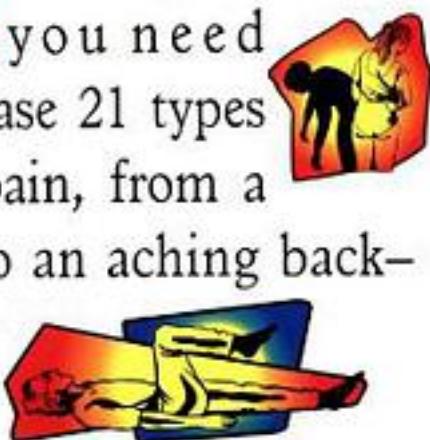


Muscle Pain Relief in 90 Seconds

Copyright Material
**MUSCLE PAIN
RELIEF IN
90 SECONDS**

THE FOLD AND HOLD METHOD

 All the right moves
you need
to ease 21 types
of muscle pain, from a
stiff neck to an aching back—
completely
drug free



DALE L. ANDERSON, M.D.

[Muscle Pain Relief in 90 Seconds 下载链接1](#)

著者:Anderson, Dale L.

出版者:John Wiley & Sons Inc

出版时间:1994-12

装帧:Pap

isbn:9780471346890

Relieve your Muscle Pain in Seconds! You're now only 90 seconds away from getting rid of many of your muscle pains, completely drug free! If you suffer from back pain, tennis or golfer's elbow, head or neck pain, wrist pain, shin splints, carpal tunnel syndrome, or many other common muscle aches, Dr. Dale Anderson's innovative "Fold and Hold" technique can help! "Fold and Hold" combines simple, safe, biomechanical self-treatment with the natural healing powers of the human body. The result is muscle pain relief in 90 seconds. Here are just a few of the benefits:

- * You can do it yourself--no need for expensive tests or "fixes" from physicians, physical therapists, or chiropractors.
- * It's comfortable--remove your tender spots by finding a non-painful position.
- * It's convenient--can be done anywhere, anytime. No appointment needed.
- * It provides extended pain relief by treating the cause of the pain, not the symptom.
- * It requires no drugs, dietary supplements, special instruments, or machines.

Muscle Pain Relief in 90 Seconds clearly teaches the right moves to ease over 20 muscle problems, from a stiff neck to ankle pain. This revolutionary method is a must for everyone with muscle twinges and aches.

作者介绍:

目录:

[Muscle Pain Relief in 90 Seconds 下载链接1](#)

标签

评论

[Muscle Pain Relief in 90 Seconds 下载链接1](#)

书评

[Muscle Pain Relief in 90 Seconds 下载链接1](#)