

In a previous problem pain of the week email, the back pain called Sciatica was addressed. I promised then that to cover the other types of back pain later. It is later and I have a treat for you.

If you have already tried everything and/or spent a lot of money trying to get rid of your back or sciatica problem, without success, then you may well have been given bad advice or the wrong treatment. OR, you may simply want to understand more about the types of back pain.

Most Back Pain and Sciatica is very fixable and if you would like to understand what the best steps forward are to achieve this, go to this page for a simple, clear explanation. <http://www.backpain.com.au/Free Back Pain Sciatica Book.pdf>

This book was written by my mentor/teacher, Steve Lockhart, from Australia. If you download the free book, and it is free, no gimmicks, you will see other offers in the book you may want to pursue. Steve will not give or sell your email address to anyone. He will follow up your downloading of his book with a few follow on emails of his own.

I will be giving a FREE self back care class in the future. If you are interested, please let me know. The class will be one hour long. I know space will be limited, so make sure you let me know what day of the week and time would be good for you. I'll keep you posted as to the time and place.

Next problem pain of the week will be elbow pain.

The holidays are under our belt now, for me about 5 pounds worth, so let's get serious about taking care of ourselves and getting and/or staying fit for life.