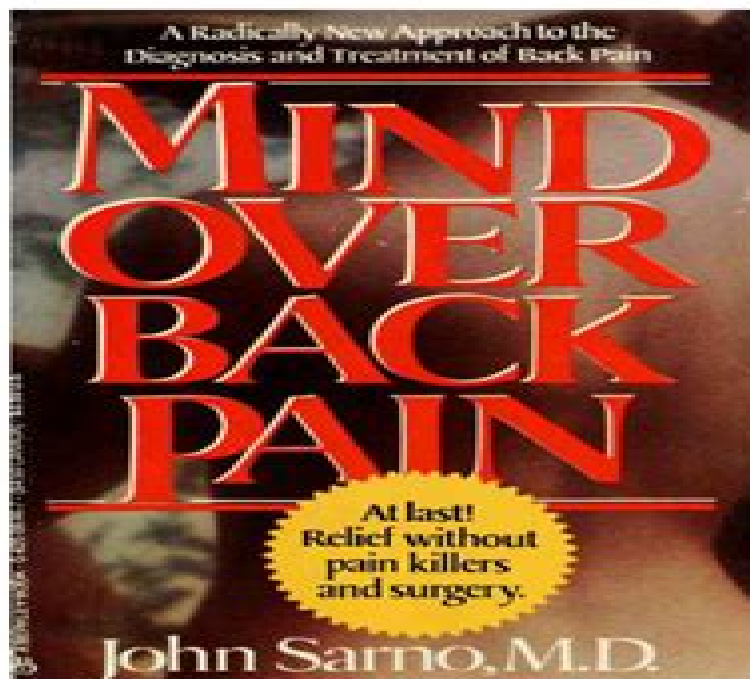




At last! Relief without pain killers and surgery.

A Radically New Approach to the Diagnosis and Treatment of Back Pain

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Tension Myositis Syndrome: Cause and Treatment

"Among most victims of back pain, TENSION leads to a physical process involving the muscles and nerves of the neck, shoulders and back. I call this condition the tension myositis syndrome (TMS).

"TMS is characterized by varied patterns of pain in the neck, shoulders, upper or lower back and often in the legs and arms as well. Pain can occur with increasing frequency over many years, and in some people it eventually becomes chronic. It can dominate a person's life. Pain and the fear of pain sharply restrict physical activity.

"I have learned by working with TMS that human beings have great capacities for self-healing; that these powers must be recognized and unleashed. In my view this is the best medicine: releasing the potential within individuals to heal themselves."

—John Sarno, M.D.

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