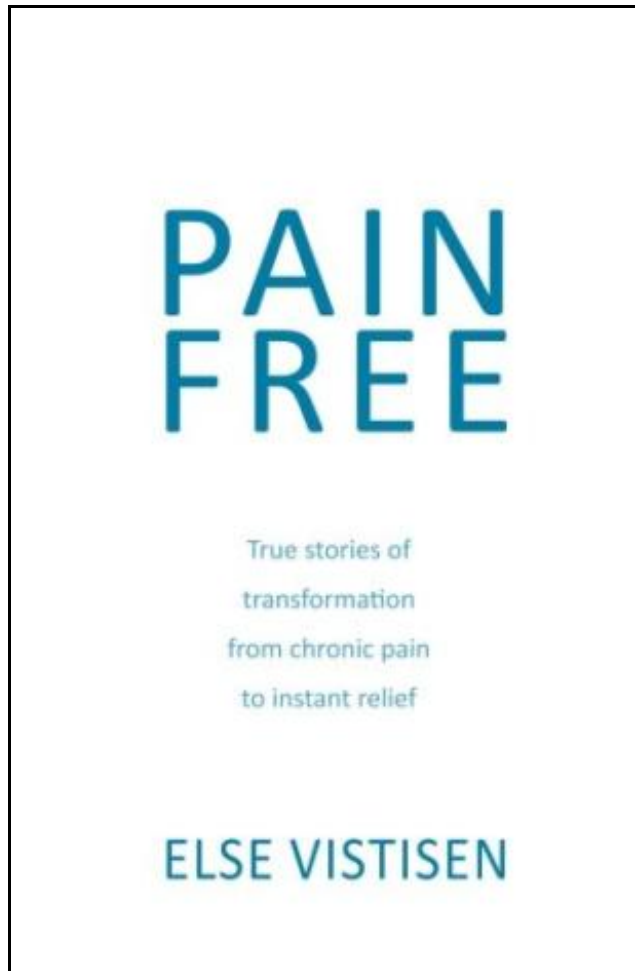


## Pain Free - True Stories of Transformation from Chronic Pain to Instant Relief (Paperback)



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Rethink Press Limited, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you thought that you had no alternative to living with pain, now is the time to think again. With Else Strom Vistisen, you CAN return to your best and enjoy a pain-free and fulfilled life. This is the message of PAIN FREE. It demonstrates just some of the results of Else s individualised, long-lasting pain solutions. Her therapies are effective, non-invasive and intuitive; they eliminate chronic pain without drugs, other remedies, oils or expensive physical therapy. In PAIN FREE you will learn of: The broad spectrum of people who have suffered in silence and given up hope of returning to their best; A light touch that can reactivate nerve receptors to realign and rebalance the body; Muscle and tendon inflammation that can be solved without the use of drugs; Gentle, efficient lymphatic drainage that improves joint mobility and releases common pain; Real life examples of diverse, simple and gentle treatments that can transform lives within minutes. Else Strom Vistisen is a successful Danish occupational therapist and the founder and owner of Else Vistisen Therapy, Singapore. She has been a therapist since 1984, worked in the USA, and worked and lived in Asia for the last 31 years. For the past twelve years she has specialised in chronic pain relief for people with acute and long-lasting pain issues. Her mission is to alleviate pain with one touch at the time.

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