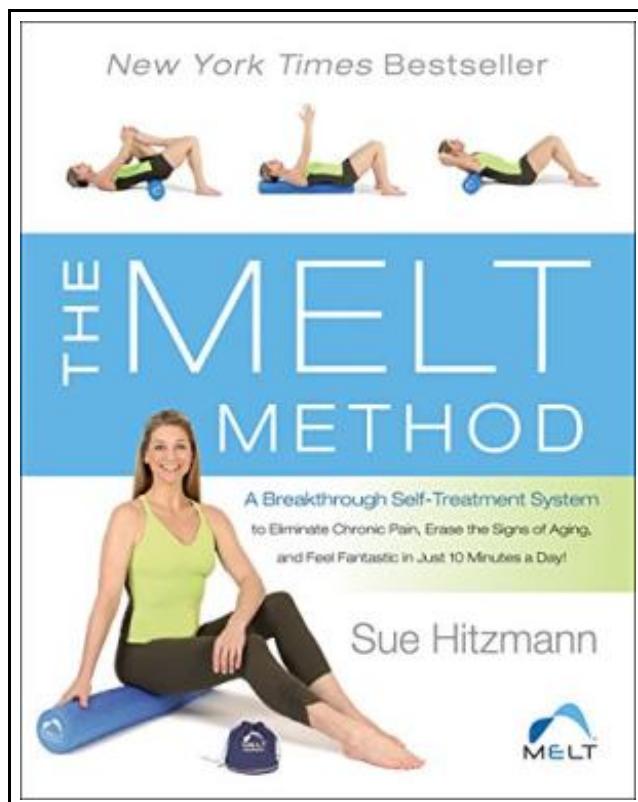


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HarperCollins Publishers Inc, United States, 2013. Hardback. Book Condition: New. 234 x 183 mm. Language: English . Brand New Book. With her revolutionary MELT Method, Sue Hitzmann is making a healthier, pain-free body accessible to anyone with a few minutes to spare. Countless other programs focus on strengthening muscles or increasing flexibility, but MELT (Myofascial Energetic Length Technique) is the first to recognize the crucial role of the body's connective tissue. Through a series of easy, precise movements - using simple equipment like soft foam rollers and small balls - this groundbreaking program quickly rehydrates connective tissue, making it more elastic and allowing the body to release long-held tension. MELT also helps decrease accumulated stress in the nervous system, which causes most common aches, pains, and chronic symptoms. It's like getting all the benefits of a great massage yet it lasts longer and you can do it on your own! During her years as an exercise physiologist and manual therapist, Hitzmann began to realize how many of her clients lived with pain-the result of injury, illness, childbirth, and the repeated activities of our day-to-day lives. But her techniques are so effective because they don't just relieve pain symptoms, they address the cause of pain (which may not be what you think it is!). Along the way, MELT can also improve posture, aid sleep and digestion, minimize cellulite, and reduce stress and tension. MELT has helped Sue's clients and students avoid surgery, shed excess body fat, regain mobility and flexibility, and even progress from bad knees to marathon training. Now anyone can benefit from the same techniques that have made MELT a red-hot word-of-mouth success.

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