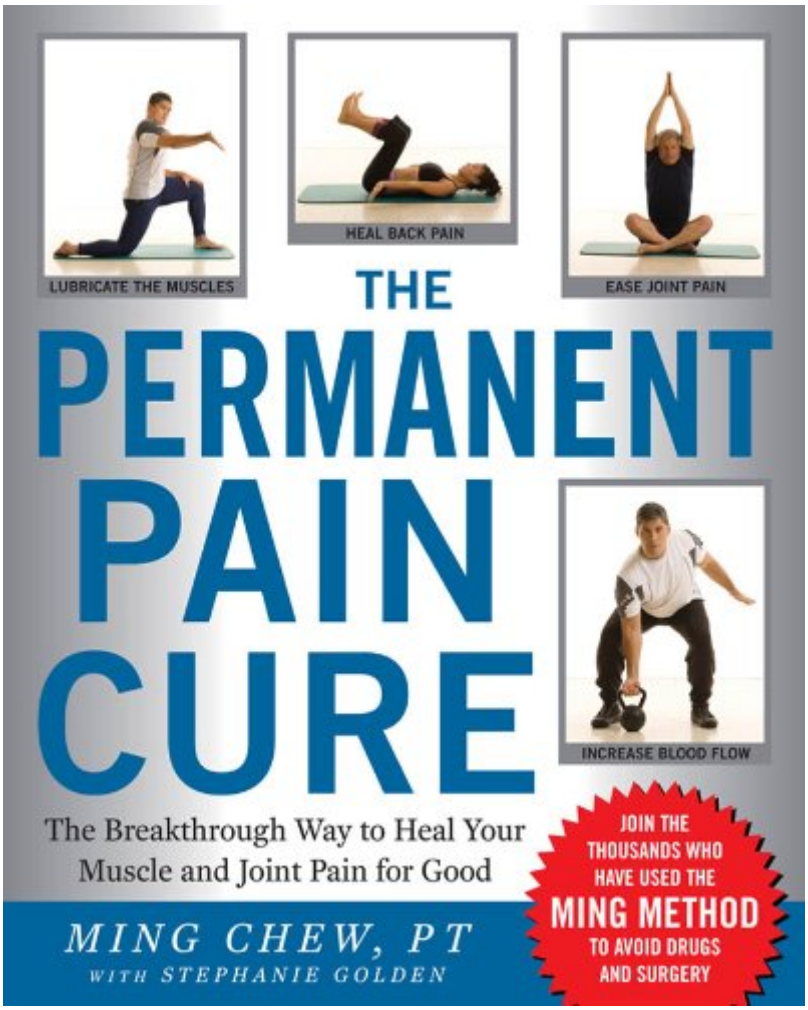
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The Permanent Pain Cure



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Synopsis

Are you taking medication or considering surgery because of pain? Have you lived with low-level muscle or joint pain for years? Imagine your life today without pain. Imagine you hold the key to eliminating any future pain. Find it inside this book: a groundbreaking drug- and surgery-free healing plan from master pain therapist Ming Chew. The Ming Method includes: Total pain relief with no drugs, no side effects, no surgery Fifteen-minute therapy sessions you can perform in your living room Self-diagnosis techniques to tailor treatment to your individual pain The proper hydration and supplementation for optimum health For twenty years, master pain therapist Ming Chew has treated scores of patients with his method. It doesn't mask or Ã¢â ¬Å“manageÃ¢â ¬Â• your pain. Unlike traditional medicine, it works by targeting the fascia, a poorly understood connective tissue, to permanently fix your underlying problem, not just mask symptoms. Hydrating, supplementing, and stretching and strengthening the fascia are the keys to The Permanent Pain Cure. The best part? A typical therapy session lasts only fifteen minutes and can be done in your living room. Try the Ming Method yourself and reclaim your quality of life, your freedom of movement, your joy--and do it in as little as fifteen minutes a day. Your pain-free life begins today!

Book Information

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Customer Reviews

This book is reader friendly, authoritative, and quite a resource to the persons serious about help-help power. I would love to schedule an appointment with the author, but working with his guidance is an affordable alternative.

Great book, really helped me out for back pain. I write this two years after purchase. At 50 years old, I am playing basketball again and enjoying life after months of back pain. Try it out!

Terrific book with many useful and well explained exercises.

GREAT BOOK!!

I started having pretty bad hip and back pain about 18 months ago (I am 45 years old now), no idea why, but it was really debilitating and made me feel like I was 85 years old. Couldn’t play basketball anymore or even sit in my desk chair for very long. This book definitely requires you to pay attention to the detail of what he is asking you to do, but I was in so much pain I did it, and I really think it is effective. He wants you to take a whole lot of supplements, and I’ve been taking everything he suggested for months now. THEN you do his stretching exercises, and when I do, I feel a TON better. I just need to make myself do them more often :) I also started doing Pilates, and went to a "structural integration" (a.k.a. "Rolfing") specialist, and I think it is all helping. Thank goodness, because I needed it. Thank you Ming, great book!

the methods in this book really work. Anything one can do to prevent surgery is good. we have to be the captain of our own ship and take care of ourselves.

Really helped my knee pain. Highly recommend!

This is a valuable book. I have gone to physical therapy for many years for various chronic problems and it is great to have a total body guide to prevent injuries. It teaches you how to teach

yourself in a way that is accessible and makes sense.

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