

Who is Peggy Cappy?

## Description

Gentle Reader,



exercise classes or the intense gardening, I cannot say for sure.

What I am sure about is increased pain and then the magical release

from it. Here is the unexplainable magic. I have mentioned it to you several times in the past. It is a 20 minute meditation tape by Peggy Cappy about [Rejuvenating the Back](#).

She talks in a soothing voice about how every cell in your body is capable of reproducing into a fresh, new creation, whole and healthy.

I come in from the garden hurting in every lower back, hip and knee joint, shoulders and hands, as well. I turn on the Ipod to her voice and prop my knees over the [Back2Life](#) machine (I have described this contraption several times in previous posts) and when the tape is over, I stand and walk without pain.



The third thing I do is take an herbal tablet that inhibits the pain path. The Pain Relief Complex is helpful but does not bring such complete results by itself.

I urge you, if you suffer pain, to invest in Peggy Cappy's cd. You might want the Back2Life machine, too, but it probably is less important than her relaxation/rejuvenation message.

I'd be interested in hearing your techniques for curbing acute pain. So let us hear from you. If you investigate these techniques and like what I have shared, please pass the message along to your friends. While you are at it, like my facebook page, <https://www.facebook.com/BetsyBellsHealth4U>.

Fondly,

Be Well, Do Well, Keep Moving

Betsy

*Injured at 52. Diagnosed and sentenced to a wheel chair at 55. Hiking, skiing, dancing and walking at 75. [Read my story.](#)*

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## Category

1. Arthritis
2. Be Well health tips
3. Health and Fitness
4. Keep Moving: Managing Arthritis

## Tags

1. arthritis
2. back pain
3. Back2Life
4. exercise
5. joint pain
6. knee pain
7. pain

8. pain relief
9. Peggy Cappy

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