
The Surprising Reason Your Back Hurts

1 message

Peak Pure & Natural <email@news.peaknatural.com>

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Reply-To: email@news.peaknatural.com

To: deanna.blanchard@gmail.com



Dear Deanna,

Got a hurting back?

If you don't, you know someone that does.

Serious back pain has become a global epidemic. Eight out of 10 people will experience it sometime in their lifetime. And in many cases, when the pain comes, there seems to be no reason for it.

No injury.

No disease.

No slipped disk.

Just an endless ache that turns your life upside down.

Things that used to be easy, like lifting your grandchild...

Pulling weeds in the garden...

Or even tying your shoes...

Have become difficult... if not impossible.

Back troubles have a way of putting your life on hold... and sticking you on the sidelines. But there's good news...

**Scientists have discovered the REAL reason your back hurts...
and how you can get some much-needed relief...**

According to researchers at the Sunlight, Nutrition and Health Research Center, there is one thing most back pain sufferers have in common...

[Vitamin D deficiency.](#)

In fact, research that came out of the University of Minnesota has found that many people with back issues have barely any vitamin D circulating in their blood... at all!

This may come as a surprise. I know it did for me. But when you think about it, it really makes sense.

If you don't get enough vitamin D, your body cannot properly absorb calcium. And that can result in a softening of your bone surfaces that causes pain — especially in your lower back.

Thankfully, scientists found a simple, powerful solution to the problem...

**Taking a Vitamin D supplement improves back pain
nearly 100% of the time!**

In one study of patients with back pain, all of them had levels of vitamin D that were way too low.

But check out what happened when scientists gave them vitamin D supplements for three months...

95% of patients either got significant relief — or saw their symptoms completely vanish!

Yes, just taking vitamin D was enough to ease — or even eliminate — back problems!

But before you dash off and buy just any vitamin D supplement from your local health food store, there's something you need to know...

Many Vitamin D supplements are complete DUDS!

In fact, I'd go so far as to say most of them are useless.

A waste of your hard-earned money.

If you want a shot at results like the scientists got with their back pain patients, your vitamin D supplement must measure up in three crucial ways.

[Find out what you need to look for in a vitamin D supplement HERE...](#) ease your back troubles... and start feeling better than you have in years!

Yours for peak health,

A handwritten signature in blue ink that reads "Virginia". The signature is written in a cursive, flowing style.

Virginia Tims-Lawson
Chief Research Officer
Peak Pure & Natural®

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