



Massage: The - Trigger Point - Bible: Trigger Point Therapy - Pressure Points, Deep Tissue & Self Massage (Hip Flexors, Acupuncture, Acupressure, Massage Therapy, Foam Roller, Back Pain, Neck Pain)

Chase Williams

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Trigger Point therapy is starting to more recognized by therapists and medical practitioners every day as a means toward alleviating a whole host of symptoms, from headaches to backaches. As research continues to grow, more people are realizing the benefits from trigger point therapy.

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However, many people still don't know what a trigger point really is or how trigger points affect us. That's what this book is all about! This book is more than simply another medical manual on trigger point therapy, as it has been specifically written for the average joe (or joline). There aren't a bunch of diagrams and hard to understand medical jargon, just simple to the point information about how this fairly new therapy can really change the way you think about pain, and can change your life.

Within the pages of this short book you will discover:

- ✓ The Causes of Trigger Points**
- ✓ The myriad of symptoms that can be precipitated by trigger points**
- ✓ The major trigger point therapy techniques in use today**
- ✓ How you can treat your own trigger points in the comfort of your own home**
- ✓ The difference between Trigger Points and Pressure Points**
- ✓ How acupuncture and acupressure work and what the difference is between trigger point therapy and acupressure therapy**
- ✓ Why YOU need trigger point therapy**

After reading this book, you will find yourself “in the know” when it comes to trigger point therapy and you will wonder how you ever got by without knowing about trigger points. You will learn that many of the pains and ailments you may be suffering with daily could very well be caused by trigger points and how releasing those trigger points could cure you permanently of many of those problems you may have thought you were stuck with for life.

You’ll also find answers to many questions you may be asking, such as why your doctor hasn’t told you about trigger point therapy, if it’s such a great thing. Why you might feel pain in one area of your body that is distant from where your actual trigger point is. Why massages alone may help, but the relief is always only temporary and how you can find new life, mobility and vitality by simply releasing those trigger points.

If you want to increase your energy, increase your mobility, increase your brain power and possibly save yourself from a lifetime of pain and misery

(increasing your lifespan while you're at) then you have got to check this book out. Just go up the top of this page and click on BUY, so you can start living the life you were meant to live, pain free and full of vitality!

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