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TO HELP YOU RECLAIM  
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# RELIEF

# FROM CHRONIC BACKACHE

**DIAGNOSIS** — What's Really Wrong with Your Back

**THERAPY** — What's Really Effective

**EXERCISE** — To Relieve Pain, Recover Strength

**EDMUND BLAIR BOLLES**

Approved by  
**JACKSON TAN, M.D., F.T.**

# Free Yourself From Chronic Backache

**Zhe Xu**



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