

# lower back pain

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.diseases.cancer/2008-03/msg00068.html>

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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.

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

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