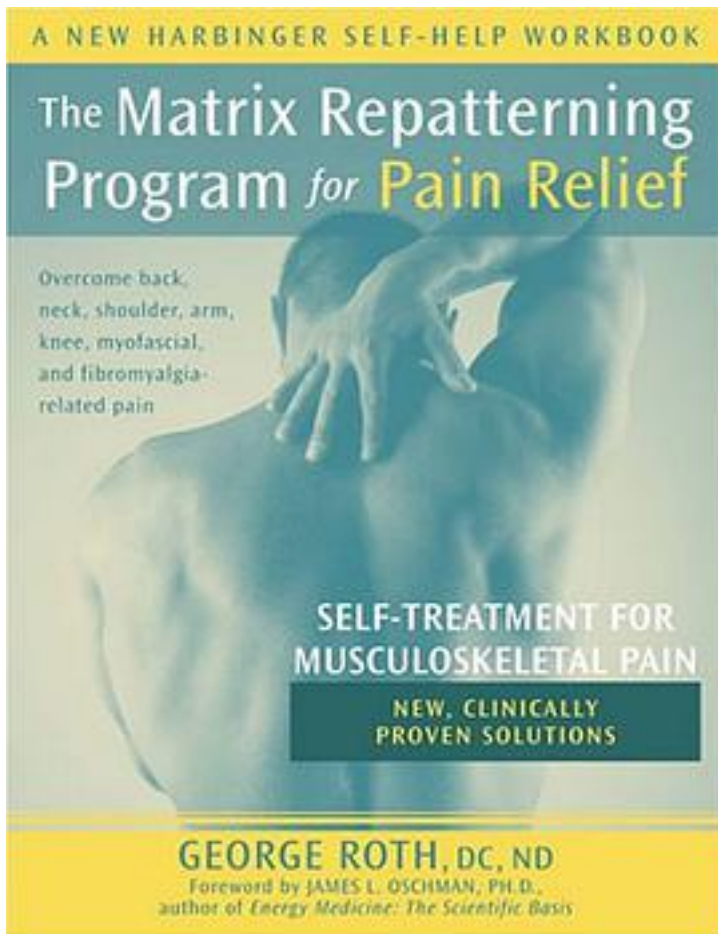


# The Matrix Repatterning Program for Pain Relief



[The Matrix Repatterning Program for Pain Relief\\_下载链接1](#)

著者:Roth, George

出版者:New Harbinger Pubns Inc

出版时间:2005-5

装帧:Pap

isbn:9781572243910

Statistics suggest that nearly half of all doctor visits are prompted by pain that defies diagnosis, pain that is most often treated with pain-killing medication that masks or even worsens the underlying problem. In this book, George Roth, a noted chiropractic

physician, adapts his revolutionary pain relief technique-until now available only to professionals-for general readers. This innovative system of low-impact body scanning and energy balancing offers readers simple but effective techniques to check the body for stress and tension and to relieve pain permanently. Known as the Matrix Repatterning Program for pain relief, Roth's method is grounded in a concept called the tensegrity matrix-an idea that conceives of the body as composed of a single lattice of tissue that extends to the cellular level. When one part of the body is injured or suffers strain or tension, the rest of the body also experiences stress. Pain caused by the initial injury can be referred to another part of the body-even one with no apparent connection to the original damage-while the actual location of the problem doesn't hurt at all. Through this process, stiff necks, back and joint pain, and muscle aches are often caused by injuries and imbalances elsewhere in the body. With an easy-to-follow series of photographs, readers will use this book to learn the Matrix Repatterning Program's three-part process: the body scan, the body check, and the self-treatment program. Relief from chronic pain will follow quickly with regular practice. The book also includes resources for readers who wish to locate professionals who practice the Matrix Repatterning Program.

作者介绍:

目录:

[The Matrix Repatterning Program for Pain Relief\\_ 下载链接1](#)

标签

评论

-----  
[The Matrix Repatterning Program for Pain Relief\\_ 下载链接1](#)

书评

-----  
[The Matrix Repatterning Program for Pain Relief\\_下载链接1](#)