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Pain Free Day New Shows Weekly

This show is about practical, useful, functional information on how to reduce pain and inflammation throughout your body, while becoming more active. Learn how to exercise, eat right, and navigate your way through life so as to reduce your pain and discomfort, and live more comfortably. You'll learn how to exercise and eat right, sustainably. If your exercise causes pain, then you won't be able to stick with it for the long term.

Learn how to eat healthy in a way that you can stick with, long term. We discuss how to exercise (and why you should exercise) if you are in pain. You'll lea

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