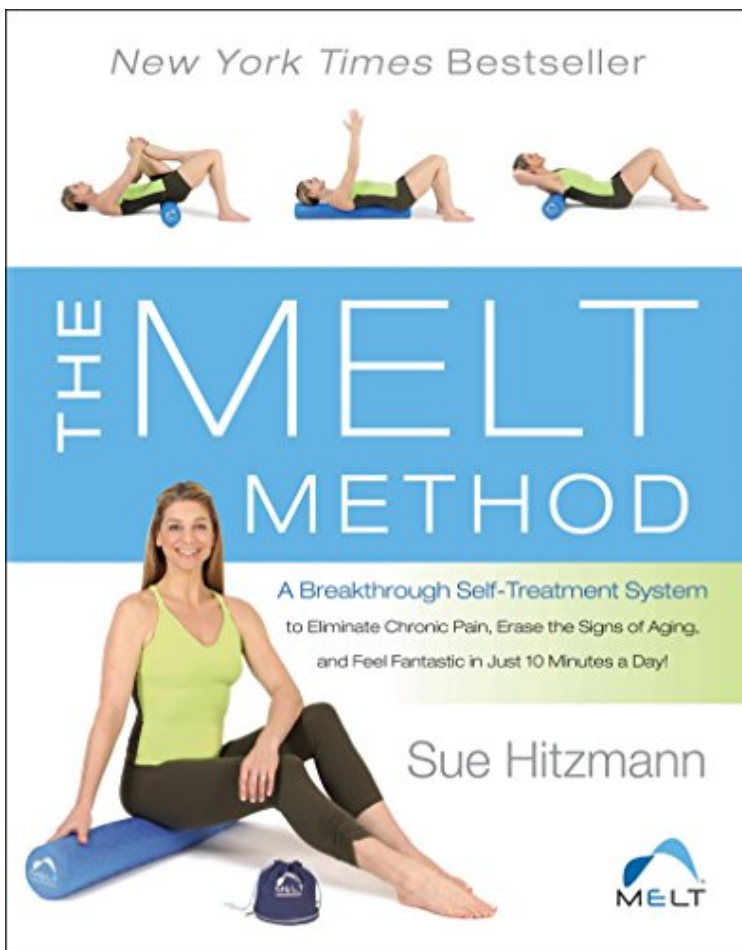


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# The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day!



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*Par Sue Hitzmann*

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## Description :

Prsentation de l'diteurIn The MELT Method, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. The MELT Method shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle. Prsentation de

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Over a decade ago, Sue Hitzmann was at the height of her career as an international fitness presenter and instructor. She appeared to be in perfect health, yet she was experiencing debilitating pain in her foot. With a master's degree in exercise science and advanced training in neuromuscular therapy, she thought it would be easy to find out what was going on in her body, but even the most prominent doctors and physical therapists couldn't explain what was wrong. Although she was only in her twenties, Hitzmann's career was threatened and her quality of life was in decline. Hitzmann learned the hard way that diet, exercise, and muscular strength are not the foundation of a healthy, pain-free body. As she sought the true source of her pain, she radically changed her focus from fitness to hands-on bodywork. In her quest to live an active, pain-free life, she became fascinated by the emerging science of connective tissue, or fascia, which surrounds all aspects of your body, including your muscles, bones, nerves, and organs. The researchers she met were discovering that connective tissue—the system of the body that supports, protects, and stabilizes—was responsive, adaptable, and renewable. What Hitzmann came to realize is that connective tissue dehydration is the underlying cause of the daily aches, stiffness, and strain that leads to pain, as well as weight gain, sleep problems, and many other seemingly unrelated issues. Through her personal exploration and private practice, she developed the MELT Method, and has since trained thousands of instructors in the science and application of Hands-Off Bodywork. MELT can help you fall asleep more easily and sleep more soundly, have more energy during the day, improve your posture, reduce stress and tension, shed excess body fat, and reduce cellulite. While it may seem too good to be true, it's worked for more than 200,000 people so far. Translated into eight languages, The MELT Method is now helping people around the world. Live your best, most youthful and vibrant life possible. Free yourself of chronic pain and be healthy and active with MELT!