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Praise for Ming Chew When I first met Ming Chew, I knew he would fix my bad back when no one else could. What I know now is that he is clearly the future of sports training and sports therapy in this country. http://ebookslibrary.club/The-Permanent-Pain-Cure-PDF-Free-Download-epdf-tips.pdf

A Review of The Permanent Pain Cure by Ming Chew

In his book The Permanent Pain Cure, Ming Chew addresses one of the most common causes of chronic pain: knots in the muscle fascia. Knots in the fascia have been a surprisingly overlooked cause of many types of chronic muscle and joint pain. In this book, Ming Chew explains what muscle fascia is, how it becomes damaged, and what you can do at home to restore your fascia to optimal condition, completely relieving you of your pain.

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