

Painbuster

A Breakthrough 4-Step Program for Ending Pain

- Exercises that will keep you moving—pain free!
- Medications that will bring relief
- Strategies for reducing stress and
- Tips on eating well that will keep you healthy

JOHN STAMATOS, M.D.

with JANE O'BOYLE

Pain Buster Breakthrough 4 Step Program For Ending Pain

Daniel F McAuley



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