

## THE MELT METHOD BY SUE HITZMANN%0A

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Sue Hitzmann, MS, CST, NMT. Sue is the creator of the MELT Method , a simple self-treatment technique that helps people get out and stay out of chronic pain.

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Sue Hitzmann, MS, CST, NMT, is the creator of the MELT Method , a revolutionary yet simple self-treatment technique that helps people get out and stay out of chronic pain. A nationally recognized educator, manual therapist, exercise physiologist, and founding member of the Fascial Research Society, Sue is the author of the New York Times bestselling book *The MELT Method : A Breakthrough Self*

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In *The MELT Method*, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living in as little as ten minutes a day.

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Sue Hitzmann, MS, CST, NMT, is the creator of the MELT Method , a simple self-treatment technique that helps people get out and stay out of chronic pain.

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