



# What's Really Wrong with You?: A Revolutionary Look at How Muscles Affect Your Health

*Thomas Griner, Maxine Nunes*

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**What's Really Wrong with You?: A Revolutionary Look at How Muscles Affect Your Health** Thomas Griner, Maxine Nunes

According to chiropractor Thomas Griner, spastic muscles are at the root of many bone, muscle and joint problems. In this book, Griner lists common misdiagnoses, explains the true causes of specific symptoms, and tells how to relieve muscle spasms through exercise and massage. Line drawings.

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