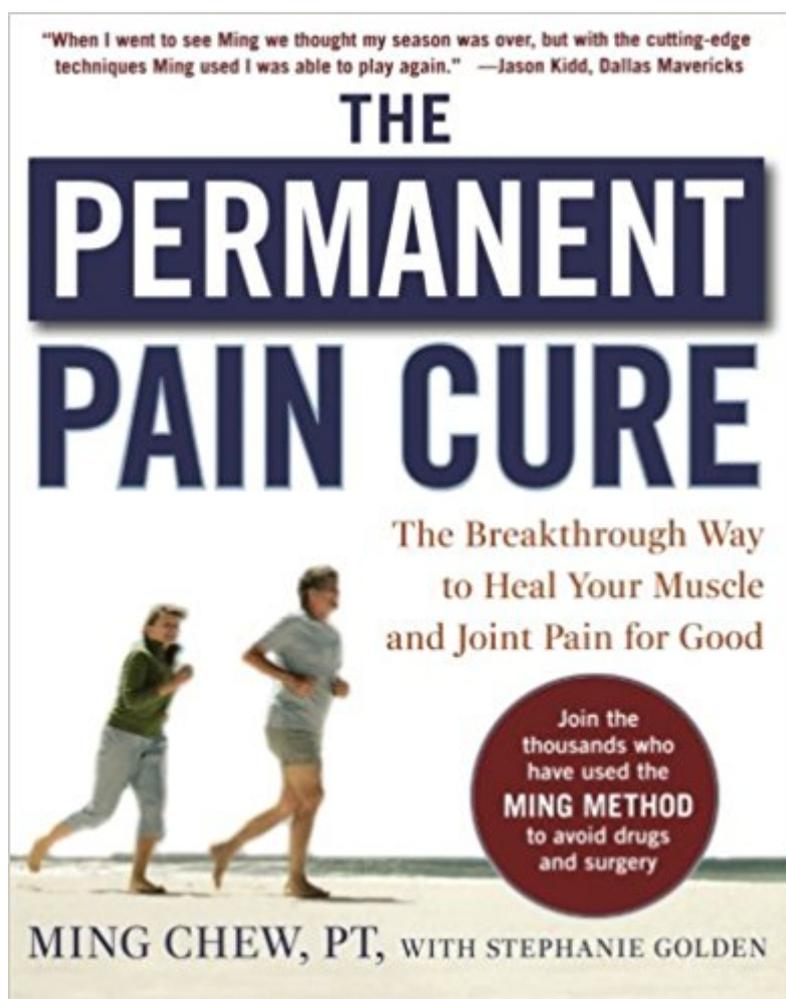


The book was found

# The Permanent Pain Cure: The Breakthrough Way To Heal Your Muscle And Joint Pain For Good (PB)



## Synopsis

FEATURED ON ESPN • the proven pain relief program used by professional athletes No drugs. No surgery. No pain! • The Ming Method • for pain relief has worked wonders for New Jersey Nets star Jason Kidd, New York Yankees™ Jason Giambi, movie star Matt Dillon, and other celebrities. Now, licensed physical therapist Ming Chew shares his world-famous program in this illustrated home guide, filled with innovative stretching techniques, hydration and supplementation tips, and prevention strategies. His method doesn't just manage the pain, it cures it for good.

## Book Information

Paperback: 536 pages

Publisher: McGraw-Hill Education; 1 edition (July 31, 2009)

Language: English

ISBN-10: 0071627138

ISBN-13: 978-0071627139

Product Dimensions: 7.1 x 0.4 x 9.5 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars • See all reviews (121 customer reviews)

Best Sellers Rank: #49,777 in Books (See Top 100 in Books) #81 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #273 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #4079 in Books > Medical Books

## Customer Reviews

The Permanent Pain Cure covers the system that Ming uses to supplement the manual techniques he uses in his physical therapy practice. His methods comprise myofascial stretching and release techniques adapted largely from Guy Voyer, MD, DO and Mike Leahy's Active Release Techniques (ART). This is the only widely available book that I know of that teaches Voyer's myofascial stretching and ELDOA techniques (Ming does not use the term ELDOA, but rather spinal decompression stretches, which is basically what the French acronym ELDOA stands for). While the book does not cover the entire ELDOA and myofascial stretching system, it does teach key stretches that are probably of most benefit to the majority of readers. The ELDOAs that are shown appear to be selected according to the nerve roots that pass through the vertebral segments in question, e.g., delts, biceps, quads, hamstrings, etc. Many of the myofascial stretches are slightly modified from Guy Voyer's original versions (at least the versions I know). However, I also think some of Ming's modifications are nice improvements. Another reviewer commented on the difficulty

of the stretches. Having practiced many of Guy Voyer's stretches for the past three years and having attended his myofascial stretching seminar, I can attest to the difficulty of many of the stretches. This difficulty comes from the fact that many stretches require the simultaneous co-contraction of several muscles to create a properly targeted stretch. Another factor is that for many people, these stretches will target tissues that have never been stretched before, producing considerable resistance from the tight tissue. Consistent practice does make the stretches easier, and the payoff is well worth the effort.

I bought this book after being virtually crippled by a stress in my heel. I researched for weeks trying to figure out how to help this issue I had (I was unable to push off with my right foot when walking). I found this book on google books and began reading about it. I found it interesting because of its knowledge of fascial tissue (yes fascial not facial). If you have never heard of fascial tissue this book is a must read to understand how pain can be relative. I am 21 years old and have had chronic sore knees for the past 3 years. I use to manage the pain with otc pain medicine like Ibuprofen. I was never happy to live on something like ibuprofen but I couldn't figure out any other options. This book begins by explaining that if my knees hurt chances are its not the knees, but somewhere in my facial line there is tightness causing a pull on my knees which causes pain there. I did some of the quadriceps stretches and BAM no more knee pain! I also have a very sore achy back from working at a desk and lifting weights. The author has a detailed walk thru of back stretches to do to correct that (he even explains which ones to do if you are a desk worker). The found the author to be credible as he is a former body building (IFBB certified) and also a Physical Therapist. A few reviewers have made comments about the supplements he recommends. If you read about those supplements they are very tolerated by the body. If you are timid about knowing what to buy you can get everything he recommends inside of the Animal Flex

Pack[http://www..com/Universal-Nutrition-Animal-Flex-pckts/dp/B000HNHDRI/ref=sr\\_1\\_1?](http://www..com/Universal-Nutrition-Animal-Flex-pckts/dp/B000HNHDRI/ref=sr_1_1?)

Like most people I know, I have had chronic pain in certain areas of my body for ages. For me, it started with a moped accident when I was 17. I wasn't horribly injured, but my back and leg were yanked out of place and I was never quite the same after. At first, my lower back was affected. Then my hip, and my neck. After a few years, I went to a chiropractor. It helped a little, but it didn't actually fix me. The pain was just always nagging at me, getting worse over time. I tried acupuncture, yoga, weight lifting, Pilates, supplements, meditation, massage, those two little green balls, you name it. Nothing worked. Each time I'd be super hopeful, I'd get a little relief, but in the end it wasn't a

cure. Finding this book was like a miracle. I read some of the reviews here, and ordered it online. It was hard to just do the hydration part and be patient and not stretch. Still, I did it. I didn't actually do all of the supplementation he suggests though. What I did do was: -buy several good water bottles and keep them with me always to stay hydrated -buy and take fish oil, the systemic enzymes, and the hyaluronic acid -I already take a multi

The first time I did the stretches was like a revelation. It was like every stretch I'd ever done before this book was a joke. I'd never been able to properly stretch my neck in my life. When I did the side of neck stretch, I felt such profound relief I swear I was practically in tears. Seriously. You know what it's like when you have a terrible headache, and then you take some pain killers, and there's that moment when it goes away? The relief is awesome. Well, there are stretches in this book that are like that. They can actually make the pain go away.

[Download to continue reading...](#)

The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Tennis Ball Self Massage: Stop Your Muscle and Joint Pain TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure, Fatty Liver diet, Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital Listen and Lose Weight: The Breakthrough Hypnosis Program for Permanent Weight Loss HERPES CURE: The Most Effective, Permanent Solution To Finally Get Rid Of Herpes For Life (Health, Disorders & Diseases, Skin Ailments, Physical Impairments, Pain Management, Nervous System) Bone Broth Breakthrough: Transform Your Body with Bone Broth Protein, the Ultimate Food to Support Gut Health, Metabolism, Lean Muscle, Joints

and Glowing Skin Healthy Knees Cycling: The Fun No-Impact Way to Reduce Joint Pain, Improve Strength, and Help You Live an Active Lifestyle Smoke-Free in 30 Days: The Pain-Free, Permanent Way to Quit Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) How to Deal With Back Pain and Rheumatoid Joint Pain The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, and Feel Great Without Dieting

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)