

# Back pain remedy

---

*Source:* <http://sci.tech-archive.net/Archive/sci.med.cardiology/2008-03/msg00210.html>

---

- *From:* e40xyasm <[stevehpzi@xxxxxxxxx](mailto:stevehpzi@xxxxxxxxx)>
  - *Date:* Sat, 29 Mar 2008 05:59:57 -0700 (PDT)
- 

Tai Chi helps back pain because, despite it also being a marital art, it is designed to enhance the body's resilience, improve flexibility, keep your weight in check and help a person to an easier recovery from injury, all in all a pretty good list of things.

Richards

<http://www.back-pain-info-site.com>

.