



The Permanent Pain Cure

Ming Chew, Stephanie Golden

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Are you taking medication or considering surgery because of pain? Have you lived with low-level muscle or joint pain for years? Imagine your life today without pain. Imagine you hold the key to eliminating any future pain. Find it inside this book: a groundbreaking drug- and surgery-free healing plan from master pain therapist Ming Chew.

The Ming Method includes:

- Total pain relief with no drugs, no side effects, no surgery
- Fifteen-minute therapy sessions you can perform in your living room
- Self-diagnosis techniques to tailor treatment to your individual pain
- The proper hydration and supplementation for optimum health

For twenty years, master pain therapist Ming Chew has treated scores of patients with his method. It doesn't mask or "manage" your pain. Unlike traditional medicine, it works by targeting the fascia, a poorly understood connective tissue, to permanently fix your underlying problem, not just mask symptoms. Hydrating, supplementing, and stretching and strengthening the fascia are the keys to *The Permanent Pain Cure*. The best part? A typical therapy session lasts only fifteen minutes and can be done in your living room.

Try the Ming Method yourself and reclaim your quality of life, your freedom of movement, your joy--and do it in as little as fifteen minutes a day. Your pain-free life begins today!

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