



# The True Story of Sam: Some Things All Bicyclists Should Know

*Samuel E. Shull*

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## **The True Story of Sam: Some Things All Bicyclists Should Know** Samuel E. Shull

I have written this book about SAM, an avid bicyclist and racer, whose cycling career was abruptly terminated by Pudendal Neuralgia and his life uprooted. New cycling related problems soon developed, including interstitial cystitis and severe low back pain. I discuss in the book many details relating to SAM's diagnosis, treatment and recovery from extremely serious injury over a SIX-YEAR timeframe. SAM's recovery turned out better than I ever thought possible. Read SAM's story to check out the details including a very effective diet and exercise program and another which has completely eliminated low back pain.

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