscles, and even improve sleep.

It increases endorphin levels--the "feel good" chemicals in the brain. This mood enhancer can ease depression and anxiety, which can help reduce pain and speed recovery--particularly important for those suffering from chronic back and neck problems.

You can actually get pain relief, and it's very easy. Massage can change your life just like Jolene K. from Carl Junction, MO who stated, "It has been years since I have been able to get out of bed in the morning without pain, this is the best I have felt in years."

Thanks to my massage techniques and toxin cleansing methods she is making progress, without drugs, and without surgery.

So if you would like to get rid of your back pain forever, be able to do the things you never thought you could do, and start living the rest of your life pain free, then call me now for your **FREE BACK PAIN CONSULTATION**.

Call me @ 636-219-1353 or logon to www.olsonmassage.com

Olson Therapeutic Massage is located inside River Towne Family Chiropractic at I-70 and 5th Street in St. Charles MO.

<http://www.olsonmassage.com>