

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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