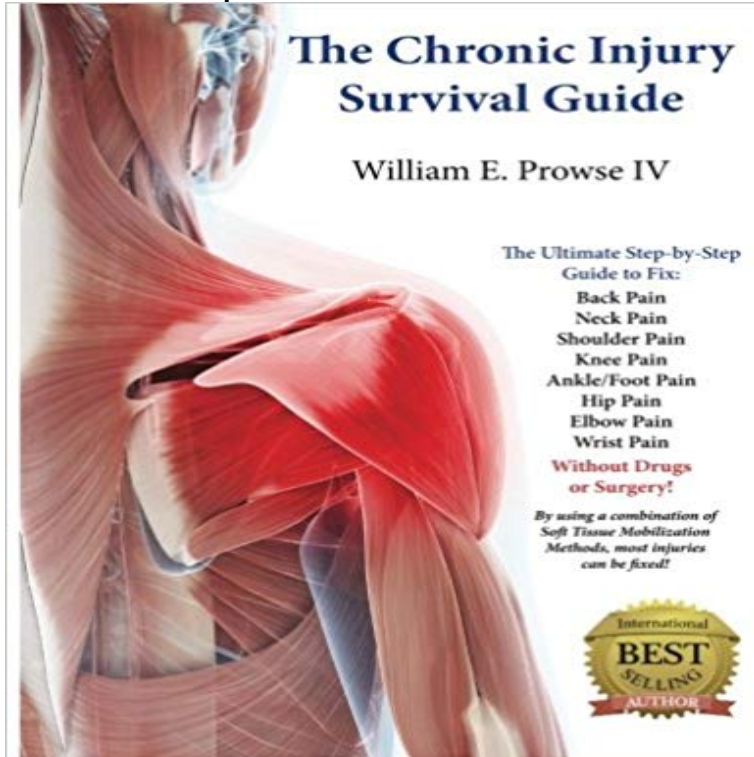


The Chronic Injury Survival Guide: The Effective Program to Fix Chronic Injuries!



Are you in pain? Icing/Stretching not working? Frustrated? I know that feeling all too well. After going to countless doctors for multiple chronic injuries, I took matters into my own hands. I have suffered with Plantar Fasciitis for 3 years, two torn shoulder labrums, a rare neurovascular disorder called Erythromelalgia and much more. No where I turned seemed to give me pain relief. Then I got tired of it. I started to read every single study about my injuries I could get my hands on. I found that soft tissue mobilization therapies gave the best results without drugs or surgery. I experimented on myself and my friends/family for years until I made my own sequential therapy. This therapy is called MSTR Therapy. It is a special way of using a combination of soft tissue mobilization therapies, in a specific order, to fix chronic injuries that do not want to heal. This therapy has fixed thousands of people already when applied to plantar fasciitis. Now you can use it for chronic injuries all over the body! Welcome to MSTR Therapy!! By using this book, and some simple tools that can be made or purchased online, you can fix your pain! This is without the awful side effects of drugs/surgery. This therapy makes sense. When you read how it works (from reading the first couple chapters), you will understand how/why chronic injuries can be fixed. Positive thinking and hope only get you so far, lets fix whats causing the pain and move on!

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