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The chiropractor recommended I pick up "The Egoscue Method of Health Through Motion", and proceed with the level 2 exercises/stretchers. Within one week I was literally a new man. It also gave me more motion in my shoulders and neck.

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The Egoscue Method of Health Through Motion By Pete Egoscue A review by Samantha Berg M.Ac., L.Ac. and Kevin Meddleton M.Ac., L.Ac, Alaska Center for Acupuncture 907-745-8688 www.AlaskaAcupuncture.com Life is movement and movement sustains life. In the Egoscue Method of Health

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Learn how Egoscue's revolutionary method for stopping chronic pain can help you! Find out more about Egoscue & our drug & surgery free pain treatment program now.

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Egoscue A Revolutionary Method for Stopping Chronic Pain

In early 2001 he read The Egoscue Method of Health Through Motion. In 2005 after implementing successful posture programs in a health club in Maine, Shawn moved to Florida to open an Egoscue Method clinic.

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Egoscue Institute

He has been consulted by some of the biggest names in sports. His books include Pain Free, The Egoscue Method of Health Through Motion, Pain Free for Women, Pain Free at Your PC, and Pain Free Living.

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