

# Convince Them In 90 Seconds

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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 golfer's 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 it's comfortable remove your tender spots by finding a non painful

position it's 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

outlines an exercise program for women that features a fifteen minute daily regimen designed to accelerate the metabolism past the workout time in a guide complemented by a simple eating plan supplement prescriptions and recipes

vols for 1903 include proceedings of the american physical society

monthly magazine devoted to topics of general scientific interest

vols for 1911 13 contain the proceedings of the helminothological society of washington issn 0018 0120 1st 15th meeting

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