



# The Guide To Back Pain Relief

 Printer-Friendly Format

**At Last! The Quickest And Easiest Way To  
Release Tight Lower Back Muscles.  
Guaranteed To Eliminate Your Back Pain -  
FOREVER!**

**Just Spend A Few Minutes Utilizing These  
Techniques, And Your Back Pain Will Disappear!**

From: Mike Stiveson  
Tuesday, 9:37 a.m.

Dear Friend,

Would you like to have the almost magical ability to quickly and easily end your back pain any time you want?

Does the idea of not having to pay for expensive chiropractor visits excite you?

Do you want to be in the enviable position of always being free of back pain (plus having increased range of motion) no matter which activities you choose to participate in?

If so, you can be well on your way to that goal within the next 20 minutes!

Let's get straight to the point:

If you haven't already figured it out yet, the secret to banishing your back pain forever is loosening up the tight muscles in your lower back and legs.

It doesn't matter how many times your chiropractor adjusts you, it doesn't matter how many crunches you do, it doesn't matter how "fancy schamncy" your custom orthotics

are. It doesn't matter what type of "exotic" mattress you sleep on to keep your spine in alignment. If you are not doing the right things to loosen up the tight muscles in your lower back and legs you're only addressing the symptoms of the problem. And that's a fact.

Truly, when you use these methods on your tight muscles you will sense the muscles loosening up, and feel the pain melt away.

That's the good news.

The bad news is, knowing how and what to do in order to relax the muscles that are so used to being tight in order to ease the constant back pain you have been experiencing is...

### **One Of The Most Challenging And Frustrating Things You Will Ever Do!**

Let's face it, who wants to see an expensive chiropractor three times a week, or do endless exercise routines, while being in constant pain the entire time?

Unless you want to put yourself through gruelling daily yoga or pilates sessions or you would rather just undergo painful spinal surgery and hope that'll solve the problem, you probably like the idea of...

### **An Automatic "Back Pain Reliever" That Eliminates All Of The "Guesswork" And Guides You "Step By Step" Through The Healing Process!**

You see, I've come to a startling realization: The majority of people with back pain do not have the time or the knowledge to fix their own back problems themselves.

Nope.

What most people with back pain really need is to have a...

### **Is A Detailed, Simple To Use System That Walks Them Through The Entire Process Of Ending Their Back Pain Forever!**

Without this simple "do it themselves" system, they will continue to pay chiropractors anywhere from \$35.00 to \$60.00 for a single appointment, often without seeing any significant improvement!

People that are in serious pain who have tried everything else they can think of see it as an investment in themselves (and not just as an annoying cost) and eagerly wait in line and pony up their fee because they know that it's a pretty sure bet that their "investment" will give them pain relief, even if the relief is only temporary.

But, if you're like many people who experience back pain on a daily basis, you may have gone that route without much success.

You can hardly find time to get all of your daily tasks done let alone spend over an hour a day at a yoga class.

And I totally understand where you are coming from. I have a been in your shoes and applaud you for doing the research in an attempt to treat your back pain yourself.

My back problems have been so severe at times that I have been unable to tie my own shoes for weeks at a time. I know what it's like to be in constant agony and how good it feels when the pain ends and you finally feel like yourself again.

I also happen to work in the medical sales industry, selling devices used by surgeons doing spinal surgeries. I am typically involved in one or two spine surgeries per day, making sure my companies instruments are utilized correctly, and trust me, you want to do everything you can to avoid spine surgery. The surgeries themselves are not a pretty sight and the painful rehabilitation process can often take months.

But there is some good news. Ending the vicious back pain cycle on your own is challenging, but with the right tools, it's definitely an attainable goal.

And if you allow me, I'd like to help you get started with a proven system that you can use to end back pain forever, almost immediately.

Listen to this: I have just put the finishing touches to an amazing guide to back pain relief:



[Click here to order and download the Guide To Back Pain Relief](#)

And what's so great about the Guide To Back Pain Relief is that even if you do not yet fully understand what is causing your back pain (or how to successfully manage and eliminate your pain entirely on your own) I promise you this:

Follow the simple instructions and try out a couple of the different methods for just a few minutes, and as if by magic, your back pain will begin to subside and you will be on your way to being pain free for life. (And it doesn't matter what you have tried in the past, or how much time you have).

### **"Only A Fool Would Ignore This."**



"I've been battling various back problems for the last 20 years. I had tried everything I could think of without seeing much improvement. But I had no idea of what I was missing until I ordered Mike's Guide To Back Pain Relief. I was totally blown away with all of the back pain relief methods it contained. Right away I tried a couple of the techniques out and while the first two didn't do much to alleviate the discomfort the third technique was amazing. The pain literally stopped within 5 minutes and I have been pain free ever since.

I highly recommend Mike's Guide To Back Pain Relief. First, it is power-packed with multiple ways to combat the pain. Second, it covers each of the methods in detail. You simply go right down

the list and try each one until you find the one that works. Third, Mike's guide is extremely affordable, especially considering it paid for itself with the first chiropractor appointment I was able to cancel. Simply put, buy Mike's Guide To Back Pain Relief. Only a fool would ignore this."

John Laidley - USA

### **"This Guide Is The Best!"**

"Not only is your program easy to use but it really works! Just using the first technique helped my husband alleviate serious back pain he had been experiencing for months! Thanks so very much. Try it out for yourself! You won't believe the difference it makes."

Nancy Grady - Australia



### **"The Guide To Back Pain Relief Is A Great Investment"**

"I'm a landscaper and handyman -- and my back has been acting up for years. I was having a hard time working the entire week because my back was giving me such problems. Then I ordered a copy of The Guide To Back Pain Relief and within minutes I was feeling much better. I believe it's a great tool for any person with back pain. I highly recommend this product to anyone who wants to live pain free."

Bill Barden - Canada

**It's So Easy  
Simply Read The Guide And Try A Few  
Of The Quick Methods And Be On Your Way  
To Living The Pain Free Lifestyle  
You Have Always Wanted!**

There's a very simple reason behind that claim.

You see, the nasty truth is, many of most common treatment methods for back pain work for some folks but often are very ineffective for the majority of individuals.

Truth is, the easiest and most effective methods can be done right in the comfort of your own home, often times in ten minutes or less.

But you don't have to worry about discovering these "secret" methods on your own because I've spent the better part of the last five years trying everything under the sun to nail down exactly what works (for not only me, but everyone I come into contact with who is experiencing back pain).

And guess what?

I've figured out the secret methods that will work for just about anyone and have detailed the step-by-step instructions in the Guide To Back Pain Relief™.

What does this mean to you and your back pain in plain-talking English?

Simply this: Even if you have tried everything you can think of and have spent thousands of dollars on chiropractors, physical therapists and personal trainers, you can use The Guide To Back Pain Relief™ to finally end your back pain once and for all.

In fact, if you act quickly and take possession of the Guide To Back Pain Relief™ you could be feeling much better in as little as 15 minutes

**From "Flat On your Back" In Pain...  
To Back To Your Normal Routine...  
Without Ever Having to Worry  
About Debilitating Back Pain Again.**

The Guide To Back Pain Relief™ is easily worth ten times what I'm going to be offering it to you for.

But before I tell you how ridiculously low the price is, I'd like to ask you a small favor.

Here's what it's all about: Simply request your own personal copy of the Guide To Back Pain Relief™ and at your own leisure use the methods described to end your back pain once and for all.

Spend a little time figuring out which techniques work best for you, and then get ready to feel like a kid again.

Now, if it performs even half as well as I know it will, here is the quick favor I would like

you to do for me: Simply e-mail me a short testimonial telling me how your Guide To Back Pain Relief™ helped you feel better, along with your permission for me to "showcase" your name and testimonial on this website. And if you promise to do me that small favor, I will let you have the Guide To Back Pain Relief™ for only

**~~\$27~~ \$17**

**[Click here to order and download the Guide To Back Pain Relief](#)**

Is that fair?

I think if you were to consider that it would cost you anywhere from \$100 to \$250 per month to see a chiropractor, you'll soon realize I'm offering you the biggest bargain of your life here.

And it's not just the hefty chiropractor fees I'm saving you.

I'm also eliminating all those painful hours and days of serious back pain that you undoubtedly experience on a regular basis.

And while we're at it, let's not forget the amount of money the Guide To Back Pain Relief™ will save you on expensive mattresses and custom orthotics, which could easily cost you thousands of dollars.

Actually, your ~~\$27~~ \$17 will seem like a drop in the bucket after you get started with the Guide To Back Pain Relief™ and see immediate results.

So, when you stop and think of it like that it's an investment in your own personal health that you really can't afford not to make.

**I Thought I Knew The Best Ways To Manage My Own Back Pain...WRONG!!**

"I thought that seeing my chiropractor once a week was all I needed...WRONG!! Now I use a few simple techniques a couple of times a week and I feel great. NOTHING compares to this program. I'm now back to playing golf three times a week! Thanks Mike. Save yourself the trouble, get this guide and watch the magic happen."

Christian Tobler - UK

The most exciting part of this offer is that you won't risk a single penny, because I am happy to offer you a

**56-Day 100% Money-Back  
"No Questions Asked" Guarantee!**

When you download the program, and put the Guide To Back Pain Relief™ to the test.

Try the different methods and see what works best for you. And, if after trying the different techniques in your Guide To Back Pain Relief™ you are not seeing results worthy of your ~~\$27~~ **\$17** investment, then I insist you simply request a refund and I will credit your bank account for every penny you've paid.

No questions asked. No hard feelings.

But, I'm betting you're not going to want to send back the Guide To Back Pain Relief™.

I'm betting you'll be jumping with joy when you experience for yourself how easily and quickly you can eliminate your own back pain with the help of the Guide To Back Pain Relief, and then you'll be ready to share the information with everyone you know.

But like I said, you must act fast!

This is a limited time offer, so just as soon as I've got some more testimonials to post on this site, the price of The Guide To Back Pain Relief™ is likely to zoom up to something like \$37 or maybe even \$47.

So, do the only sensible thing and order the Guide To Back Pain Relief™ right now!

Sincerely,



**Mike Stiveson**  
**Back Pain Relief Expert**

P.S. #1: Remember, I'm only offering the Guide To Back Pain Relief™ for \$17 to get some testimonials to post on this website. Once I've got a few, I could decide to start charging \$27 to \$37. That could happen any day now so, again, do the only sensible thing, and order the Guide To Back Pain Relief™ right now!

P.S. #2: Remember, you risk nothing. You're covered by my 56-day money-back "no

questions asked" guarantee. And, even if you do request a refund, you still get to keep the entire guide as my free gift to you. There's no way you can possibly lose!

[Click here to order and download the Guide To Back Pain Relief](#)



**"The Guide To Back Pain Relief is Absolutely Phenomenal!**

I recommend it to all of my clients and utilize several of the techniques in all of my training sessions. There are so many different methods to try that at least a couple are bound to work for everyone. Mike definitely knows back pain relief.

Most importantly, the guide doesn't require any fancy workout programs or expensive products - and can be used by practically anyone. If you are serious about ending your back pain once and for all, Mike Stiveson is your man. He has my highest recommendation."

**-- Ray Brown --  
NSCA And ACSM Certified Personal Trainer**



"The methods and techniques described in The Guide To Back Pain Relief are simply outstanding. We utilize many of the same techniques with our patients and the majority experience incredible results. I would recommend that anyone experiencing back pain purchase Mike's guide and try out some of the methods right away. We had a patient in our office recently who was having serious back problems and was considering surgery. After utilizing technique #7 for 10 minutes, he was literally pain free for the first time in months! If you need a mentor, you can't go wrong with Mike."

**-- Celeste Johnson --  
Certified Physical Therapist.**

"Mike Stiveson is a genius when it comes to helping others manage their back pain quickly and easily from the comfort of home. Get his guide right now and you'll be totally glad you did!"

**-- Jason Schwerdt --  
Doctor of Chiropractic --**

