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Hydrating, supplementing, and stretching and strengthening the fascia are the keys to The Permanent Pain Cure. The best part? A typical therapy session lasts only fifteen minutes and can be done in your living room.

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And as powerful as my program is, it will not give you permanent pain relief unless you keep your tissue healthy: hydrated, soft, flexible, and stretched out. You don't need to be rigid, but you must remain mindful of what your fascia needs. Once you're relatively symptom free, you can stretch just three times a week, and you can slack off on supplements a bit though you do have to continue drinking generous amounts of water.

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But none create permanent change, since the fascia can be effectively healed only by stretching, proper nutrition, and being supplied with adequate water (hydration). Very few people have the skill of releasing the fascia specifically. It's an art form, so little known that it's almost uncharted territory.

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Hydrating, supplementing, and stretching and strengthening the fascia are the keys to The Permanent Pain Cure. The best part? A typical therapy session lasts only fifteen minutes and can be done in your living room. Try the Ming Method yourself and reclaim your quality of life, your freedom of movement, your joy--and do it in as little as fifteen minutes a day. Your pain-free life begins today

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For twenty years, master pain therapist Ming Chew has treated scores of patients with his method. It doesn't mask or "manage" your pain. Unlike traditional medicine, it works by targeting the fascia to permanently fix your underlying problem, not just mask symptoms. Hydrating, supplementing, and stretching and strengthening the fascia are the keys to The Permanent Pain Cure. The best part? A

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