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LIA Lifestyle Instruction Aid

abcde5. Four Extra Secrets
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1. For morning neck pain, wear a soft sponge whiplash collar tied loosely around your neck in bed at night. This will support your neck better.
2. For low back pain, do the exercise on your hands and knees where you arch your back toward the floor then wiggle your pelvis from side to side.
3. Eat 5 meals a day but make them small meals. This avoids overloading your digestive juices.
4. Don't eat the Pain Relief Diet poison foods for 3 months then gradually add them back one at a time paying attention to how you feel the next day.

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