



This is Why Your Back Hurts: Learn What You Can Do to Get Rid of the Pain

Vaughan Dabbs

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This is Why Your Back Hurts: Learn What You Can Do to Get Rid of the Pain Vaughan Dabbs

What most people think causes back pain, it does not. What does cause back pain most doctors don't know and is the basic reason most people have back pain and can't get rid of it. It's based on traveling and researching 3rd world countries where back pain is 5% where it's an epidemic here at 80% people in the western worlds have back pain sometime in their lives. It is the secret to back pain. Secret being-posture is everything. We in the western world lost that art, 3rd world countries still have good posture because it's in their culture. This is why they have very little back pain and arthritis.

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