

## PERMANENT PAIN CURE PDF%0A

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But none create permanent change, since the fascia can be effectively healed only by stretching, proper nutrition, and being supplied with adequate water (hydration). Very few people have the skill of releasing the fascia specifically. It s an art form, so little known that it s almost uncharted territory.

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And as powerful as my program is, it will not give you permanent pain relief unless you keep your tissue healthy: hydrated, soft, flexible, and stretched out. You don t need to be rigid, but you must remain mindful of what your fascia needs. Once you re relatively symptom free, you can stretch just three times a week, and you can slack off on supplements a bit though you do have to continue drinking generous amounts of water.

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Are you taking medication or considering surgery because of pain? Have you lived with muscle or joint pain for years? Imagine your life today without pain.

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permanent pain cure ming chew addresses one of the most common causes of chronic pain knots in the muscle fascia knots in the fascia have been a surprisingly overlooked cause of many types of chronic muscle and joint pain the permanent pain cure the breakthrough way to heal your muscle and joint ming chew stephanie golden no preview available 2008 common terms and phrases the permanent pain

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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 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

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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

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### **A Review of The Permanent Pain Cure by Ming Chew**

In his book The Permanent Pain Cure, Ming Chew addresses one of the most common causes of chronic pain: knots in the muscle fascia. Knots in the fascia have been a surprisingly overlooked cause of many types of chronic muscle and joint pain. In this book, Ming Chew explains what muscle fascia is, how it becomes damaged, and what you can do at home to restore your fascia to optimal condition, completely relieving you of your pain.

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