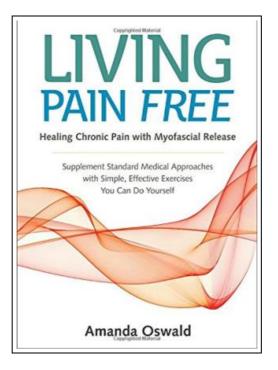
Living Pain Free: Healing Chronic Pain with Myofascial Release--Supplement Standard Medical Approaches with Simple, Effective Exercises You Can Do Yourself



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This pdf is wonderful. We have go through and so i am certain that i am going to going to study yet again once more in the future. Its been developed in an exceedingly straightforward way which is merely after i finished reading through this pdf where really transformed me, modify the way i think. (Ollie Balistreri)

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North Atlantic Books. Paperback. Condition: New. 240 pages. An essential self-help guide to treatment of chronic pain based on myofascial release therapyChronic pain sufferers, especially those who have not found relief from standard medical approaches, will learn simple and effective self-help techniques, stretches, and exercises that alleviate and prevent many common chronic pain conditions in this concise, accessible guide. Written by a leading practitioner of myofascial release therapy (MRT), with a focus on helping you help yourself, this book explains how chronic pain develops, and how an understanding of fascia, the main connective tissue in the body, is the key to restoring pain-free movement and health. People experiencing chronic pain from scar tissue, migraines and headaches, repetitive strain injury (RSI), jaw (TMJ) pain, frozen shoulder, neck and back pain, fibromyalgia, chronic fatigue, and myofascial pain syndrome--as well as their family, caregivers, and health professionals--will discover non-invasive and medication-free strategies to break the chronic pain cycle and rebalance the body so it can heal itself. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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