

APPENDIX IV

Back Pain

Are you suffering from back pain?

Five million working days a year are lost as a result of back pain. In one year 49% of adults had lower back pain lasting more than 24 hours.

Time and space does not allow me to share the answer to this challenge at this moment of time. However I recommend you read some basic tips written by Elizabeth Adlam in the October 2007 issue of Reader's Digest.