

Say Goodbye To Back Pain: Overlooked Scientific Discoveries Reveal Powerful New Solutions For Back Pain, Sciatica, And Stenosis No Matter What Treatments Have Failed You Before By Dr. Russell Horine DC;MS, Dr. Natalie Horine DC;MS, Dr. Lee Horine DC

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The Knee Drop 1. Lay on your back with knees bent, feet flat on the floor, about 1 foot from butt. 2. Using the right leg, drop your right knee out to the side, as

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