

Natural Acupressure Program Cures Back Pain in 10 Days

Back Pain Free Days releases "Back Pain Free Days - Ultimate 10 Day Recovery Blueprint ". This is an Incredibly Simple Step by Step Acupressure Program that Relieves Back Pain Permanently in 10 days. It Restores a Robust Back and Quality of Life

May 3, 2009 - [PRLog](#) -- Singapore, Singapore. Back Pain Free Days announces uncovered Back Pain Solution. This is an amazingly natural Acupressure Treatment Blueprint that cures your back pain in 10 days. It is drug free and has no side effects. It quickly restores the back functions and mobility and quality of life.

Back Pain affects 9 in 10 persons at some point in their lives. In the US, back pain is cited one of the top reasons for visiting a doctor. When it occurs, the patient could be crippled for a few days and quality of life is compromised. Acupressure as a treatment is approved by the World Health Organisation

This blueprint is the result of a former back pain sufferer who has gone on a long, painful 12 year journey and recovered. In his attempt to find remedies to cure his own back pain, he has tried many different modalities including drugs, painkillers, traction, heat therapies, etc. However, all these treatment provided temporary relief and the backache has since gone chronic. By chance, he stumbled upon Acupressure and decided to give it a try. All the acupressurist did was to press a few points on his body. The treatment lasted a few minutes. For the very first time, he experience immediately pain relief and could even walked out of the clinic unaided. He was back to work and could exercise his daily chores within a few days.

The remarkable experience prompted him in search of Acupressure knowledge that heals the back. Over the years, he did thorough research and practice on different people before painstakingly documented his acupressure methodologies and treatment strategies in "Back Pain Free Days - Ultimate 10 Day Recovery Blueprint " .

This blueprint outlines the concepts of Acupressure and its techniques where the reader could use to treat his back pain. To treat the heal the back effectively, the book combines acupressure with the power of touch therapy and exercises to strengthen the muscles that hold the back. In addition, the reader is encouraged to be mindful of the daily posture habits to maintain robust long term back health. As the title implies, it walks through in detail, day by day for 10 days, what to do to treat the back. So, the patient would be able to recover his mobility function and restore back health within 10 days from the moment the acute back attack occurs.

Many readers have since tried out this unique Acupressure Program and have recovered quickly. Below are but a few of the testimonials received.

"I have this chronic back injury that keeps haunting me for years. I have tried different treatments like heat therapy, traction but the improvement were minimal. I have even considered surgery. But, since I started to use your 10 day blueprint, I must say that my back has regain a lot more mobility and I am in much more control of my life. I am also no more wearing my corset. Your acupressure techniques are PROVEN and have saved me from surgery. It really works."

Michelle Jacinda
Kao Shiung
Taiwan

"I work as a mechanic in a bus garage, there is often heavy lifting involved. I do get "twinges" in my lower back occasionally that , when this happens, carries on for a week or two. I recently had these and apply the acupressure techniques in your instructional videos. I must say that they worked and eased things TREMENDOUSLY. I am able now to apply the use of one or two pain relief techniques with success. The stretching exercises were also very useful. Keep up the good job."

Peter Marchant
Reading, Berkshire
England

"I tried using the acupressure points on the hands, arms, and feet, and found them to be helpful to the spine. The acupoints were easy to find too. (the photos were quite clear). While the exercises are used are conventional, it strengthens the back muscles. What I like is through a short read, one can grasp and use the blueprint immediately to improve back pain"

Art Gerstal
Silver Spring
Maryland, USA

" The program is very good and there is no chance of getting confused about the acupoints and treating them. Among the different techniques in your book, I found the Meridian Touch Technique novel and very effective approach to treat the spine. While I have used other methods, I am now incorporating your treatments to my daily routine. Great job.

Dalsukh Sanghvi,
Indore, India

"Back Pain Free Days - Ultimate 10 Day Recovery Blueprint" eBook is immediately available on the internet for easy accessibility and download. Optional instructional videos are also available for readers who wish to learn by watching acupressure in action. Readers can quickly apply this Acupressure therapy in the comfort of their homes. They can apply the techniques on themselves in addition to treating others.

For more details, visit <http://www.BackPainFreeDays.com> to get a free report on how you could get instant Back Pain relief.

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About Kenneth Tang

Kenneth Tang is a former back pain sufferer who has successfully recovered using Acupressure, which is a natural drug free treatment therapy and incredibly easy to learn. Acupressure also can relieve the back pain almost instantly. He released his experience and Acupressure treatment methods in his book "Back Pain Free Days - Ultimate 10 Day Recovery "

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Source Kenneth Tang
State/Province Singapore

Zip 117861
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