

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

**MUSCLE PAIN  
RELIEF IN  
90 SECONDS**  
THE FOLD AND HOLD METHOD

All the right moves  
you need  
to ease 21 types  
of muscle pain, from a  
stiff neck to an aching back—  
completely  
drug free

**DALE L. ANDERSON, M.D.**

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 golfers 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.\*
- \* Its comfortable--remove your tender spots by finding a non-painful position.\*
- \* Its 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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untreated, your lower back pain can persist for years. But now **Back. Muscle Pain Relief in 90 Seconds: The Fold and Hold Method. Weekly World News - Google Books Result** DOWNLOAD EBOOK Muscle Pain Relief in 90 Seconds: The Fold and Hold Method Pre Order GET LINK. **Weekly World News - Google Books Result** Relieve your Muscle Pain in Seconds! Youre now only 90 seconds away from getting rid of many of your muscle pains, completely drug free! If you suffer from **Muscle Pain Relief in 90 Seconds: The Fold and Hold Method** Muscle Pain Relief in 90 Seconds: The Fold and Hold Method. by Dale L. Anderson. 24,256 total words 390 keyword concepts 3,973 keyword occurrences. **Muscle Pain Relief in 90 Seconds: The Fold and Hold Method - Dale** By using the FOLD and HOLD method, pain caused by a muscle spasm can HOLDing this comfortable position for a minimum of 90 seconds permits the **Muscle Pain Relief in 90 Seconds: The Fold and Hold - Goodreads** 90 Seconds to Muscle Pain Relief: The Fold and Hold Method [Dale L. Anderson] on . \*FREE\* shipping on qualifying offers. If you suffer from: back **FOLD & HOLD: A guide to relieve muscle aches and pains** Editorial Reviews. From the Back Cover. Relieve your Muscle Pain in Seconds! Youre now only 90 seconds away from getting rid of many of your muscle pains, Relieve your Muscle Pain in Seconds! Youre now only 90 seconds away from getting rid of many of your muscle pains, completely drug free! If you suffer from **90 Seconds to Muscle Pain Relief: The Fold and Hold Method: Dale [READ ONLINE] Muscle Pain Relief in 90 Seconds: The Fold and** Relieve your Muscle Pain in Seconds! Youre now only 90 seconds away from getting rid of many of your muscle pains, completely drug free! If you suffer from **Muscle Pain Relief in 90 Seconds: The Fold and Hold Method by** Description: Language: English . Brand New Book. Relieve your Muscle Pain in Seconds! You re now only 90 seconds away from getting rid of many of your **Weekly World News - Google Books Result** Muscle Pain Relief in 90 Seconds has 6 ratings and 2 reviews. Lisa said: It has some good advise for some pain relief though not for arthritis, firbomyal **Orthopaedic Manual Physical Therapy From Art to Evidence - Google Books Result** Heres how the fold and hold technique works for some common types of pain, according to Dr. Anderson, author of Muscle Pain Relief in 90 Seconds The **Muscle Pain Relief in 90 Seconds: The Fold and Hold Method - Buy** Relieve your Muscle Pain in Seconds! Youre now only 90 seconds away from getting rid of many of your muscle pains, completely drug free! If you suffer from

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