



The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day!

By Sue Hitzmann

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In *The MELT Method*, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day.

With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home.

A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. *The MELT Method* shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

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- Sales Rank: #38229 in Books
- Brand: imusti
- Published on: 2013-01-22
- Released on: 2013-01-22
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 1.09" w x 7.38" l, 1.24 pounds
- Binding: Hardcover
- 304 pages

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Editorial Review

From the Back Cover

Release stuck stress with MELT

Over a decade ago, Sue Hitzmann was at the height of her career as an international fitness presenter and instructor. She appeared to be in perfect health, yet she was experiencing debilitating pain in her foot. With a master's degree in exercise science and advanced training in neuromuscular therapy, she thought it would be easy to find out what was going on in her body, but even the most prominent doctors and physical therapists couldn't explain what was wrong. Although she was only in her twenties, Hitzmann's career was threatened and her quality of life was in decline.

Hitzmann learned the hard way that diet, exercise, and muscular strength are not the foundation of a healthy, pain-free body. As she sought the true source of her pain, she radically changed her focus from fitness to hands-on bodywork.

In her quest to live an active, pain-free life, she became fascinated by the emerging science of connective tissue, or fascia, which surrounds all aspects of your body, including your muscles, bones, nerves, and organs. The researchers she met were discovering that connective tissue—the system of the body that supports, protects, and stabilizes—was responsive, adaptable, and renewable. What Hitzmann came to realize is that connective tissue dehydration is the underlying cause of the daily aches, stiffness, and strain that leads to pain, as well as weight gain, sleep problems, and many other seemingly unrelated issues. Through her personal exploration and private practice, she developed the MELT Method, and has since trained thousands of instructors in the science and application of Hands-Off Bodywork. MELT can help you fall asleep more easily and sleep more soundly, have more energy during the day, improve your posture, reduce stress and tension, shed excess body fat, and reduce cellulite.

While it may seem too good to be true, it's worked for more than 200,000 people so far. Translated into eight languages, *The MELT Method* is now helping people around the world. Live your best, most youthful and vibrant life possible. Free yourself of chronic pain and be healthy and active with MELT!

About the Author

Sue Hitzmann, M.S., C.S.T., N.M.T., is the creator of the MELT Method, a revolutionary self-treatment that helps people get out and stay out of chronic pain. A nationally recognized educator, manual therapist, exercise physiologist, and founding member of the Fascial Research Society, Sue has appeared on *The Dr. Oz Show*, *The Rachael Ray Show*, and *Live! with Regis and Kelly*. She lives in New York City.

Users Review

From reader reviews:

John McDole:

The actual book The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day! has a lot of knowledge on it. So when you read this book you can get a lot of benefit. The book was compiled by the very famous author. The writer makes some research ahead of write this book. That book very easy to read you can get the point easily after scanning this book.

Nathan Wilson:

People live in this new day of lifestyle always try to and must have the time or they will get lots of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely without a doubt. People is human not only a robot. Then we ask again, what kind of activity are there when the spare time coming to a person of course your answer will unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative within spending your spare time, the actual book you have read is The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day!.

Michael Griffin:

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Kim Phillips:

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