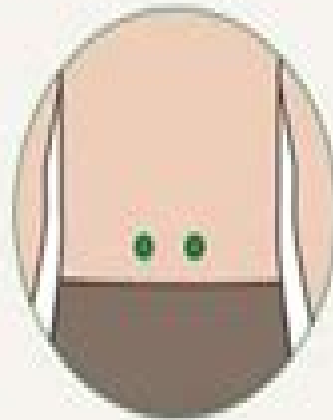


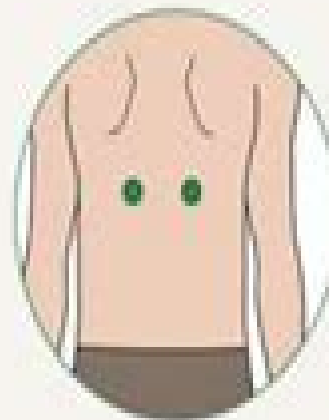
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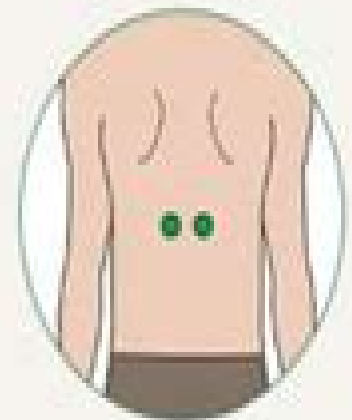
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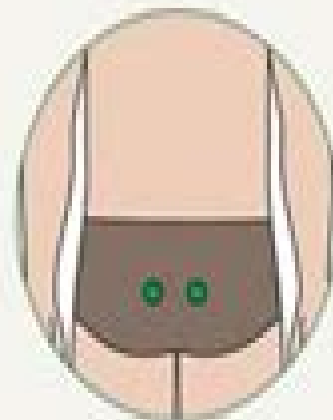
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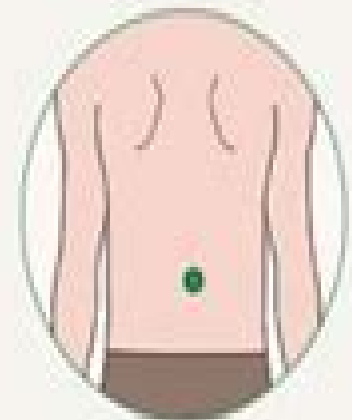
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and back pain caused by long work hours digital devices or repetitive movements The Free from Pain Guide offers a simple practical path out of that discomfort no needles required Grounded in Traditional Chinese Medicine this unique adaptation of the renowned Balance Method shows you how to use an electronic acupuncture pen to pinpoint pain s energetic counterpart and restore harmony in just five logical steps You ll discover how to instantly release tension enhance mobility and tap into your body s innate healing power Through clear illustrations and straightforward explanations you ll quickly master a natural

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