

MELT METHOD



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Sue Hitzmann, MS, CST, NMT is the creator of the MELT Method , a simple self-treatment technique that helps people get out and stay out of chronic pain. A nationally recognized educator, manual therapist, exercise physiologist, and founding member of the Fascia Research Society, Sue is the author of the New York Times bestselling book The MELT Method, which has been translated into eight

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What Exactly IS The MELT Method Namaste

The MELT Method is a breakthrough self-treatment system that restores the supportiveness of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

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The MELT Method A Breakthrough Self Treatment System to

In The MELT Method, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living in as little as ten minutes a day.

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MELT Method a breakthrough self treatment technique The

The MELT Method is a breakthrough self-treatment system that restores the supportiveness of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

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88 best melt method images on Pinterest Melt method

The MELT Method (MELT) is a self-treatment technique that helps prevent pain, heal injury, and erase the negative effects of aging and active living. What others are saying "I love the MELT method hand and foot treatment and will be going to New York to take the full body teacher training in March."

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Site Log In MELT Method

Sue Hitzmann, Creator of MELT Method Sue Hitzmann, MS, CST, NMT, is the creator of the MELT Method , a

simple self-treatment technique that helps people get out and stay out of chronic pain.

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MELT Method MELT Method Twitter

The latest Tweets from MELT Method (@MELT_Method). A unique self-treatment technique that helps prevent pain, heal injury, and erase the negative effects of aging and active living

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The MELT Method (HOT): The MELT Method is a simple self-treatment method that eliminates chronic pain, improves performance, and decreases the "stuck stress" caused by the repetitive postures and movements of everyday living.

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Amazon com Customer reviews The MELT Method A

For starters, there are a few things you may find helpful to know about the MELT Method. First, MELT is an acronym for Myofascial Energetic Length Technique. In other words, the method works to bring our connective tissues back to health--a key to healing many tension based ailments.

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