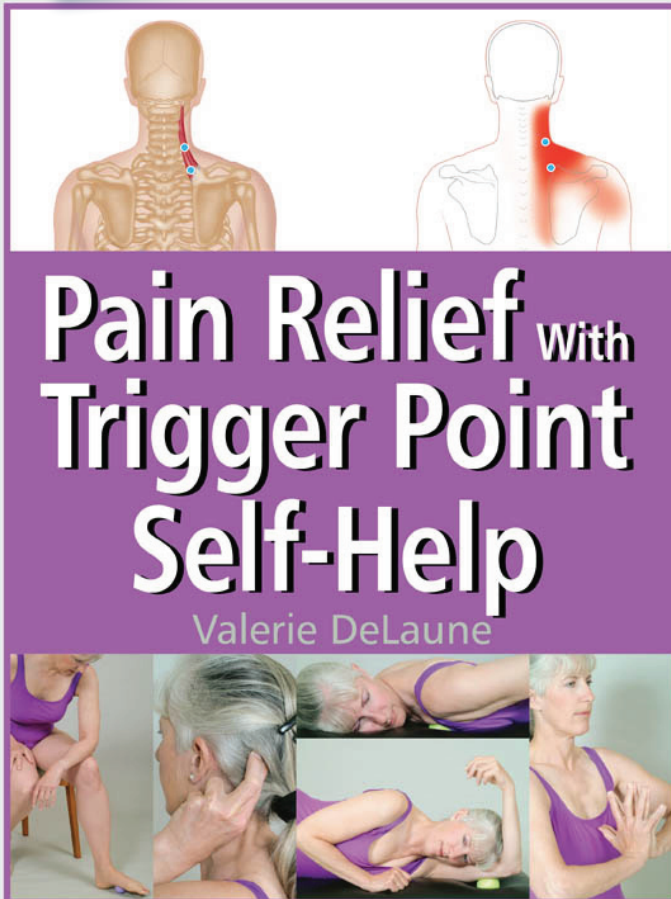


Press your pain away!



Pain Relief with Trigger Point Self Help (multi-media book on CD-ROM format):

- ☀ Photo overlays of common trigger point referral patterns
- ☀ Lists of common symptoms and causes for each muscle's trigger points
- ☀ Helpful hints for becoming pain-free
- ☀ Navigates in your web browser, including a search feature
- ☀ 144 video clips of proven self-help techniques for pain relief, including pressure techniques, stretches, and exercises
- ☀ Includes information drawn from trigger point texts by Doctors Travell and Simons
 - an invaluable distillation and handy reference tool for practitioners.
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Pain Relief with Trigger Point Self Help (print format):

- ☀ Illustrations of common trigger point referral patterns
- ☀ Lists of common symptoms and causes for each muscle's trigger points
- ☀ Helpful hints for becoming pain-free
- ☀ Photos of proven self-help techniques for pain relief, including pressure techniques, stretches, and exercises
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Both books guide you through these safe, effective techniques, and lead you to **Pain Relief.**