



End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain

Dr. Joseph Tieri

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END MUSCLE AND JOINT PAIN

You've probably heard that as you get older, you are guaranteed to have more muscle and joint pain. That's simply not true. These chronic ailments arise from years of decreased activity and poor posture—not aging. *End Everyday Pain for 50+* presents a complete 10-minute-a-day program to correct previous damage, develop healthier joints, and stay pain free at any age.

This book's step-by-step approach provides quick relief and lasting solutions by fixing your body's alignment through simple stretching and movement. No matter what part of your body is hurting, *End Everyday Pain for 50+* offers a treatment to heal it, including:

- Neck Stiffness
- Shoulder Bursitis
- Tendinitis
- Hip Misalignment
- Headaches
- Lower Back Pain
- Sciatica
- Meniscal Tears

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