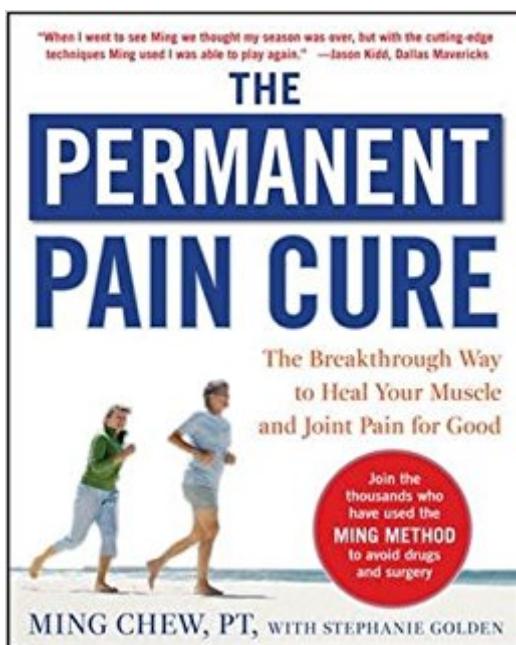


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# The Permanent Pain Cure: The Breakthrough Way To Heal Your Muscle And Joint Pain For Good (PB) (NTC Self-Help)



## Synopsis

FEATURED ON ESPNÃ¢â€¢ the proven pain relief program used by professional athletes. No drugs. No surgery. No pain! Ã¢â€¢The Ming MethodÃ¢â€¢ for pain relief has worked wonders for New Jersey Nets star Jason Kidd, New York YankeesÃ¢â€¢ 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 doesnÃ¢â€¢t just manage the pain, it cures itÃ¢â€¢ for good.

## Book Information

Series: NTC Self-Help

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Average Customer Review: 4.5 out of 5 stars 139 customer reviews

Best Sellers Rank: #11,322 in Books (See Top 100 in Books) #14 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #23 in Books > Business & Money > Management & Leadership > Training #41 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## 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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The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) (NTC Self-Help) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Tennis Ball Self Massage: Stop Your Muscle and Joint Pain Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Pain Relief for Joint, Muscle and Nerve Pain, Drug Free Using TENS 3 Steps to Heal Plantar Fasciitis for Good: The self-treatment guide to cure that nagging foot pain Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Be Your Own HEALTH DETECTIVE: How to Find a Permanent and Drug-free Cure for Your Chronic Pain Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your

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