



Muscle Pain Relief in 90 Seconds: The Fold and Hold Method

Dale L. Anderson

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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.

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From reader reviews:

Anthony Doucet:

Spent a free time to be fun activity to accomplish! A lot of people spent their down time with their family, or their own friends. Usually they accomplishing activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the guide untitled Muscle Pain Relief in 90 Seconds: The Fold and Hold Method can be good book to read. May be it could be best activity to you.

Alberto Redden:

Reading a book being new life style in this 12 months; every people loves to examine a book. When you read a book you can get a lot of benefit. When you read textbooks, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what kinds of book that you have read. In order to get information about your review, you can read education books, but if you want to entertain yourself read a fiction books, this sort of us novel, comics, and also soon. The Muscle Pain Relief in 90 Seconds: The Fold and Hold Method provide you with new experience in examining a book.

Raymond Littlefield:

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James Johnson:

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