



## What People are Saying About "Pain Relief with Trigger Point Self-Help"

**"This is a very clever, intelligent approach to self-discovery & self-help. I focused on the sternocleidomastoid and was amazed at the list of common symptoms – it explained many seemingly unrelated symptoms that seemed to flare up without explanation."**

**- Jill Sandleben**

**"I'd buy them for family members for X-mas...It is a great idea, very helpful and an exciting new direction for self-help. We should all strive to help ourselves more as we strive for optimum health! Thanks Valerie, for inviting me to test this book-on-CD out!"** - Suzanne Hebert

**"The videos were a stroke of genius! They helped me get it right much quicker than just reading about how to work the muscles. The biggest advantage to the videos is that over time, my self-work sometimes morphs into less-than-helpful exercises. With the videos, I can refer back if I need to check my form...I was amazed at the product! This CD puts everything I need to know about trigger points in one location. The videos are amazing, so helpful. This is an amazing piece of work!"** - Leila Vollmer

**"The chapter on Perpetuating Factors was so helpful and insightful... Excellent! You didn't leave anything out. All bases are covered. I love your introduction too. I should be healed in no time. Thank you."** - Marla Johnson

**"I personally find this a fabulous tool to use/incorporate into my present practice, as well as personal use. I think a person could utilize the self-help videos to facilitate specific areas."** - Rachel Barth (Massage Therapist)

**"The photos showing the area of pain was excellent...The videos were great and easy to follow...Everything was laid out clearly...I think it is a great concept. It is amazing what you can do with a tennis ball and stretching."** - Arnold and Lisa Ibias

**"This is a remarkable book which I will continue to use...Exercises were clear and easy to follow. I had [a lot of pain before my last massage] and began the exercises with some pain. Pain is virtually gone now after three weeks...This CD would be most helpful for athletes, or for anyone who has an interest in taking hold of their own self-care. It is very educational in nature, easy to follow, and inspiring. Thanks for putting it all together!"** - Sally Donaldson

*December 20, 2005:* "I recently bought this, and after a short time using it, I can recommend it highly. Besides very clear advice and tips about various muscle pain problems, the video clips are extremely helpful, showing clearly how to work on the trigger points. The video clips are one of the best things about this CD-ROM." *Then an update on March 11, 2008:* "My back is quite fine these days - I no longer take any pills - a few years ago I had serious back pain problems. I do go to yoga once a week, and I do a few exercises at home -- the one trigger point exercise that is most useful for me is the one in which you lie on your back, and press the stomach muscles - I often have a few tight points in the muscles on the left side in the stomach area. I do the trigger point pressing in the morning, and again at night." - Philip G.

**"As a trainer and practicing therapist with over a decade of experience in bodywork and natural healing, I found the techniques and video within "Pain Relief with Trigger Point" to be very clear and well demonstrated. I have used them to relieve pain for many of my clients and loved ones. Every therapist and those who manage pain themselves or as a care-giver should own a copy. Superb!"** - Ray A.

**"Pain Relief with Trigger Point Self-Help" CD-ROM & Sample CD-ROM Chapters**

**Available at: [www.triggerpointrelief.com](http://www.triggerpointrelief.com)**

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