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Many people have found the Melt Method, discovered by Sue Hitzmann a successful treatment for Plantar Fasciitis. So what is the melt method and how does it help? The melt method is an exercise routine using balls and rollers to help massage the afflicted area and connective muscle tissues.

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Preview The MELT Method by Sue Hitzmann Goodreads

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.

<http://ebookslibrary.club/download/Preview---The-MELT-Method-by-Sue-Hitzmann-Goodreads.pdf>

About MELT MELT Method Experience Natural Pain Relief

MELT s Creator. MELT was created by New York City manual therapist and connective tissue specialist Sue Hitzmann. Using specialized techniques, a soft body roller, and four different balls, MELT is designed to reconnect whole-body communication, rebalance the nervous system, rehydrate the connective tissue, and release compression in joints.

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Products Archive MELT Method

This new video series, featuring MELT Method creator Sue Hitzmann, is the perfect companion to the MELT Performance Roller and Performance Band. \$ 24.99 MELT Mega Bundle

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In her book 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

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Rolling and Flexing to Massage Away Pain and Stress The

At the JCC in Manhattan, Sue Hitzmann, right, creator of the MELT method, uses rollers and balls to manipulate connective tissue. Credit Credit Photographs by Willie Davis for The New York Times

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Sue Hitzmann heads backstage on 'The Rachael Ray Show' to teach everyone an easy Melt facelift technique.

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