

# The Back Doctor: Lifetime Relief For Your Aching Back

## Bye, bye BACK PAIN

Relieve an aching back with products sure to make you pop

By **Celia Shatzman** for USA TODAY

**W**HETHER YOU PULLED SOMETHING AT THE GYM or your back just isn't feeling as strong as it used to, you're suffering from back pain—and you're not alone. In fact, one in six Americans deals with back pain every day, according to a survey by the North American Spine Society (NASS).

Back pain is the most common reason for visiting the doctor and the second most popular excuse for missing work, after the common cold. If you're not feeling a twinge now, it'll probably happen eventually. The NASS estimates that 80 percent of all adults will suffer from back pain at some point.

Next time you feel an ache coming on, try one of these products to ward it off.

**Doctor's order: Apply pressure, say "Ah!"**  
At first glance, those spiky plastic buttons give the **Nayoya Back and Neck Pain Relief** set the appearance of a bed of nails. But those buttons—230 of them with 27 acupressure spikes on each—target a whopping 6,210 acupressure points, delivering fast and natural relief. The acupressure points stimulate the body to release endorphins

into the bloodstream. This boosts blood circulation and decreases blood pressure, all while soothing the mind and body. The mats use a combination of acupressure, acupressure, and reflexology to ease back pain caused by fatigue, muscle soreness, injury, and stress.

In addition to the back, the mat can be used on the neck, stomach, hands, feet, and other body parts to improve sleep,

digestion, weight loss, and muscle recovery. The lightweight mats are easily portable, so they're perfect for on-the-go use at home, at the office, or even in your car.



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