



The 10 Minute Back Pain Cure: The revolutionary natural new self-help therapy to safely treat back pain at home

Parham Donyai

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Congratulations! If you have been searching for “the” natural alternative treatment that actually works for alleviating 99% of back pain, you have found it. In the 10 Minute Back Pain Cure, you learn the unique new technique of Zonal Probing, which is derived from an enhanced method of the ancient practice of Zone Therapy - the big brother to Reflexology. By spending just 10 minutes at home using a probe that can be found in most households, you can be free of back pain - no matter how severe and how “hopeless” your case may be. Parham Donyai has been practising Zone Therapy for 25 years and has achieved astonishing results with clients using his Zonal Probing technique. In the 10 Minute Back Pain Cure, he shares his secret method with you for the very first time. Follow this safe and completely free technique at home and see & feel the results in as little as 10 minutes. The 10 Minute Back Pain Cure cites scientific references to provide proof for even the most skeptical of readers. You will also learn extra helpers in the form of exercise, diet & nutrition and posture; all of which will ensure your back pain becomes a thing of the past. Contents 1. About the author & this book 2. What is back pain and the scopes of this book 3. How I was introduced to Zone Therapy 4. What is Zone Therapy and how does it work? 5. The unique Zonal Probing Technique and why it works 6. How to perform the 10 minute Zonal Probing Technique on your feet 7. Specific exercises to keep your back pain away 8. Things to do and not to do to keep back pain away 9. The 1 minute back pain relief 10. How nutrition can help with back pain 11. Weight loss for a stronger back 12. The 10 commandments, a recap - Specific problems and their related Rapid Relief Reflex Zones - Glossary

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