

# ***Pain Relief***



Press  
Your Pain  
Away!

## with ***Trigger Point Self-Help***

BECAUSE YOU  
DESERVE TO  
BE PAIN FREE!

by Valerie DeLaune, LAc



## ***Press your pain away!***

***Live a pain-free life by  
relieving trigger points...***

### ***Referred Pain***

Trigger Points may refer pain both in the local area and/or to other areas of the body. Approximately half of the time, trigger points are not located in the same place where you feel symptoms.

This means that if you only work on the areas where you feel pain, you probably won't get relief.

In these books, you'll find illustrations of common pain referral patterns that you can compare with where you feel pain, and this will help you figure out where the common trigger point or points causing your pain are located.

### ***Trigger Point Self-Help Techniques***

You can easily treat trigger points yourself by applying pressure using your hands, lying on a ball (such as a tennis ball), or using a pressure device. Gentle stretches also help.

Both books guide you through these safe, effective techniques, and lead you to ***Pain Relief***.

A NEW HARBINGER SELF-HELP WORKBOOK

## ***Trigger Point Therapy for Headaches & Migraines***

YOUR SELF-TREATMENT  
WORKBOOK FOR PAIN RELIEF

Valerie DeLaune, L.Ac.

Easy, effective relief for:

Tension Headaches • Migraine Headaches • Cluster Headaches  
Headaches from Trauma • Temporomandibular Joint Dysfunction  
• Head, Facial, and Neck Pain • Limited Range of Motion  
in the Neck and Jaw

Available at: [www.TriggerPointRelief.com](http://www.TriggerPointRelief.com) | [info@triggerpointrelief.com](mailto:info@triggerpointrelief.com)