

Work Pain Free
Learn How To Stop The Aches and Pains of Computer Use

Attention All People That Input, Write, Calculate, Drive, Research, Create, Work Or Play At A Computer

Revealed: Simple Step By Step Instruction to Eliminate Neck, Arm, Wrist & Back Pain NOW. You Will Work Easier, Faster and Get More Done In Less Time!

Did you know that 80% of all computer users experience some form of chronic fatigue, tension or pain? Learn how to be part of the 20% that "work pain free"

The rules of how to adjust your computer workstation have changed, and Dr. Barry Carlin wants to share with YOU what you need to know NOW, to ensure that you eliminate and prevent pain.

Dear Friend and Fellow Computer User,

My name is Dr. Barry Carlin, and I'm glad you are on this page. Why? Because what I have to share with you can change your life forever! For the past 20 years I have been a leading doctor relieving people's pain caused by working for hours at a computer.

Like most doctors, patients came to me in pain and I treated them and got rid of their pain. Then they would go back to work at their computer and what do you think happened? You're right! Their pain returned and they returned for treatment to get rid of the pain again.

As the years went by, the pain became worse. It occurred more often, and I took longer to fix. The pain began to not only affect computer activities, but activities at home as simple as cooking, mowing, hiking and sports. For some the pain eventually became constant and debilitating. For some, any computer work instantly caused such severe pain that they had to permanently stop using a computer and find a new job.

When this type of computer pain gets advanced enough, sometimes it can not be fixed by medical science. All you can do is control the pain by reduced activities, therapy and medication.

But... prevention is simple and works every time! That is what the **Work Pain Free** program is all about.

My specialty at that time was training nurses and developing programs to prevent injury and improve performance in amateur and professional divers, musicians, sword fighters, circus performers and athletes. I was the doctor for several performers at all major fairs in Los Angeles and the doctor for the jockey club. I was common to find me on movie sets when stars and starlets were hurt in action movies.

Working to help my patients in trouble, sometimes by taking pain from using a computer, I applied the same techniques to evaluate computer work as used to evaluate performing artists.

People come to my office for things **weights, breaks** and **stretches**, but computers don't. The result was a system to evaluate how to customize a computer user's equipment, technique, and simple stretches to perform while they are working.

I began to treat patients and eliminate their pain, then teach them to customize their computer equipment and technique.

**THEIR PAIN DID NOT RETURN!
AND MANY REPORTED THAT THEY GOT FAR MORE DONE BECAUSE THEY FELT SO MUCH BETTER
AND DID NOT GET FATIGUED!**

I soon developed a consulting company, Best Performance Systems, to teach these techniques to thousands of people in the workplace. We have trained companies throughout America, Canada, Europe and Asia.

Every company we train gets an average 50-80% reduction in injuries and fantastic improvements in productivity when on the job and among the employees. They tell us they feel better at work, work is easier, and they go home with more energy to enjoy life.

These same techniques are now available to you in the Work Pain Free program!

In the comfort of sitting in front of your own computer

Would your life improve if you never had pain or tension when working at your computer? If you never had pain at home that you bring comes from long hours at your computer? If your energy instead of going off to work, you work home with plenty of energy to enjoy your family, friends and activities?

The techniques I have set to be followed by a leading physician and the rising cost of medical care - taking money right out of our pockets! It's time for a change...

Take control of your health and the health of your family, with a simple pro-active approach.

Let us help you stop the drain on your pocketbook from expensive medical treatments. Learn the simple techniques you can take to care for your body, manage your stress, stop pain, repetitive motion injuries and carpal tunnel syndrome. Stop a chronic condition from starting.

"We are that could not move completely recovered."

"Just before I met Dr. Carlin, I had an experience using someone else's office computer for a while that was not set up properly. For me and my husband, it was a major health problem. I suddenly found one day that I could not move the way that I use the my computer. Results are very rapid and could not pain me any further the week of my last full day working and during other adjusting my work station to following Dr. Carlin's system, we are both much better immediately and our lives completely recovered. Thank you Dr. Carlin for your great love and care."

Dr. Barry Carlin

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