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### Mastering a Healthy Life Archives Available

April 02nd 2014: THE INCONVENIENT TRUTH ABOUT BACK PAIN

Back pain is the most common reason people give for visiting their doctor. It is a 240 billion dollar a year industry. The great majority of people suffering from back pain in this country will be treated with prescription pain medications and increasingly with surgery. Do you think there are other solutions to this malady? Should these solutions be less expensive and more permanent? Should these solutions be less invasive to the body? Should the solution have less medications and improve muscle memory? Is back pain related to posture? Tune in and listen to Dr. Gregory Soltanoff, DC

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### Featured Guest



#### Gregory Soltanoff, D.C.

Gregory Soltanoff, D.C. is a third generation chiropractor and author of "The Movement Handbook: A cure for our addiction to sitting." Dr. Soltanoff is an active doctor with two practices, Soltanoff Chiropractic and Soltanoff Spinal Strengthening and Rehabilitation, both located in Kingston, NY. He is also the creator of Voom, a micro-break wellness program designed to change the way we live and work through movement. He lives in Saugerties NY with his wife Emily and his two small children Jack and Lila. He can be contacted through [www.voomwell.com](http://www.voomwell.com)

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