

"Say Goodbye to Back Pain" Video

ORDER FORM

YES! I'm eager to join the ranks of former bank sufferers. Please rush me "Say Goodbye to Back Pain."


I understand I'll be receiving the best-selling VHS or DVD that includes...

- ▶ The two main causes of my back problems!
- ▶ The six baseline Kraus-Weber Tests I can take before I begin. This will help me identify where I hurt...and lets me pinpoint my problem areas to tailor the program to my specific needs.
- ▶ The remarkable "Say Goodbye to Back Pain" movements, from weeks 1 to 6.
- ▶ Back-saving tips for sleeping, sitting, lifting and carrying.
- ▶ The Kraus-Weber Scorecard.

• "The narrator takes you through a series of easy motions, mostly floor exercises that alternately strengthen and stretch the muscles of your neck and back. Doing these exercises gets me to relax, release tension, and bring my body back into balance."

• "It transformed me from a state of constant pain to pain-free. Nothing else comes close."

• "This tape will do for you exactly what it says it will do!"

- ▶ Call **1-800-843-3674** 
(or 480-247-6688, ext 204) to order today!
- ▶ Or FAX to **480-596-9973**

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BACK PAIN RESOURCES

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