

Do you have nagging low-back pain?

There are many who suffer this way, and in many cases there are simple "exercises" one can do to rid oneself of this problem.

Pain of this sort can indicate that your pelvic bones are not aligned properly. If the 2 large bones that make up your pelvis are out of alignment, the result is a "tailbone that is out of line, which then causes your spine to curve a bit as it starts up your back. This is the "nagging low-back pain" you feel. Up a little higher, about the area of your shoulder blades, your spine has to curve back the OTHER way to compensate; allowing you to stand up straight without leaning to one side. It is so easy, most often, to assess and "fix" this problem.

Many health professionals will tell you all about what is wrong, measure the curve etc., but I have known few to actually FIX the problem. This is why I wrote my latest book - to put this "power" into your hands. It is worth a try, isn't it? You are certainly worth it! What would it be like to live a pain-free life?

The book is on my website , and there is a free down-load to get you started. Once you understand - you have the power to help yourself.