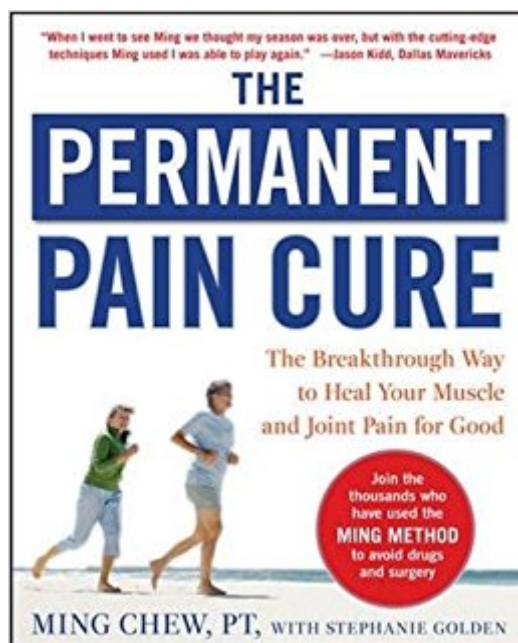




The book was found

The Permanent Pain Cure: The Breakthrough Way To Heal Your Muscle And Joint Pain For Good (PB) (NTC Self-Help)



Synopsis

FEATURED ON ESPNâ•the proven pain relief program used by professional athletes No drugs. No surgery. No pain! âœThe Ming Methodâ•for pain relief has worked wonders for New Jersey Nets star Jason Kidd, New York Yankeesâ™ Jason Giambi, movie star Matt Dillon, and other celebrities. Now, licensed physical therapist Ming Chew shares his world-famous program in this illustrated home guide, filled with innovative stretching techniques, hydration and supplementation tips, and prevention strategies. His method doesnâ™t just manage the pain, it cures itâ•for good.

Book Information

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Customer Reviews

Testimonials from believers in the Ming Method: "When I went to see Ming we thought my season was over. With the procedures Ming used I was able to play and help my team in our playoff run that season. I had never experienced the things he did with me, and I know they were cutting-edge techniques. He really helped me." --Jason Kidd, New Jersey Nets "When I first met Ming Chew, I knew he would fix my bad back when no one else could. What I know now is that he is clearly the future of sports training and sports therapy in this country." --Mike Lupica, columnist, New York Daily News "Regular physical therapy felt like a Band-Aid. . . . I feel Ming's kind of therapy can greatly benefit all dancers. It all makes sense, since everything in the body is connected." --Amanda Edge, dancer, New York City Ballet "To my friend Ming, the one with the magic hands: thanks for all the help on my injuries. Your number-one fan." --Renzo Gracie, legendary Brazilian

jujitsu black belt and mixed martial arts champion Get lasting relief from: All forms of back and neck pain • Pinched nerves • Pulled muscles • Jaw pain, a.k.a. "TMJ" • Sciatica • Sports injuries • Chronic aches from poor posture and long hours at a desk • Carpal tunnel syndrome • and more! --This text refers to an out of print or unavailable edition of this title.

Ming Chew is a physical therapist, former champion bodybuilder, martial artist, A.R.T. (active release techniques) practitioner, and student of Chinese medicine. He has an active private practice in NYC where he has healed, among others, star athletes Jason Kidd of the New Jersey Nets and Jason Giambi of the Yankees, Amanda Edge of the NYC Ballet, and actor Matt Dillon.

This book is reader friendly, authoritative, and quite a resource to the persons serious about help-help power. I would love to schedule an appointment with the author, but working with his guidance is an affordable alternative.

Great book, really helped me out for back pain. I write this two years after purchase. At 50 years old, I am playing basketball again and enjoying life after months of back pain. Try it out!

Terrific book with many useful and well explained exercises.

GREAT BOOK!!

I started having pretty bad hip and back pain about 18 months ago (I am 45 years old now), no idea why, but it was really debilitating and made me feel like I was 85 years old. Couldn't play basketball anymore or even sit in my desk chair for very long. This book definitely requires you to pay attention to the detail of what he is asking you to do, but I was in so much pain I did it, and I really think it is effective. He wants you to take a whole lot of supplements, and I've been taking everything he suggested for months now. THEN you do his stretching exercises, and when I do, I feel a TON better. I just need to make myself do them more often :) I also started doing Pilates, and went to a "structural integration" (a.k.a. "Rolfing") specialist, and I think it is all helping. Thank goodness, because I needed it. Thank you Ming, great book!

the methods in this book really work. Anything one can do to prevent surgery is good. we have to be the captain of our own ship and take care of ourselves.

Really helped my knee pain. Highly recommend!

This is a valuable book. I have gone to physical therapy for many years for various chronic problems and it is great to have a total body guide to prevent injuries. It teaches you how to teach yourself in a way that is accessible and makes sense.

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