



## About the Author

**C**hristina Lasich, M.D., is a concerned physician with spine pain herself who has a valuable message for all women ready for a healthier spine. As an award-winning graduate from the University of California, Davis, School of Medicine, Dr. Lasich draws her expertise from years of experience as a solo practitioner in the field of spine rehabilitation. She loyally resides in her hometown with her husband on Brown Dog Ranch.

Lumbar spine pain has been a part of her life for nearly twenty years. Although the pain provided roadblocks in her career, first as a firefighter, then as a physician, she has transformed into a happier, healthier person. From one woman to another, in this book she would like to pass some pearls of wisdom to you. For more information about Dr. Lasich, please visit her web site, [www.gvbacks.com](http://www.gvbacks.com).