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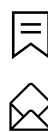
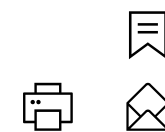
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# What Is Degenerative Disk Disease?



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Or is it another form of back pain?



### The Truth About Back Pain

See the myths vs. the facts.



### Low Back Pain

Good and bad exercises.



### Acupuncture

Use it to manage your pain.