

“ PAIN KILLERS?
THEY
DON'T
KILL
MY PAIN!
SHARON

In a study of 26,169 people with long-term pain, **painkillers** reduced pain by less than 10%.

Busse et al, 2018 (Journal of the American Medical Association, 2018)

MEDICINES and surgeries are often not the answer

Put yourself back in control.
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