

# In what may be a record, in a 4 year period, Peter Guske PT has instructed over 16,000 employees nationwide in reducing the incidence of the 3 most expensive health/safety issues for any employer...

The astonishing *video testimonials on our website* (you have *not* seen testimonials like these before) are just a few examples of the response to the new, innovative, highly effective realities revealed in *The Back Saver System* that inspires busy people to take time to express on camera their appreciation. People who value their time, don't have time for fluff-filled courses loaded with feel-good, "same-old-aerobic-stretch-flex" exercises or standard "how-to-lift-correctly" information which has been shown to be ineffective in reducing the incidence of back injuries/pain<sup>1</sup>. (Spinal pain being one of the 3 most expensive issues in all of health/safety for *any* employer<sup>2</sup>). It is because these people are busy that they seek to cut-to-the-chase and strip away all the unnecessary items. They need hard-edged, immediately effective techniques that really work, quickly. In short, they want the truth.

## Highly Consistent Use by Our Clients

Our clients repeated use of *The Back Saver System*, some clients for over 18 years, tells the story even better. But the point has been made in this small sample of videos, whether they are newly-hired employees or 30 year veterans, if they sit most of the day at a computer screen or if they are on their feet constantly, in any job and at all income levels, in companies that employ thousands or just a dozen people and at all ages, they all found something very exciting in *The Back Saver System*, something to which they had never before been exposed, even those with several decades of experience in the health/safety field.

**All quotes are real, written comments by attendees:**

**"By far the highest rated session of our entire conference"**

**"I thought I knew it all, I've been teaching back injury prevention for about 20 years...I learned a lot...absolutely fantastic presentation!"**

**"Outstanding presentation!...very well paced..."**

**"Very enthusiastic, well prepared..."**

1) Bigos, S. et al "High-quality Controlled Trials on Back..." Spine 9.2 (2009)  
2) Dieleman, J. "US Spending...Public Health, 1996-2013." JAMA (2016)

Peter Guske PT has instructed over 21,000 employees at:

- Kinder Morgan-NY,GA,TN, AL
- Williams Company-NJ, MI, PA
- Kern River Gas-Salt Lake City
- Solvay Mining-Wyoming
- Texas Army National Guard
- BP—offshore
- Western Kentucky Energy
- Cargill Milling-Baton Rouge
- City of Gillette, Cheyenne WY
- Arizona Electric
- Minnesota Power
- Aleris Aluminum and many more...

**See astonishing videos from our clients**  
**www.medicalarts4u.com**

**"Excellent speaker...made it easy to listen to and to learn."**

**"Peter was amazing!...I loved this!"**

**"The best presentation I have seen..."**

## Unprecedented Rate of Re-Order

Perhaps not previously in training history has a course been re-ordered so consistently by so many results-oriented, successful safety managers and businesses. When effective companies re-order so many times, it causes a rumbling effect throughout the training community that is quite unsettling to those who would have you believe that all training is the same or especially to those who charge far more for less efficacious training.

### It Seems Clear...

there are exceptional, innovation-minded companies and safety leaders who have not lost sight of the traditional value and reality that the most powerful ambassador for their company, their advertising and their brand, is their employees. Dedicated and savvy safety/health professionals, whether they are responsible for 10 or 10,000 employees are also weary of bearing the skyrocketing costs of healthcare that are not mitigated by fitness/health and injury prevention training mired in old myths and timeworn outdated protocols. These forward-thinking professionals want the *truths* revealed in *The Back Saver System*, regardless of what they may be.



Peter Guske founded and operated a fitness and bodybuilding gym in Michigan in the mid 1980s. While a competing bodybuilder, he sustained a low back injury which led to him obtaining his degree in Physical Therapy from Wayne State University. His personal experience with back pain rehabilitation prompted him to investigate and personally experience the myriad of ineffective and sometimes injurious treatment techniques available. He subsequently developed the first rehabilitation protocols for MedX (formerly Nautilus Sports Medical Industries) while working in Los Angeles, California. He then opened his own practice in Florida. After expanding the practice and constructing the first high-tech "smart building" in the area, he sold the clinical practice. He has transitioned his career into back injury reduction, knee pain reduction, fatigue/diabetes reduction and sensible weight loss for employers in all work settings.

*A personal message from Peter Guske PT:*

"In the last quarter century, there has not been a solitary day where I, personally, have failed to follow exactly the same techniques as in *The Back Saver System*, for myself."





### The 3 Most Expensive Issues...

Fact: For *any* employer, the overwhelmingly largest expenses for health and safety go to *only 3 areas*: 1) Spinal Pain (Lower Back and Neck Area), 2) Chronic Fatigue/Diabetes and 3) Heart Disease<sup>2</sup>. So with common sense, straight-forward and results-oriented thinking, it's time to refocus on these 3 priorities of health and safety. And these are exactly the areas where *The Back Saver System* places its emphasis. Of course, there are always additional issues such as accidents (motor vehicle, trauma, etc), but *expense-wise* and total human *suffering-wise*, accidents do not even come close to the catastrophically large amounts of money that go directly to the above "Big 3". Whether you are in manufacturing, services, wholesale, retail, hospitality, the public sector/government, utilities, IT, healthcare, chemicals, foods, oil/gas, agriculture/aquaculture/forestry, mining, insurance, or construction, if you reduce the incidence of the "Big 3", all else will fall into place. *The Back Saver System delivers exactly what is needed*: Simple, rational explanations of the true causes of the "Big 3", with effective specific solutions to these problems. Solutions that work for anyone, at any stage in life, at all ages and in all conceivable work situations and environments.

**"Unbelievable...I saw my people using the techniques on the first day right after the class..."**

**"Excellent...plus entertaining too!"**

**"This course should be offered many times... he availed himself to everyone afterwards...phenomenal presenter!"**

### A Movement

Our videos *from our clients* give only a small indication of the overwhelming enthusiasm which is creating a new, natural groundswell, a bio-friendly and sustainable healthcare freedom movement in this country that is gathering momentum at a rapidly accelerating pace. It's characterized by a healthy impatience and an ever-growing desire for individual control of your health, a need for truly useful information and a deep-down yearning for natural techniques that make you more self-reliant on *your own ability* to decrease pain and improve *your own health* and ultimately a longing to use *your own* internal inborn abilities to do so. Using this new application of science, based upon sound, anatomical, mechanical and physiological principles, of *the utilization of natural internal leverage mechanisms within your own body to mobilize structures* and to thereby actually change the structure and metabolism of the soft tissues and discs within your body to ultimately become as independent as possible from professional help for controlling your own healthcare. This is the essence of *The Back Saver System*.

### A Single-Source Solution: Integrating Health & Safety

Whether the two are administratively separated or not, health has always been integrated with safety. It is only recently that the enormous expense associated with the relationship between health and safety has been documented so well. *Needing a fraction of the time and space of conventional health/safety programs, there has never been a single-source, comprehensive, so highly effective, integrated, low-cost training program as The Back Saver System.*

### Empowerment

The solutions of *The Back Saver System* will not only reduce pain and ameliorate untold human suffering, but will have a profound effect on the future of the participant's health for the rest of his/her life. *The Back Saver System* elevates individual control of your health and *empowers employees* to use their innate natural bodily ability, backed by medically-sound, well-established anatomical and physiological principles, to keep themselves pain-free and healthy at any age. *The Back Saver System* further explains that much of current *establishment* medical and nutritional advice, medications and especially surgery suppresses the natural bio-compatibility of the spine and other joints and decreases your freedom and ability to individually control your own health.

### Where Do Our Clients Operate? Where Do We Go?

Everywhere—we've been from Anchorage Alaska all the way to Miami Florida, from multiple drilling rigs in the Gulf of Mexico, to a mine 2000 feet underground in the Rocky Mountains, from New York to Phoenix and all over the heartland of America. Being universal in their application, the principles of *The Back Saver System* have been applied in a multitude of work settings, with employees age 19 to 79, for employers with 10 on their staff, to those who employ over 10,000 and for employees at any fitness level from the health/fitness fanatic to someone who hasn't performed any formal exercise in 40 years.

### A Second Wave

The first example of *the people* taking control of their health came with the fitness boom of the 1970s which brought us *Aerobics* and *Nautilus* exercise equipment. The course that is inspiring the *second wave of the people* taking back their freedom and individual control of their health, this time more natural, backed by advances in science, now applicable at any age, is *The Back Saver System*.

### The Simple Truth

If you appreciate truth and sincerity and have a natural disdain for pretense, you will easily relate to *The Back Saver System*. *Specific answers* are delivered, devoid of *multiple abstractions and generalities* common in other training programs. We show that a portion of what the establishment medical community has been proclaiming is wrong and *how to set it right*. Even if you are already suspicious of some claims of the medical community, skeptical of government agency edicts on nutrition/health, doubtful of advice in bodybuilding/fitness magazines/web sites and are already in the habit of recognizing truth and honesty, you will feel a renewed strength in having the correctness of your perceptions and suspicions reaffirmed. The picture is clear: *Empower your employees* by providing to them the tools of *The Back Saver System*.

# WHAT'S ALL THE COMMOTION ABOUT ?



## The Back Saver System

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