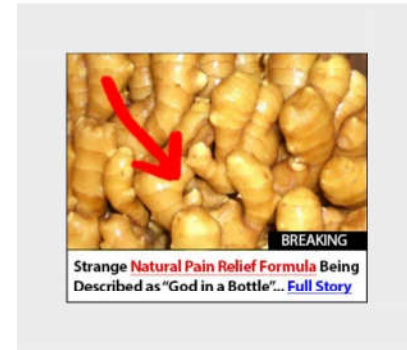


# This 30-Second Power Wash Ritual Cleans Your Arteries and Washes Away Joint Pain (<https://losethebackpain.com/this-30-second-power-wash-ritual-cleans-your-arteries-and-washes-away-joint-pain/>)

Imagine if getting rid of joint pain and stiffness was as easy as washing away dirt and grime with a power washer. That probably sounds too good to be true. But as it turns out, our bodies do have a built-in power wash



(<https://secure.losethebackpain.com/products/heal-n-soothe/15/sp-heal-n-soothe>)

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WRITTEN BY: ASHLEY LANE, JULY 25,2023

## **Could This Morning “Pee Test” Reveal a Hidden Cause of Stiff and Aching Joints? ([https://losethebackpain.com /could-this-morning-pee-test- reveal-a-hidden-cause-of-stiff- and-aching-joints/](https://losethebackpain.com/could-this-morning-pee-test-reveal-a-hidden-cause-of-stiff-and-aching-joints/))**

When it comes to your knee, hip, back, or elbow pain, the last thing you probably think of is your urine. Yet some surprising research has revealed something remarkable: the content of your urine might be linked to your chronic pain. More specifically, high urine acid

([https://losethebackpain.com  
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levels could be contributing to your joint or muscul...

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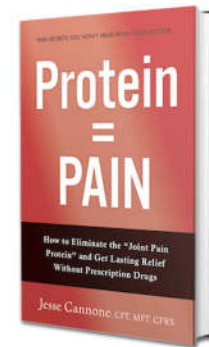
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## Warning Signs You Might Need a Knee Replacement (1 is BAD)- The Answer Might Surprise You (<https://losethebackpain.com/warning-signs-you-might-need-a-knee-replacement-1-is-bad-the-answer-might-surprise-you/>)

Pain while gardening...trouble walking upstairs...and pain keeping you awake at night are all common effects of knee pain. If you're struggling with knee pain right now, you probably know this all too well. These scenarios lead to more suffering, but they're not the most concerning warning sign that you

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## Does this “ancient” sleeping position fix joint pain? (<https://losethebackpain.com/does-this-ancient-sleeping-position-fix-joint-pain/>)

How This Ancient Sleeping Position in Nature Can Fix Joint Pain (Almost No One in America Does This) Most people don't give a second thought to how they sleep. Yet research that's been around for decades shows us certain sleeping positions can make back pain worse. Even more surprising, wild animals leave us clues for the ...

Read More (<https://losethebackpain.com/does-this-ancient-sleeping-position-fix-joint-pain/>)

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# **The Cholesterol Hoax? Why Doctors are DEAD WRONG About Heart Disease ([https://losethebackpain.com /the-cholesterol-hoax-why- doctors-are-dead-wrong-about- heart-disease/](https://losethebackpain.com/the-cholesterol-hoax-why-doctors-are-dead-wrong-about-heart-disease/))**

Want to hear something wild? Total worldwide statin sales were projected to surpass \$1 TRILLION...in 2020. Here we are 3 years later, and statin sales continue to soar higher than ever. The U.S. alone accounts for \$15 billion in sales every year. Needless to say, the “war against cholesterol” has been a highly profitable ...

<https://losethebackpain.com/the-cholesterol-hoax-why-doctors-are-dead-wrong-about-heart-disease/>

FILED UNDER: HEAL-N-SOOTHE (/CATEGORY/2-HEAL-N-SOOTHE)  
WRITTEN BY: ADMIN, JUNE 8,2023

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# **My Shocking Discovery As An Undercover Medical Device Salesman (Think Twice Before Getting a Knee or Hip Replacement)**

**(<https://losethebackpain.com/my-shocking-discovery-as-an-undercover-medical-device-salesman-think-twice-before-getting-a-knee-or-hip-replacement/>)**

I'll never forget my experience as an undercover medical device salesman for as long as I live. Knee and hip replacements are a cash cow for doctors and hospitals all over the country. \$30,000 to \$50,000 is the average, but some hospitals charge up to \$223,000.

This isn't the portion owed by the patient  
mind you, but stagger ...

ery-as-an-undercover-medical-device-salesman-think-twice-before-getting-a-knee-or-hip-replacement/)

FILED UNDER: HEAL-N-SOOTHE (/CATEGORY/2-HEAL-N-SOOTHE), HIP PAIN  
(/CATEGORY/HIP-PAIN), KNEE PAIN (/CATEGORY/KNEE-PAIN)  
WRITTEN BY: ADMIN, JUNE 8, 2023

## **4 Hidden Causes of Arthritis and Joint Pain That You'll Never Hear About From Your Doctor ([https://losethebackpain.com/4- hidden-causes-of-arthritis-and- joint-pain-that-youll-never-hear- about-from-your-doctor/](https://losethebackpain.com/4-hidden-causes-of-arthritis-and-joint-pain-that-youll-never-hear-about-from-your-doctor/))**

Doctors mean well. But many are practicing with outdated and limited information they learned years ago in medical school. This is especially true with chronic joint pain and arthritis. In today's article, we're going to cover 4 hidden causes of joint pain that you may or

may not be aware of. If these are new to you, don' ...

[ckpain.com/4-hidden-causes-of-arthritis-and-joint-pain-that-youll-never-hear-about-from-your-doctor/](https://losethebackpain.com/4-hidden-causes-of-arthritis-and-joint-pain-that-youll-never-hear-about-from-your-doctor/)

FILED UNDER: ANTI-INFLAMMATORY (/CATEGORY/ANTI-INFLAMMATORY), PAIN AND INFLAMMATION (/CATEGORY/PAIN-AND-INFLAMMATION)  
WRITTEN BY: ADMIN, JUNE 7,2023

## **The “Pac-Man” Cure for Inflammation and Joint Pain (<https://losethebackpain.com/the-pac-man-cure-for-inflammation-and-joint-pain/>)**

I have fond memories growing up and playing “Pac Man” with my dad. It was one of his favorite arcade games and remains a classic enjoyed by millions still today. Maybe you’ve played before? However, I’m not here to talk about video games today. But there is an important reason why I bring up Pac Man. It has to do with ...

[Read More \(https://losethebackpain.com/the-pac-man-cure-for-inflammation-and-joint-pain/\)](https://losethebackpain.com/the-pac-man-cure-for-inflammation-and-joint-pain/)



## **“Who’s Gonna Hire the Guy with the Limp?” (How Steven Saved His Knees and His Job)**

**(<https://losethebackpain.com/whos-gonna-hire-the-guy-with-the-imp-how-steven-saved-his-knees-and-his-job/>)**

With a recession looming in today’s economy, people are worried about their financial security more than ever. And for most people, their job is their lifeline. If that lifeline gets cut, financial ruin soon follows. The average American has a bank account balance of just \$5,300. This means if most Americans lose th

...

# **Why Doctors Are Dead WRONG About Arthritis and Joint Pain (#1 Cause is Actually Protein!) (<https://losethebackpain.com/why-doctors-are-dead-wrong-about-arthritis-and-joint-pain-1-cause-is-actually-protein/>)**

If you're like most people, when you think of protein, you probably picture some of your favorite foods. A sizzling steak fresh off the grill... Delicious chicken BBQ... Or a rack of mouth-watering ribs. (I'm getting hungry just writing about them!) But that's not the type of protein I'm talking about here. Unfort ...

[backpain.com/why-doctors-are-dead-wrong-about-arthritis-and-joint-pain-1-cause-is-actually-protein/](https://losethebackpain.com/why-doctors-are-dead-wrong-about-arthritis-and-joint-pain-1-cause-is-actually-protein/)

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