

# The Secret to ELIMINATING BACK PAIN

Without Drugs  
or Surgery



THE STEP-BY-STEP RELIEF GUIDE

**Call Today To Schedule Your  
FREE Back Pain Consultation**

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If you're looking for a way to relieve your back pain...you're going to love this short report. As promised, here's what it contains:

- 1. *The key to relieving your back pain without using drugs, surgery, or any weird remedies or quick fixes***
- 2. *4 Secrets To Back Pain Relief: You get the shocking truth about getting rid of back pain that many back pain sufferers discover after it's too late.***
- 3. *The one step you can take to possibly relieve your back pain once and for all.***

Are you like the hundreds of people in Fort worth, who are a bit skeptical about promises regarding back pain relief? You may be saying, "Yea right, back pain secret, I've tried everything" ...or, "I've heard it all before, I've been to the doctors, seen the specialists...and my back still aches!"

...if any of this is you...it's okay, you'll quickly change your mind when you, like them, see how simple it may be to finally heal, fix, and relieve the main culprit that's causing your back pain. More on that in a minute. First, before you go any further, read the next statement very carefully (don't read even one more word of this letter until you agree to,

## **"Forget Everything Anyone Has Ever Told You About Relieving Back Pain ...You May Be Able To Feel Better In A Short Period Of Time!"**

Even if you're in severe pain and fed up with not being able to sit, stand, or even sleep without discomfort...maybe you've been suffering this way for months or even years. Forget about those previous crazy promises, weird solutions or diagnosis some doctors, friends or even so called specialists have told you.

You're about to get the "no hype" natural way to back pain relief...without all the glitz and glamour.

Let me introduce myself...my name is Dr. McCreery. I help people that suffer from back pain. As a matter of fact, most of my day consists of helping people in your exact, painful situation. Many people come to my office each day with back pain, and within a short period of time, become pain free. This doesn't happen with everyone. Sometimes it takes days, even weeks before the pain is totally gone.

We have an office right here in Fort worth and I love hearing or even seeing the tremendous impact our team is making in the lives of so many people in our neighborhood. Some of our patients suffered with back pain for a long time. Some caught the problem in the beginning stages (very smart). But all of them, before they found us, were severely suffering. Maybe like you are right now.

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The pain was impeding on their quality of life, stopping them from doing activities they enjoyed, and virtually ruining their zest for life. Every day, whether it was a night out with the family, or a day home with the kids, was wrecked due to the inconvenient pain in their lower or upper back.

## **"Here's What You Need To Know To Relieve Your Back Pain Now And How To Possibly Prevent It From Getting Any Worse..."**

I wrote this Free Report to tell you that you may not have to suffer anymore. It's a little longer than what you're used to reading, and it may take you 5-10 minutes to read, but it's the best 10 minutes of text any back pain sufferer could ever read.

It contains what you need to know if you want to get rid of your pain now, and prevent it from getting any worse. But what if you've been down this road before? Or what if you're planning on seeing another doctor for your problem...maybe you've already made an appointment with another so called specialist?

All this doesn't matter. Even if you've seen 14 doctors, spent thousands on specialists and even had surgery...after taking this tiny little action step that I'm about to propose to you, you may become closer to living without back pain than you've ever have before.

As you can see, I am fond of doctors, I am one. So, don't misunderstand or take what I've said or am about to say, in the wrong way.

Many doctors have the knowledge and training and have helped millions cure ailments, treat diseases, and even heal those that are sick. Our world really wouldn't be the same without them. So, it's not that I'm not fond of doctors, I'm just not fond of when a doctor tries to fix my car. ("A doctor fixing my car?")

You see, when you have a problem that is affecting your quality of life, a problem that's preventing you from enjoying time with your family, stopping you from living life to the fullest...and when this problem is beyond your control to fix, you must find someone who can help you solve that problem. Someone who deals in exactly what you have. Someone who knows your problem better than you know it despite living with it for so long!

You see, if my car isn't running well, if it's stalling, the engine fails, and tires go flat, the last person I go to is a Doctor. Why? Chances are they don't know about these things because they aren't or weren't trained to deal with them or treat them.

I know right now your back is probably aching. You're in serious discomfort. So the last thing you want to hear right now are analogies about doctors fixing cars, or anything else OTHER THAN specific ways you can quickly and finally stop the pain and suffering you have in that darn back.

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On the other hand, if you waste time listening to people who are not familiar with your problem or haven't had any experience solving a problem such as yours, and who do not have training and/or knowledge about the solution to your problem, you're going to waste more time, not to mention your problem will most likely worsen which can increase and prolong your suffering for months or perhaps even years.

## **"Who Else Wants A Possible Solution To Relieve Their Back Pain, Maybe Even Once And For All?"**

I've said all that to say this: What you're feeling right now...the excruciating pain in your back, the emotional pain of being frustrated and agitated daily because of this needling obstacle in your life which prevents you from enjoying anything, or the mental pain of feeling like you don't have a place to turn...you need a doctor that knows about back pain, one that lives, breathes and eats what you're going through, to give you the solution to help you and make you feel better....I believe I can help you.

Why? Well, it's not only because I've had the training and experience to solve your back problem, it's also because I'm going to have the guts to tell you exactly how it is, and how you may be able to relieve your back pain very soon.

Even if you just read this report and never contact our office in the future, the information I'm about to share with you may save you years of pain and suffering if you listen carefully.

First, let me say that many doctors do not know how to treat back pain. Some are what I call "West Side Story" Doctors. The only way they know how to solve their patients problem is by slicing and dicing with a knife!

Despite all the education, the logic is absent and prevents them from solving the true problem. As a result, many back pain sufferers make their pain worse after surgery. Please, and listen very closely right now, do not think that back surgery is the answer. Yes, many people have done the surgery and have gotten worse. (Up to 80%!)

So, why do many doctors recommend surgery so often? Well, that's a good question. For one, surgery is big bucks for the doctor that performs it. However, there are many times when a patient legitimately needs surgery. Some wounds, accidents and natural born deformities require surgery. However, for the average back pain sufferer, SURGERY may not be needed. This may include you.

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## **"Why Do People Have Surgery Even When They've Seen And Heard About The Poor Results? Just Ask This Person..."**

Good question. Ask the man I recently read about that was mountain climbing. (This is a true story and you can probably remember reading about it a few months back.)

He was thousands of feet on the side of a mountain when he ran into a bit of a problem. His arm got caught between a rock and with his hang cord. His literally hung there trying to release himself for over 48 hours! His life was now in danger. He had to make a decision.

Will he starve up there, die, or will he choose to cut his arm off!! (I don't mean to get so graphic, but the point of this story will be an eye opener for you if you're even slightly considering surgery.) He chose the latter. Yes, he chose to cut it (arm) off. True story.

With his small buck knife he slowly removed his arm so he could free himself from dying. He later said that he didn't regret his decision. He said he would rather save his life and live it with one arm, than have the opposite happen.

The last thing in the world any of us would want to do is cut our arm off! However, if it meant our life was at risk, we may consider it, but only in that situation would we do something so desperate. Which leads me to this: Why would someone cut off his or her arm? DESPERATION! No other choice! The last option! The only option!

Why does someone with back get their back operated on? Why do they choose the "cut" option? DESPERATION! The only option! No other choice!

Someone once said, "My people perish for lack of knowledge!" also, "With knowledge comes responsibility!" After reading the rest of this free report and I reveal to you a simple, effective way to possibly relieve your back pain without surgery, you will no longer have to consider getting surgery because you will have the knowledge of a tiny little secret that many people who get surgery don't even know about until its too late. Fortunately, this isn't going to be you.

"So, if my family doctor really doesn't know how to eliminate back pain and the only thing he or she can do is recommend me to a back doctor, then how can I get help to remove my back pain?"

The answer is revealed by starting on "page 1".

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# **"Don't Start Here If You Want To Relieve Your Back Pain!"**

Most start on page 2. This is wrong.

"Give me some pain killers!" "AHHHH I feel better!" "Wait a minute, it hurts again..." "AHHH, more pain killers, I feel better!" Wait a minute...." and so on.

Or, "My doctor told me I just have to live with the pain.." Or, "I'll just go get another MRI, maybe they'll find something this time..." Or, "Maybe I'll just take the plunge and get the surgery, I'll only be out of work for a few weeks, forget about the risks or side effects...I'll be okay..."

My suffering friend, this is all starting on page 2, you're smarter than that...start on page one!

"Okay, how do I start on page 1?"

ANSWER: YOU must start by helping yourself to acknowledge the following 4 Secrets that most back pain sufferers don't know or choose to ignore about their back pain:

1. Back pain is a symptom, usually not the problem.
2. Back pain isn't permanently eliminated by drugs (this is the biggest deception)
3. Your body is equipped with a built in "back pain removal system" for me to use anytime
4. Back pain gets worse by my lack of maintenance and poor physical health

Listen, this isn't some mumbo jumbo stupid attempt to get you to buy some supplements or magic back pain relief pill. This is me trying desperately to tell you, "DO NOT GO ANY FURTHER..YOU MAY BE GOING THE WRONG WAY, LET ME HELP YOU!!! YOUR BACK MAY BE ABLE TO FEEL BETTER, AND YOU MAY BE ABLE TO LIVE PAIN FREE, STOP, STOP!!

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# **"Here's The 4 Secrets To Start Living Life Again And To Stop Your Back Pain From Ruling Your Life"**

Here's how to relieve back pain the safe and healthy way...

In each section you'll find several secrets to relieving back pain the safe and healthy way:

## **Secret #1: Know that back pain is a symptom, usually not the problem**

Imagine going into a new home that you're considering to buy. You see how beautifully laid out it is, the creative architecture, and you're admiring the gorgeous pictures on all the walls.

Then, for one reason or another, you notice a small mark peeking out behind one of the pictures. You walk closer to investigate and you notice that behind the picture there's a gigantic hole. You then remove the picture from the wall and see that the hole is deep and wide and inside are tiny little insects covering the entire frame of the wall.

Naturally, you continue to look into this further and realize that the entire house is rotting away due to termites. You ask the owners of the house what they're doing about it and they respond by telling you not to worry about it. Their game plan is to cover the holes with as many pictures as possible. As the termites eat away at the walls, just put up more pictures.

This is a perfect example of how most people treat back pain! Instead of dealing with the problem, they deal with the symptom. They put a proverbial band aid on there back, thinking this will cure the excruciating pain!

It's like the analogy of rubbing this back pain relief report on your back expecting it to heal it? Would that work? Of course not. Then why would you expect your back pain to be gone unless you discover and find out the true reason your back hurts!!!

Your body is like a big ship floating at sea. When a hole gets poked into the ship, regardless of where the hole is, the entire ship will start to sink! You can't sink half of a ship!

Your back pain can be caused by a variety of "holes" in your ship. You need someone to help you discover each "hole", patch it up, and the malfunctioning part of the ship will run properly again. You'll start feeling like yourself again, pain free and living life to the fullest.

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For instance, there are many nerves that connect to sections of your back. If one, even one, of these tiny little nerves is "touched" improperly, it can feel as if a knife is jabbing into your back.

*Back Pain Relief Secret #1: Fix the problem not the symptom:*

Stop the pain fast by finding out what's really causing it, fix the problem and feel great! (I'll show you how to do this for free in a second, but first let me share with you the biggest deception back pain sufferers fall prey to everyday and how you can avoid this and prevent physical and mental disaster!)

## **"Discover One Of The Biggest Deceptions Back Pain Sufferers Fall Prey To Everyday And How You Can Avoid This And Prevent Physical And Mental Disaster!"**

**Secret #2: Know that back pain isn't permanently eliminated by drugs** (this is the biggest deception):

I know of a young boy who had a disastrous visit with his dentist when he was four years old. It started when he had a weird allergic reaction to milk as a baby. The allergic reaction destroyed his baby teeth, and to prevent his permanent teeth from being affected, the dentist had to put caps on his teeth when he was 3 years old.

When he was 4, his mother brought him to the dentist to remove his caps and the dentist had to give him Novocain so he wouldn't feel any pain when removing the caps. The procedure was successful, and the dentist instructed the boy that his mouth would be totally numb for a few hours. His mother reminded him not to bite his lip, which he had a habit of doing on a regular basis.

She said because of the numbing, he could possible do serious damage to his mouth if he bit his lip. Like most 4 year olds, who sometimes do exactly opposite of what mommy says, the young boy began to bite and chew at his lip in the waiting room as his mother was taking care of the paper work with the secretary.

Before long, blood began to stream out of the boys mouth. He couldn't feel it because his mouth was numb so he continued to chew and bite. When his mother saw him she noticed the blood and rushed him to the emergency room for stitches. He had literally bit the inside of his mouth almost completely through the cheek!

Obviously, this story wouldn't have happened to an adult, right? An adult would be smarter than that right? You would think so, but unfortunately some adults do this same thing with their back because of medication!

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You see, your back pain can probably be fixed when we discover what's causing it. However, if you become deceived and take drugs to eliminate the pain, all you may do is make it worse!! Avoid destroying your back or making it worse and get as far away from pain killers as possible!!

Pain killers simple shut off your brain from feeling your pain. They tell your brain not to acknowledge the pain. However, the pain is still there. You just don't feel it! This fools and/or deceives you into doing things you wouldn't normally do, and makes it worse.

Pain killers are not good. Before you choose to take another pill or even decide to start, if you haven't already, find out what's causing that pain!!!

*Back Pain Relief Secret #2: Pain killers are the biggest deception and simply tell your brain to ignore the pain. Avoid them as much as possible and prevent yourself from doing permanent damage to your back!!*

## **"How To Use Your Very Own Back Pain Removal System!"**

**Secret #3: Know that your body is equipped with a built in "back pain removal system" for you to use anytime!**

The human body is designed with intelligence beyond any human description! Just one molecule of DNA has more information stored in it than tens of thousands of computers! Your body has main built in functions and repair systems that automatically operate anytime something goes wrong.

One built in system is actually a warning system...it's called "pain"!! You know much about that. Right now you may be sitting at your computer reading this with pain in your back. If so, you'll be glad you've spent these few minutes reading this report because in a minute, I'm going to give you a simple solution to take the first step in relieving your back pain.

First, let's talk about "pain". Without "pain" we would destroy ourselves. Without pain telling you your back hurts, you would have destroyed your back ten times over by now!

"Pain" tells us when to stop. It's a natural function of our body. Another natural function of our body is healing. We see this when we have a simple paper cut. Our body goes through several healing stages, it scabs up, and eventually goes away. Your spinal and nervous system have the same capacity.

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However, imagine if every time you saw your paper cut start to heal, you started to pick at it and open up the wound again? Obviously, it would never heal. The body's natural systems wouldn't have a chance to work!

The same with your back pain and healing IT. **You need to allow your back** to naturally heal itself through your built in back pain removal system! How? **By first stopping re-cutting yourself and prolonging the healing process!**

In order to do this, again, you must first discover the problem, fix the problem, and then you'll be blown away at how your body may start to heal itself and as a result which could cause you to become pain free!!

You must put your back into a position to heal itself by finding and zeroing in on the problem. This will give your built in back pain removal system an opportunity to work!

*Secret #3: Use Your Built In "Back Pain Removal System" by first discovering the actual problem*

## **"Are You Making Your Back Pain Worse Without Even Realizing It?"**

**Secret #4: Know that Back pain gets worse by my lack of maintenance and poor physical health..**

I know you don't want to hear this now, especially when your back is aching. You're saying, "Great, fix my back, eliminate the pain, and then I promise I'll start doing the preventive maintenance!"

Preventive maintenance could be exercise, regular adjustments, and living a healthier lifestyle. Remember, you can't sink half of the ship! Do these things and stop the pain before it starts!

*Secret #4: Regular body maintenance will prevent future back pain and existing back pain from getting worse.*

Okay, now that you have all the secrets to relieving back pain, did you happen to notice the most important underlying secret or the most critical thing you must do in order to rid yourself of this nagging back pain and take your life back again?

In all the things you just read, what stood out as the number one thing you must do before you can ever expect to truly fix your back so it stops aching and interfering with your life?

Think now.

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The number one thing you must do is.....

....**FIND OUT WHAT'S CAUSING THAT BACK PAIN!! YOUR BACK PAIN IS JUST A SYMPTOM, NOT THE PROBLEM!!** (sorry I had to yell there BUT it's that important for you to realize!! You must find the problem.) Everything I just told you is worthless to you unless you find and treat the problem, i.e., what's causing your back pain, first, before you do anything else.

Don't put this off. You must find out the true reason your back is in pain. If you don't find out, you're going to make things worse and continue to be in pain, maybe for the rest of your life. I'm going to give you a way to finally take the proper step.

## **"The Most Important Step You Can Take To Start Feeling Better!"**

This, and for this reason only, is why this free report is so important. Why? Because right now, it's that important for you to take some action in the right direction. You must discover why that back of yours is killing you, destroying your dreams and ruining your quality of life.

**You can find out quickly and easily by simply completing the form below.** This will allow our team to send you a FREE Consultation immediately in your email. (Value up to \$175!) Once you complete the form, you'll instantly get a FREE Back Pain Consultation.

If you decide to use it, we promise to do our best to detect, fix, and possibly relieve your back pain, and like so many others, you may be able to start living pain free.

However, you have to act now. This free consultation opportunity may be gone within a few days. Obviously we can't give away consultations for FREE for too long and still expect to have time to help all of our existing patients. So, don't lose this opportunity, fill out the form below now.

Information without action is procrastination. You have the information, now take the action to find out what's causing your back to ache.

Here's what's going to happen.

1. You'll complete the form below.
2. We'll send you instant information about a Free Back Pain Consultation
3. You decide if and when you want to come in
4. In some cases, your back will start to feel better, maybe even after your first visit!

The best thing, is that there's a great chance that you'll know what is causing your back to ache. Then, not only will you have a chance to target and fix the problem, but you'll give your body a chance to start healing itself.

The best thing about what you're about to do is to take the first step in relieving your pain! Some people don't even get that far!!

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Okay, here's what you need to do right now:

**First**, stop thinking about the "ifs". "If" surgery will work, or "if" you're going to find a good doctor to solve your back pain or problem and forget about ever using pain killers!

This doesn't find the problem. It "cuts" it away causing more problems and possibly still leaving you with pain after all the costs and sacrifice.

**Second**, take action immediately by coming in to my office for your FREE Consultation. We're giving you a FREE ticket to a someone who knows how to identify your pain. You have nothing to lose.

We look forward to seeing you soon and remember...never believe anyone when they tell you you're stuck living with your back pain until you see us first. I can't wait to see your face after our first visit!!

To your health,

Dr. McCreery

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