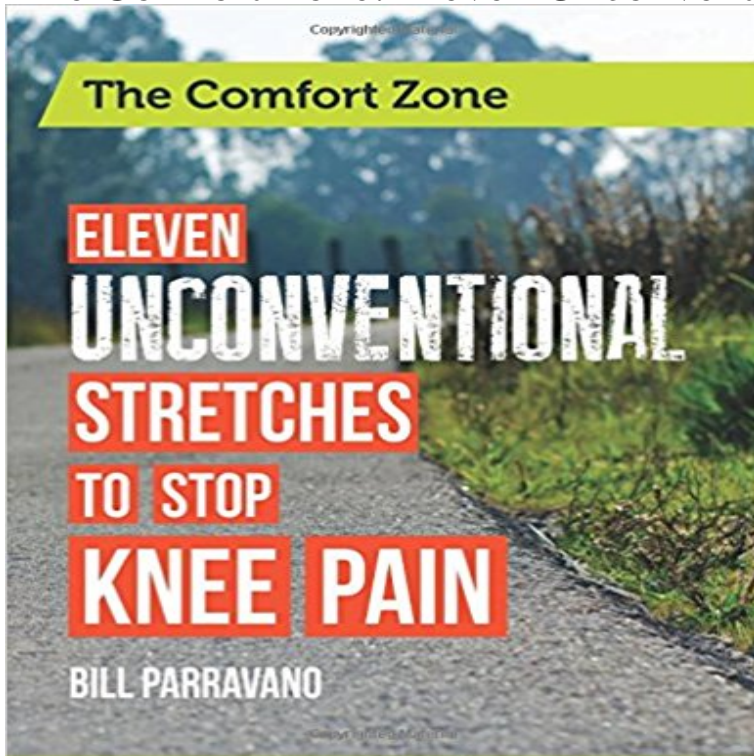


# The Comfort Zone: Eleven Unconventional Stretches to Stop Knee Pain



Hundreds of readers are using this self treatment method to get over knee pain. These 11 stretches are illustrated with photographs and full descriptions so that you can easily follow along step by step. Imagine what it is like to stop thinking about your knees. Imagine a life where you can actually say yes to things you feel like doing without any hesitation. The Comfort Zone ebook is designed to give you the information that gets your knees out of pain. A few recent comments from readers: I really liked the psychological approach (and something you said on your website about staying hydrated). What I like even more is your sign-off, Making Knee Replacement Surgery Obsolete in my Lifetime!! Im 26+ and was diagnosed with a minor meniscus tear some years ago. I was recommended an arthroscope and maybe more surgery after that though I didnt want to go for it after viewing some knee surgery videos on YouTube. The problem with my knees seems to be this chronic tightness in the muscle behind the knees-- (Ive had that tightness there since I was 11 years old--couldnt squat with my feet flat on the ground; couldnt do downward dog pose with heels touching the ground--I am able to finally do those things now). I have already recommended your website/products to some friends and will continue to do so! I hate modern medicine most of the time (especially when its unnecessarily invasive). More natural and sensible approaches are very much appreciated. Thanks for sharing your knowledge and helping so many people!! Jessica C. It gave me information that was very enlightening. I especially liked the information about the anatomy. I admit that I didnt know that my knees had no muscles. Very interesting. It has given me perspective on what to do and how to do it in terms of knowing the anatomy of what Im working with and how to work or exercise to heal my knees and body as a

whole. Elijah M. Getting in position to do the stretches was a chore in itself. This told me I have some serious flexibility issues. Then opening up my knee joint was a struggle. The result of relieving the pressure was awesome. The stretches are worth the effort and your videos are a huge help because some people like myself learn better from watching and then doing. Robert H.

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