

"This book is extraordinary, and I am thrilled to recommend it to anyone who's interested in dramatically increasing the quality of their physical health."

— Anthony Robbins

PAIN FREE

A REVOLUTIONARY
METHOD FOR
STOPPING
CHRONIC PAIN

PETE EGOSCUE

WITH ROGER GITTINES

Authors of *Pain Free at Your PC*

Pete Egoscue

Pain Free: A Revolutionary Method for Stopping Chronic Pain



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Starting today, you don't need to live in discomfort. With this book at hand, you're on the way to regaining the best gift of most: a pain-free body! Produced by Pete Egoscue, a nationally renowned physiologist and sports activities injury consultant to some of today's top athletes, the Egoscue Method has an astounding 95 percent success price. The key is a series of soft exercises and cautiously constructed stretches known as E-cises. Inside you will discover detailed photographs and step-by-step guidelines for dozens of e-cizes specifically designed to provide quick and lasting relief of: Lower back discomfort, hip complications, sciatica, and bad knees Carpal tunnel syndrome and even some types of arthritis Migraines and other headaches, stiff neck, exhaustion, sinus problems, vertigo, and TMJ Shin splints, varicose veins, sprained or poor ankles, and many foot ailments Bursitis, tendinitis, and rotator cuff complications Plus special preventive applications for maintaining wellness through the entire body. This is the revolutionary message of this breakthrough program for eliminating chronic discomfort without drugs, medical procedures, or expensive physical therapy. His groundbreaking publication, with nearly 50,000 hardcover copies sold, displays readers how to: Relieve lower back discomfort Improve hip complications, sciatica, and bad knees Relieve migraines and other headaches, stiff neck, exhaustion, sinus problems, vertigo, and TMJ Relieve painful complications, like carpal tunnel syndrome, often misdiagnosed as arthritis Prevent injuries and maintain health through stretching programs for the entire body Filled up with easy instructions, photos, and series illustrations throughout, this reserve will provide quick, effective pain relief. By using Pete Egoscue's revolutionary program of quick stretches and strength-building exercises, you can cure chronic discomfort, and do it normally. Pete Egoscue shows a large number of individuals, corporations, universities, and championship sports groups how to eliminate discomfort without investing in expensive ergonomic devices or resorting to medical procedures or drug therapies.



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Most amazing technique EVER. Like, so very much so, I'd equate an individual MONTH of Egoscue, twice a day time, to basically what a whole 12 months of PT and yoga exercise therapy couldn't actually do for me. I was as discouraged and depressed as you are, I was within my whits end and experienced like I was either likely to deal with dangerous pain killers forever or medical procedures that might not even function. After 6 years of increasing back again pain, a neck injury, 2 shoulder injuries, rather than being able to feel "free" in my own body at age 31, We took to this like white on rice (after I threw the book aside once, hehe). Ever. They confirmed I had a herniated disc between C4 and C5 in my own spine and referred me to a specialist. I simply kinda blamed the pc for my complications. Welp, after I hurt my shoulder the next time, that really messed up my body. Not the smaller muscles that are more like the fine motor skills of movement. So I remembered this publication and purchased it once again hoping it could help my tight calfs and hamstrings. I go through it, understood the ideas and then attempted the menu for limited calfs. It changed my life. In a single day. Sure you might feel better because you are actually stretching the fibers and the nerves, nonetheless it will not get rid of your problem and here's why: You are stretching the top layers of muscles, the superficial ones. My calfs weren't limited. And any like "leg lifts" and "squats" and the like are using huge muscle groups. It was truly a miracle. Contemporary medicine and physical therapy ONLY work on the thing that hurts. I WILL invest in doing them each day! It isn't holistic at all. Trust me, I've been in 3 rounds of PT! (I chalk this up to the fact that because I've a herniated disc, it does take some period to make contact with 100%. Welp, come to find out, my hips were limited and poor A. Fast ahead a year afterwards and I harm my shoulder AGAIN just WORSE! Yoga and versatility exercises may also not answer your tight muscle problems. I possibly could move my back again. Nevertheless, you are tight because the deep, super limited muscles are limited. You ain't never gonna get those infants to take it easy with normal stretches that only target the top coating of tightness. You're ALSO restricted because you, like most people in the world who have a far more sedentary and stressful lifestyle, have huge muscle compensation problems. I followed the guidelines for the throat "e-cises" to a T. Perpetual throat and shoulder tightness regardless of what I did! Um, yeah, not really the issue or the answer. Because if you are weak in the regions of your body that need to be strong and solid in the parts of the body that require to be weak or rather, take a back seat, you will will have problems in those areas regardless of how good a therapeutic massage or adjustment feels. and when Egoscue fixed that for me personally, my shoulders released their tightness on their own. I speak from knowledge from multiple accidental injuries and a full recovery from their website all. It helped somewhat but I knew I'd have to function on that for a long time to come to in fact find any difference. My Egoscue therapist informs me on the regular of yoga people who come in and will touch the floor easily but who've crazy back pain and complications because they're body is not moving correctly REGARDLESS OF THEIR FLEXIBILITY. And medical and wellness sector in its entirety. Did them in the exact order, for the time instructed each day. With weight training exercise and operating and the loves, you are literally strengthening your muscle COMPENSATIONS and can eventually be really screwed because you're simply asking to harm yourself. When your joints don't move correctly, neither will the rest of your body. Like it was crazy - these exercises appear ridiculous to someone who compares them to any other "normal" exercises or PT. I dropped a lot of muscle tissue in recovery and everything got very tight around my body, despite having PT. BIG MUSCLES USUALLY DO NOT EQUAL Wellness OR PAIN FREE OR MOVING CORRECTLY. This is also where PT lacks, hugely. LIMBER WILL NOT EQUAL MOVING CORRECTLY. And lastly, manual therapy. As I write this review, it's been about 8 weeks since We started the egoscue program, but I continue steadily to do it daily and can do so for a number of a few months. NEVER LASTS. It feels good in

as soon as but you have to keep going back. It's like obtaining handed back my life.F. It's incredible. The very best self help physiology book Some concepts may be just a little tricky for the layman but overall it's written in simple terms. After my initial shoulder injury, a yr in PT and yoga exercise therapy I tossed this publication directly into the garbage. I visit the Egoscue clinic down the street and LIVE EGOSCUE, I really do my exercises each day and have been able to completely change the position of my entire body, fix my shoulders totally and get back to not only focusing on the computer again PAIN Free of charge but to become more active PAIN Free of charge as well. With the amount of PT and yoga exercise therapy I did, I never should have experienced another relapse of the same shoulder injury. It won't help in the long run, ever. Why?. Strangely it works Pete Egoscue seems totally crazy, but apparently he isn't. With the their schooling and specialized routines for me I am Happy and can once again can say my body feels like I'm a fresh person that's pain free of charge! Here's my story.. I've had neck discomfort on and off for days gone by 9 years roughly. Stiffness, knots, periods of about 2-3 times where I couldn't move it at all, but after those 3 times it would often resolve itself. Well about 3-4 months ago, I woke up one morning hours and I couldn't move my throat back and sensed like I acquired gotten hit with a baseball bat in the rear of my throat. As normal I assumed after a couple days it would take it easy after using some ibuprofen, cool compresses, etc. Well, unfortunately that was not the case. For another 6 weeks I was in pain 24 hours a day. I have suffered from throat, shoulder, lower back and ankle discomfort for many years and also have not walked well at all for many years.. it had been torture. I went to the chiropractor three times a week for approximately 3 weeks which only cleared up the numbness, was very pricey and produced my neck worse, I proceeded to go for acupuncture which just provided temporary relief. Make use of PETE EGOSCUE'S BRILLIANT EXERCISES TO REALLY GET YOUR BODY BACK! Although I hardly ever knew such discomfort, Pete Egoscue's exercises truly honored the way the body functions, and he preserved me from heading insane. Results are amazing! everything I could probably think of and no comfort came or it was very temporary... The whole day I used hot/cool compresses, took massive levels of ibuprofen, I purchased a couple fresh pillows, a throat massager, went for massages, took hot Epson salt baths every evening. One night I visited the ER because I couldn't deal with the pain any more. PT and yoga exercise therapy got me out of pain but I never in fact recovered - I couldn't make contact with the pc (I was a graphic designer) or any function. I suspected they might prescribe pain killers, possible steroid injections, physical therapy and if those ideas didn't work, likely surgery. You are not by itself! I was devastated. Simply amazing. I truly started to become extremely depressed. It was horrendous.Flash forward 6 weeks, We googled on a whim.. "How I set my chronic neck pain". All the best to all of you and many thanks from the bottom of my heart, Pete Egoscue! the results were immediate after 20mins. Yoga could make you more versatile and strengthen you somewhat, BUT, you are still not using the right muscles to move properly and exist in the world as your physical body was made to can be found and move. Therefore then I came across an article a guy wrote where he had 6 HERNIATED DISCS in his neck and fixed them all in a few months through the use of the exercise's in this book. My 1st though, "Yeah freakin correct". Of training course, I was skeptical but I was beyond desperate so I figured why not, and I ordered the publication. Take me for example.Also, since everybody loves to try to be skinny and have abs: ALSO not going to help. Well, wouldn't you understand. Test it out for and reap the huge benefits! in 2 days, my pain was gone. 2 Times! I was shocked. I literally cried the morning I woke up and realized I had zero discomfort. Let me clarify the difference to anybody who'll hopefully listen. Massage, acupuncture, chiropractic, etc. Randomly I get some slight stiffness occasionally, but shortly after I do the e-cises I feel a worlds better. Sure they might state hey strengthen your

primary in addition from what you have harmed. If so, this is actually the book to journey your path to health and fitness in case you are a dedicated person that will diligently perform the mark exercises on a consistent basis until the pain abates and movement improves, the results will be worth your time and energy! Not painful at all, but a popping like my neck is certainly going back to alignment. No gimmicks, simply results! I feel just like a better Mom once again, I'm sleeping better, more vigorous, and generally beyond grateful I ran across this book. I can't vouch for any various other area's of the body because my pain was strictly in my neck so I just did those e-cises, but if they could get rid of my pain in 2 days, I guarantee these methods will work for other areas of pain. To best this all off, I'm only 30 years previous and I've an 8 month old son I stay home with full time so picking him up became difficult, I was barely sleeping because I was under no circumstances comfortable so continuously exhausted and generally I could barely care for my baby. Therefore for all those out there struggling in pain, please understand this. I was as skeptical when you are. This book, or rather this technique, completely changed my entire life after 1 neck injury and 2 repetitive stress shoulder injuries: I had a friend tell me concerning this book and I had it on my shelf and would thumb through it occasionally and LIKE ALL THE PEOPLE LEAVING NEGATIVE REVIEWS I THOUGHT THIS WON'T LOOK LIKE ANY HELP.. Please simply give this reserve a go and know there is real wish out there and you will get better. I began coming across articles about how exactly our poor posture every year actually wears on our neck. A+ book Are you frustrated with the mainstream medical perspective on pain intervention?) One of the exercise's I really do, where you sit against a wall together with your legs right out in front of you, when I consider deep breaths, I can literally feel a delicate popping in my own neck. Be a critic and live pain full. The exercises in this book help with things that they say they should, and the written text gives surprising insights in to the disfunctions of my body at least. Good product Got these to send to school and so far they are lasting awesome well crafted, excellent exercises that work effective? very..! This is another book recommended by my athletic friend Jane who injured her knee horseback riding, while I injured mine travelling the corner to mail a letter at nighttime. basically I tried everything holistic I could before I could get in to visit a spine specialist. I'd place him right on an even as acupuncture. Each time you move, you should just throw your cash out the home window and drive aside, because that is the net advantage to your body. Read the first 3 chapters then whatever chapters apply to your symptoms. Nothing was helping... After attending a seminar this week and receiving Egoscue Method training. Knowing that, I started keeping my shoulders back whenever you can (no more slouching) and attempted to remain as straight as feasible. They gave me a routine of exercises to keep up. They don't take into account the entire body and what could be really causing it. I was getting shooting pains down my arms, tingling in my fingers, muscle spasms around my neck, head aches, knots that experienced like I had been stabbed in the back of my neck. I cannot say enough good stuff about this book I cannot say enough good things concerning this book. It's so satisfying to know I could fix this debilitating issue all by myself with just about 20 minutes a day time.



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