



Every Step Is A Journey: Your Guide To Pain Free Feet, Knees, Hips & Backs

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Have you ever had a pain that no one seems to understand?

Or a pain that no one is able to treat?

Or been told the pain is all in your head?

You are not alone.

In this book International Best Selling author and Structural Podiatrist Matt Maguire talks about his own debilitating Journey with chronic knee pain which led him to become the most respected Structural Podiatrist on the Gold Coast, Australia.

After years of failed therapy a Structural Podiatrist resolved Matt's knee pain setting him on a new career path. Many years of intensive study later Matt now practises MME (Mobilisation, Manipulation and Exercises) at his Hip To Toe Clinic to free people of debilitating pain every day.

You need this book if you have ever struggled with:

- Pain in the foot, heel, ankle, knee, leg, hip or back
- Pain during the working day
- Pain when participating in sports & activities
- Crying children because no one helps them

In this book you will learn:

- Why misalignment in the joints of the feet is causing your pain
- Why realigning the feet with MME can stop your foot, heel, ankle, knee, leg, hip and back pain
- How to prevent arthritis
- Why symptoms are misleading
- Why traditional methods, like orthotics and surgery, are not treating the cause
- Exercises & techniques you can start immediately to gain pain relief
- Why 'Growing Pains' are a myth

In this book you will get:

- 20 client's Journeys of why foot misalignment was causing their pain, and how MME resolved their problems
- 35 videos that you can watch right now on your smart phone, tablet or computer
- Information videos to help you understand why you are getting pain
- Exercise videos that can help relieve your pain immediately

In Chapter 5 is the number 1 tip that is currently helping millions get instant pain relief.

Chapter 14 explains why your back pain might not be a back problem.

And Chapter 16 is full of exercises that can help you wear your high heels pain free.

This is the number one book that every man, woman and child needs to have in their collection.

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Shirley Kistner:

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Francine Nott:

Precisely why? Because this Every Step Is A Journey: Your Guide To Pain Free Feet, Knees, Hips & Backs is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will shock you with the secret that inside. Reading this book next to it was fantastic author who all write the book in such amazing way makes the content on the inside easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of rewards than the other book have such as help improving your ability and your critical thinking method. So , still want to hold off having that book? If I ended up you I will go to the book store hurriedly.

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