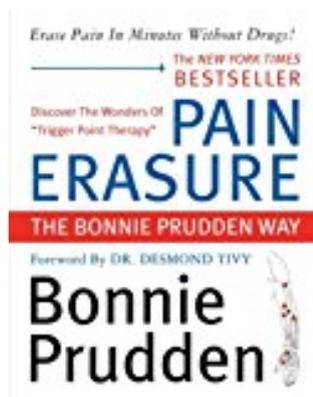


[PDF] Pain Erasure

BONNIE PRUDDEN - pdf download free book



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PREVENTION MAGAZINE

Bonnie Prudden's revolutionary breakthrough in pain relief involves trigger points--tender areas where muscles have been damaged from falls, childhood ailments, poor posture, and the stresses of daily life. Requiring no special training or equipment, myotherapy is a natural, simple technique that can be performed in the home. Illustrated with charts, photographs, and diagrams, Bonnie Prudden's step-by-step method has been hailed by doctors and patients across America for its extraordinary 95 percent success rate. --This text refers to an alternate edition.

About the Author Bonnie Prudden

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