



# **MELT Your Pain Away: The Beginner's Guide to the MELT Method of Pain Relief (The Home Life Series) (Volume 10)**

*Melinda Rolf*

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Amazon Number 1 Best Seller

Pain is the body's way of communicating that something is wrong. Muscle pains are among the most commonly reported pain. Pain may be due to stress, overuse, improper body mechanics and fatigue. Drugs to relieve pain can only do so much and the effects often wear off sooner than desired. Long term use of pain killers is bad for the health and can cause several health problems such as abnormal bleeding and stomach ulcers. A revolutionary, self-treatment method was developed to deal with pain. It effectively relieves chronic pain without the need for drugs or surgery. It only takes a few minutes each day to provide long-lasting relief of pain. This method is called the MELT method. MELT means Myofascial Energetic Length Technique. This technique was developed by Sue Hitzmann, and aims to restore the supportive function of the body's connective tissues particularly in the muscles, bones and skin. By restoring and enhancing the function of the connective tissues, chronic pain is eliminated, muscle and bone performance is improved, and stress is decreased. Accumulated stress comes from repetitive movements such as sitting, standing and lifting related to everyday life. Get your copy of The MELT Method today and start to live pain free.



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