

# THE TRUTH ABOUT BACK PAIN



THE HONEY PASTE SECRET  
FOR STOPPING BACK PAIN

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# MISSION

This book is dedicated to the activists and practitioners of natural medicine and healing around the world.

We cannot cure disease by blindly following the fabricated, toxic, and profit-driven therapies of the medical establishment. Since conventional treatments have failed to cure any diseases, we must create our own holistic therapies and alternative methods.

As such, all of the royalties on the sale of this book are being used to help fund the mission of educating people about natural health care and exposing corporate and government corruption.

Once you've healed yourself using these methods, I ask you to join my mission by sharing your positive experience with friends and family, so they know there is another path to vibrant health.

# LEGAL DISCLAIMER

In this day and age, it is unbelievable to me that the world has come to this. It pains me that I must write a disclaimer at the beginning of this book.

Imagine – a person who is supposed to be allowed to express his opinions under the banner of "free speech" must still put a disclaimer as a preface to his words, thoughts, and opinions.

Lawyers are squashing the rights of people like me from freely expressing their ideas. So, with a figurative gun to my head, I write these words:

Before you read this book, you had better check with your medical doctor and anyone you feel is smarter than you and see if you can get permission to read what I have to say.

You must know that everything I say in this book is simply my opinion, and there are many people who violently disagree with my conclusions.

If you do anything, I recommend that without the supervision of a licensed medical doctor, you do so at your own risk. The publisher, author, distributors, and bookstores presenting this information do so for educational purposes only.

I am not making an attempt to prescribe any medical treatment, since under the laws of the United States, only a licensed medical doctor (MD) can do so.

How sad! So, this book is only my opinions, my thoughts, and my conclusions. Again, it is for educational purposes only, and you and only you are responsible if you choose to do anything based on what you read.

# INTRODUCTION

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**Hi, I'm David Sanders, and if you're reading this, chances are you or someone you love is struggling with relentless back pain.**

I know exactly how that feels—because I watched my wife suffer through it for years. What started as a minor ache quickly spiraled into unbearable, life-altering agony. We tried everything: chiropractors, physiotherapy, acupuncture, even expensive treatments that promised relief. But nothing worked.

Doctors told us surgery was the only option. That was the last thing we wanted to hear.

Just when we had lost hope, I stumbled upon something that changed everything—a simple, natural remedy that erased her pain when nothing else could. A solution that's now transforming the lives of thousands.

This isn't about masking the pain. It's about addressing the hidden cause that most doctors overlook—something top researchers from Harvard and Yale are now calling a “hidden infection” responsible for chronic inflammation in the spine.

In the next few minutes, I'm going to share the breakthrough that saved my wife from surgery, restored her mobility, and gave her back the life she thought she had lost.

If you're ready to finally free yourself from constant back pain—without surgery, medications, or endless physical therapy—keep reading.

Because relief is closer than you think.

# CHAPTER 1

## A GROWING PROBLEM

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For decades, back pain has been dismissed as an inevitable part of life—something that comes with age, bad posture, or an old sports injury. Millions of people are told that their discomfort stems from muscle strain, slipped discs, or arthritis. Doctors prescribe painkillers, physical therapy, and even risky surgeries, yet the problem never truly goes away. The truth is, these conventional treatments merely mask the pain, rather than addressing its true underlying cause.

Today, back pain has reached epidemic proportions. Over 80% of adults will experience it at some point in their lives, and nearly one in four people suffer from chronic, debilitating discomfort. What's worse? The numbers are only getting higher. With modern lifestyles that keep people hunched over desks, slumped in cars, and glued to screens, spinal health is deteriorating faster than ever before.

### **The Hidden Cause No One Talks About**

New research has revealed a shocking truth: an estimated 94.7% of back pain cases are caused not by structural damage, but by a **hidden infection** deep within the body. This underlying inflammation quietly spreads, attacking the spine and surrounding nerves, creating excruciating pain that radiates throughout the back, neck, and even down into the legs.

And yet, most doctors fail to recognize this root cause. Instead, they prescribe solutions that provide only temporary relief, forcing people into an endless cycle of discomfort and frustration. The multi-billion-dollar pain management industry thrives on this model, profiting from treatments that never truly work—while millions continue to suffer needlessly.

### **The Cost of Ignoring the Problem**

The effects of chronic back pain go beyond physical suffering. It destroys quality of life, making even simple tasks unbearable. Many people find themselves unable to work,

exercise, or even get a full night's rest. Relationships suffer, productivity plummets, and mental health deteriorates. Depression and anxiety often accompany prolonged pain, creating a vicious cycle that feels impossible to escape.

The financial burden is staggering as well. The medical industry rakes in over \$100 billion a year from back pain treatments—everything from prescription drugs to chiropractic care and spinal surgeries. Yet, despite this enormous expense, few find lasting relief. The real cause of back pain remains overlooked, allowing the problem to grow worse with each passing year.

## **A Revolutionary Discovery**

Amidst this growing crisis, researchers have uncovered a powerful, all-natural remedy that has been used for centuries—yet remained largely unknown in modern medicine. This **“Exotic Honey Paste”** was first discovered by Australian Aboriginals and has been shown to **eliminate inflammation, soothe nerves, and restore spinal health** in just weeks.

Unlike painkillers or invasive treatments, this remedy works by targeting the **root cause** of pain—the hidden infection—neutralizing it naturally without side effects. And the best part? It takes just **seven seconds a day** to use.

## **The Time to Act Is Now**

As back pain continues to reach unprecedented levels, the need for a true solution has never been greater. People are tired of temporary fixes and misleading advice. They want real, lasting relief—and they deserve it.

The good news? That solution is finally here. The next chapter will reveal the science behind the **hidden infection** causing back pain and how this revolutionary remedy can help millions reclaim their lives.

For those suffering in silence, relief is closer than they ever imagined. But the window to act is closing—because once the medical industry catches on, this breakthrough may not stay available for long.

# CHAPTER 2

## THE BIG PHARMA CONSPIRACY

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For those of us suffering from chronic back pain, the search for relief often feels like a never-ending battle. The aching, stiffness, and constant discomfort become an unwelcome part of daily life, limiting mobility, draining energy, and stealing joy from even the simplest activities. If you've sought medical help, you've likely encountered the same frustrating pattern—doctors prescribing painkillers, muscle relaxants, or even surgery, while telling you that back pain is just a “normal part of aging” or something you must “learn to manage.”

But what if that wasn't true? What if there was a way to eliminate back pain at its source—one that Big Pharma doesn't want you to know about?

The reality is that the pharmaceutical industry thrives on chronic conditions like back pain. Instead of addressing the root cause, they push drugs and temporary fixes that keep you dependent on their products for life. The medical system, deeply intertwined with Big Pharma, has no incentive to cure your pain—because a cure means no more profit.

### **The Standard Big Pharma Response: Keeping You Hooked on Drugs**

When you visit a doctor for back pain, the typical response is a prescription. Whether it's opioids, NSAIDs, muscle relaxants, or even antidepressants, the goal is simple: manage the symptoms, not eliminate the problem.

For some, these medications provide short-term relief, but at what cost? Prescription painkillers are highly addictive, leading millions into dependency. NSAIDs come with serious risks, including stomach ulcers, kidney damage, and increased heart attack risk.

Muscle relaxants may dull the pain, but they also cause dizziness, drowsiness, and long-term dependency.

Meanwhile, none of these drugs fix the actual issue—whether it’s spinal misalignment, inflammation, or a sedentary lifestyle. Instead, they keep you in a cycle of pain and medication, ensuring that you’ll always need another refill, another prescription, another dose.

## **The Dangers of Relying on Pharmaceutical “Solutions”**

The truth is, relying on medications for back pain can often make things worse. Opioid addiction has skyrocketed over the past few decades, largely due to overprescription for chronic pain conditions, including back pain. Patients seeking relief end up trapped in a devastating spiral of dependency, needing higher doses for diminishing relief, and suffering withdrawal symptoms if they try to stop.

Even over-the-counter drugs aren’t as safe as they seem. NSAIDs like ibuprofen and naproxen may reduce inflammation in the short term, but long-term use has been linked to gastrointestinal bleeding, liver damage, and even cardiovascular problems.

What’s worse, these medications often numb the pain enough for people to continue harmful habits—like poor posture, sitting too long, or overexerting themselves—without realizing they’re making the underlying condition worse.

## **Why Big Pharma Ignores the Real Causes of Back Pain**

The pharmaceutical industry doesn’t want you to know that most chronic back pain isn’t just a random occurrence or an inevitable part of aging. The root cause of back pain is often linked to modern lifestyle factors—poor posture, prolonged sitting, spinal misalignment, inflammation, and lack of mobility.

But addressing these causes wouldn’t be profitable. If everyone learned how to properly support their spine, strengthen their core, and reduce inflammation naturally, there would be no need for pain medications.

Instead, Big Pharma and the medical industry focus on quick fixes that ensure repeat customers. They downplay alternative treatments like posture correction, physical therapy, and holistic remedies because those solutions don’t generate billions in revenue.

In fact, studies have shown that simple lifestyle adjustments—such as improving posture, stretching regularly, strengthening the core, and using natural anti-inflammatory

remedies—can provide lasting relief from back pain. But you won't hear that from your doctor. Why? Because there's no money to be made in prevention.

## **The Financial Incentive Behind the Back Pain Industry**

Chronic pain is a multi-billion-dollar business. Pharmaceutical companies profit not just from painkillers, but also from the entire medical pipeline—MRIs, unnecessary surgeries, cortisone injections, and ongoing specialist visits.

Spinal surgeries alone rake in over \$10 billion per year, despite studies showing that many procedures have minimal long-term benefit and can even make the pain worse. Yet, patients are often pushed into surgery as a last resort after years of failed drug treatments—because once you go under the knife, you're likely to need more follow-ups, more medications, and more procedures down the road.

Meanwhile, alternative treatments that could actually solve the problem—such as targeted exercise, chiropractic care, acupuncture, and natural anti-inflammatory solutions—are dismissed as “unproven” or “unscientific.” Why? Because they don't feed into the endless cycle of pharmaceutical dependency.

## **Breaking Free from Big Pharma's Grip**

If you've been told that back pain is something you just have to “live with,” or if you've been given prescription after prescription with no lasting relief, it's time to reconsider the conventional approach. The traditional Big Pharma model is designed to keep you as a paying customer, not to heal you.

But there is hope. You don't have to rely on dangerous medications or resign yourself to chronic pain. By addressing the root causes—posture, spinal health, inflammation, and movement—you can take control of your own healing.

In the next chapter, we'll explore natural, proven methods to eliminate back pain—without harmful drugs, without unnecessary surgeries, and without falling into the trap of Big Pharma's endless cycle. It's time to reclaim your health and break free from the back pain industry's grip once and for all.

# CHAPTER 3

## THE TRUE CAUSE OF BACK PAIN

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For years, we had been searching for answers. Anna had tried every conventional method—physiotherapy, chiropractic adjustments, acupuncture, and even considered invasive surgery. But nothing seemed to bring lasting relief. Like millions of others suffering from chronic back pain, we had been looking in the wrong place.

It wasn't until I stumbled upon Dr. John Randon's groundbreaking research that I finally understood why.

### **The Back Pain Industry's Big Lie**

Modern medicine has long attributed back pain to structural issues—herniated discs, pinched nerves, and spinal degeneration. The billion-dollar back pain industry thrives on this belief, offering expensive treatments, surgeries, and painkillers that often fail to provide real solutions.

But Dr. Randon's research revealed something astonishing: Most spinal issues found on MRIs—like slipped or bulging discs—are as common and natural as graying hair. Studies show that nearly 50% of people have disc herniations yet experience no pain at all. Even more shocking, 94% of slipped discs heal on their own without surgery.

So if these spinal abnormalities aren't the true cause of pain, what is?

### **The Inflammation Connection**

Dr. Randon and his team conducted a landmark study at the University of Dallas, examining the spinal columns of chronic back pain sufferers. They found one common factor in every single patient—severe inflammation in the spine and spinal cord.

This inflammation caused nerves to become compressed, triggering intense, unrelenting pain. But where was this inflammation coming from?

The answer was unexpected: **the gut**.

### **How Gut Infections Trigger Back Pain**

Dr. Randon explained that when the gut becomes inflamed—due to infections, bad bacteria, or poor diet—it triggers a cascade of problems:

1. **Leaky Gut Syndrome:** The lining of the intestines develops microscopic gaps, allowing toxins and bacteria to leak into the bloodstream. This sparks an immune response, leading to widespread inflammation—including in the spine.
2. **Physical Pressure on the Spine:** The inflamed gut expands, pressing against the spine and causing misalignment. This increases nerve compression, exacerbating pain.
3. **Nerve Hyper-Sensitivity:** The inflammation from the gut irritates the nervous system, making the pain receptors in the spine more sensitive.

Studies confirm this gut-back connection. A 2023 paper published in *Cureus* titled “**Is Gut Inflammation The Cause Of Low Back Pain?**” revealed a direct link between digestive inflammation and spinal pain. Similar research published in *Nature* in 2022 concluded that chronic gut inflammation is a key driver of back pain.

### **The Gut-Healing Solution**

If an inflamed gut is the root cause of back pain, then healing the gut is the key to eliminating it. Dr. Randon’s research pointed to a breakthrough solution—**Spore Probiotics**.

Unlike regular probiotics, spore probiotics like *Bacillus Subtilis*—often called the “honey bee probiotic”—are highly resilient and have powerful anti-inflammatory effects. Research shows that they:

- Kill harmful gut bacteria
- Repair leaky gut
- Reduce bloating and inflammation
- Shrink the intestines to their normal size, relieving pressure on the spine

In a 2015 clinical study published in *PubMed*, participants who took *Bacillus Subtilis* experienced a significant reduction in lower back pain in just four weeks.

For the first time, we had real hope. Could healing Anna's gut be the key to ending her back pain?

# CHAPTER 4

## THE SOLUTION

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For years, people have been told that back pain is just an inevitable part of aging, something that can only be managed with painkillers, invasive surgeries, or endless therapy sessions. But these conventional treatments fail to address the real, underlying cause of back pain—leaving millions trapped in a cycle of temporary relief without lasting results.

This is where **BackBiome** comes in, offering a **100% natural, scientifically-backed solution** that works at the root of the problem to provide real, long-term relief.

### **The Hidden Cause of Chronic Back Pain**

Most people believe that back pain is caused by poor posture, muscle strain, or degenerative disc disease. But groundbreaking research has revealed that the true cause lies much deeper—within your gut. Studies now show that an imbalanced gut microbiome is directly linked to chronic inflammation in the spine. Harmful bacteria in your gut trigger widespread inflammation, damaging the delicate structures of your back and keeping your pain switch permanently turned on.

No amount of stretching, painkillers, or surgeries can stop this hidden inflammatory response. Until you rebalance your gut microbiome, your back pain will continue to worsen over time.

### **How BackBiome Works**

BackBiome is the world's first and only formula designed to restore gut health and eliminate inflammation at its source. This revolutionary supplement contains seven rare and powerful "Back Probiotics" that work on a biological level to kill harmful bacteria in the gut, repair and strengthen the gut lining, soothe nerves and muscles, and turn off your back's pain response. It also actively supports spinal health, helping to improve flexibility and mobility over time.

Unlike temporary fixes, BackBiome doesn't just mask pain—it stops the cycle of inflammation so you can experience true, lasting relief.

### **A 100% Natural, Science-Backed Solution**

BackBiome is formulated with only the highest-quality, pharmaceutical-grade ingredients, ensuring purity, potency, and effectiveness. It is 100% natural, vegetarian, non-GMO, and free from gluten, allergens, artificial fillers, preservatives, and stimulants. Every capsule is manufactured in an FDA-approved, GMP-certified facility, where each batch is tested for safety and consistency by independent third-party labs. That means zero side effects—just real relief you can trust.

### **Experience True Freedom from Back Pain**

Imagine waking up without stiffness, moving without restriction, and living your life without fear of pain holding you back. With BackBiome, this is not just possible—it's already happening for thousands of men and women who have reclaimed their mobility and freedom. Many people report finally being able to sleep through the night without discomfort, waking up feeling loose, limber, and refreshed. Simple activities like playing with children or grandchildren, gardening, golfing, and even just getting through the day without pain become effortless again.

BackBiome doesn't just relieve back pain; it gives you your life back.

### **No More Expensive Treatments or Dangerous Drugs**

Painkillers only numb the symptoms, surgeries come with risks, and therapy can take months or years with no guarantee of success. BackBiome offers a safer, faster, and more effective alternative—without breaking the bank. By addressing the real cause of back pain, BackBiome saves you thousands of dollars on ineffective treatments while delivering life-changing relief.

### **The Bottom Line**

Chronic back pain isn't something you have to live with, and you don't need risky surgeries or endless medications to fix it. The key to lasting relief lies in your gut, and BackBiome is the only solution designed to heal your body from within. Now, it's your turn. Take control of your health today and experience the incredible difference that BackBiome can make. Your journey to a pain-free, active, and fulfilling life starts now.

# CHAPTER 5

## SUPPORTING YOUR BODY

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### **A Holistic Approach to Back Pain Relief**

Back pain is a complex condition that affects more than just the spine—it impacts mobility, mental well-being, and overall quality of life. While conventional treatments often focus on managing symptoms with painkillers, surgery, or physical therapy alone, a holistic approach works to address the root cause of back pain from multiple angles.

This chapter will explore how diet, exercise, and lifestyle adjustments can work synergistically with **BackBiome**, the groundbreaking supplement designed to eliminate inflammation at its source. By combining these elements, you can accelerate your recovery and experience long-term relief from chronic back pain.

### **Understanding Back Pain Beyond the Spine**

Traditional medicine often views back pain as a purely structural issue, attributing it to herniated discs, muscle strain, or spinal degeneration. However, emerging research reveals that inflammation—particularly stemming from an imbalanced gut microbiome—is one of the leading causes of chronic back pain. When harmful bacteria overtake the gut, they trigger widespread inflammation that affects the muscles, nerves, and connective tissues of the spine.

BackBiome works by rebalancing the gut microbiome, reducing inflammation, and restoring spinal health at a cellular level. However, to maximize its benefits, it's important to support your body with a back-friendly diet and exercise routine.

### **Healing the Body with the Right Nutrition**

What you eat plays a crucial role in reducing inflammation and supporting spinal health. An anti-inflammatory diet not only complements the effects of BackBiome but also helps prevent flare-ups and promotes long-term healing.

Whole, nutrient-dense foods rich in **omega-3 fatty acids, antioxidants, and gut-healing probiotics** can help reduce inflammation and support nerve function. Foods like fatty fish (salmon, sardines), leafy greens (spinach, kale), nuts, seeds, and berries are all powerful tools in the fight against chronic back pain.

Magnesium-rich foods, such as bananas, avocados, and almonds, support muscle relaxation and prevent cramping, while collagen-boosting foods like bone broth and citrus fruits help maintain the strength of connective tissues in the spine. Adding **fermented foods like yogurt, kimchi, and sauerkraut** further enhances gut health, working in harmony with BackBiome's probiotics to create a balanced microbiome.

On the other hand, inflammatory foods—like processed sugars, refined carbs, and trans fats—should be avoided. These foods fuel gut imbalances, worsen inflammation, and can even negate the benefits of BackBiome. By shifting to an anti-inflammatory diet, you provide your body with the essential nutrients it needs to heal from within.

## **The Role of Exercise in Back Pain Recovery**

Movement is one of the most powerful tools for managing back pain, but not all exercises are created equal. While intense workouts or improper movements can worsen symptoms, a well-structured routine can strengthen muscles, improve flexibility, and support spinal alignment.

Low-impact activities like **yoga, swimming, and Pilates** help release tension in the lower back, increase core stability, and enhance posture. These exercises also improve circulation, delivering oxygen and nutrients to the spine, which complements the gut-healing properties of BackBiome.

Simple daily habits, such as taking **short walks, stretching in the morning, and using proper ergonomics while sitting**, can make a significant difference. Strengthening the core—through exercises like planks and gentle back extensions—helps reduce strain on the spine and prevents future injuries.

## **Managing Stress for a Pain-Free Body**

Stress is a silent contributor to back pain, triggering muscle tension and increasing inflammation in the body. When stress levels rise, cortisol production spikes, which can worsen both gut health and chronic pain.

Incorporating stress-reduction techniques like **meditation, deep breathing, and mindfulness** can help regulate the nervous system and complement the healing effects of

BackBiome. Regular relaxation techniques encourage the body to shift out of a state of chronic stress, allowing muscles to release tension and inflammation to subside.

Additionally, getting enough quality sleep is essential for back pain recovery. Poor sleep exacerbates inflammation and slows the healing process, making it harder for your body to repair damaged tissues. Creating a bedtime routine, avoiding screen time before bed, and ensuring proper spinal alignment with a supportive mattress and pillow can drastically improve sleep quality.



[>> CLICK HERE TO ORDER <<](#)

## A Complete Approach to Back Pain Relief

By combining BackBiome with a **nutrient-rich diet, targeted exercise, stress management, and proper sleep**, you create the perfect environment for your body to heal naturally. This holistic approach doesn't just mask pain—it **treats the root cause**, helping you regain mobility, energy, and a pain-free life.

The journey to lasting back pain relief begins with the right choices. With BackBiome as your foundation and a lifestyle that supports healing, you can break free from the cycle of chronic pain and reclaim the active, fulfilling life you deserve.