

Top Ten Pain Releasers

A masterful collection of ten simple and effective, hands-on self help skills that address a wide variety of pain and stress issues with proven results.

What You Will Learn:

- How to release a cramp or spasm in less than 5 seconds.
- What well loved food is the biggest offender of neck muscles.
- How to determine if you are dehydrated in any given moment using muscle testing.
- How you can release tight neck muscles in about 30 seconds.
- Discover the how music can relieve both stress and physical pain (especially back pain) in less than 5 minutes.
- Experience the Brazilian Toe Massage an excellent natural remedy for insomnia and nausea.
- How you can trace an acupuncture meridian for relief of surface pain.
- Have chronic muscle or joint pain that was caused by an injury? 90% of all injury related problems will positively respond to this technique and most with full recovery.
- Three natural techniques that will raise your energy level.
- Experience how emotional stress can dissipate literally under your fingertips.
- Learn how to muscle test others as well as how to self-test from one of the top trainers in the field of kinesiology in the U.S.