

SUE HITZMANN MELT METHOD



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Die MELT Methode Sue Hitzmann Lazy Literature

Kompakt. Wenn man die Utensilien zur Hand hat, die für die Übungen notwendig sind, ist es ein großartiges Buch, um einen ersten Einblick in die Grundlagen zu erhalten, mit denen man chronischen Schmerzen zu Leibe rücken kann.

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Die Melt Methode Massieren Sie Ihre Faszien Gegen

Sue Hitzmann ist eine anerkannte Bewegungs- und Manualtherapeutin sowie ein Gründungsmitglied der Fascial Research Society. Ihre jahrelangen Forschungen, Studien und Berufserfahrungen in der Anatomie und in alternativen Heilmethoden führten schließlich zur Erfindung der MELT-Methode, eines revolutionären Ansatzes zur Beseitigung chronischer Schmerzen. Hitzmann wohnt in New York City.

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