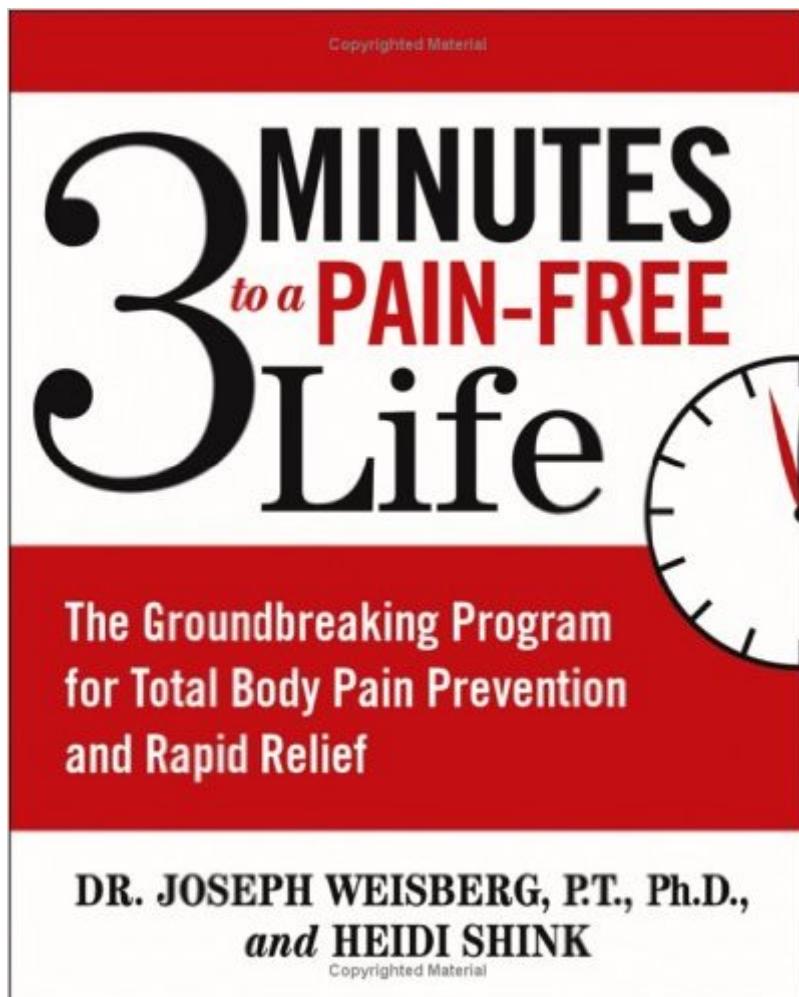


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# 3 Minutes To A Pain-Free Life: The Groundbreaking Program For Total Body Pain Prevention And Rapid Relief



## Synopsis

Relieve and prevent chronic pain forever with this simple, safe, and sure-fire three-minute daily program! Imagine a world free of aches and pains...no back pain, headaches, joint stiffness, or arthritis; no expensive ergonomic equipment or pain medications. With Dr. Joseph Weisberg's revolutionary new system, a pain-free life is now within reach of everyoneâ "even those who have endured chronic pain for years. At the heart of Dr. Weisberg's system is the 3-Minute Maintenance Method--a unique program for all ages and fitness levels that eliminates the conditions that cause pain in the first place. By utilizing six different thirty-second therapeutic movements the program makes it possible for the body to keep itself free of pain. Thanks to Dr. Weisberg's groundbreaking program, reliefâ "and a lifetime of healthy muscles and joints--is finally at hand. In fact, it's just three minutes away!

## Book Information

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## Customer Reviews

I have lived with chronic pain for the last three years. I am old (58:) and very active physically. I have suffered pain that would normally be associated with having severe lower disk problems or maybe a pinched nerve - plus my low back muscles have been very painful. I work out carfully every day. I have had 4 MRI's in the last year plus a bone scane. I have seen a Neuro Surgeon, chiropracter(s), Orthopedic surgeon, family doctor, spinal surgeon and two physio thearapists. All of them have been helpful in some ways but no one can really help me or tell me what my problem is. My disks are fine and I have no pinched nerves. I purchased this book along with Framework. I read

3 Minutes 1st and started the exercises. I am completely pain free! I still find it hard to believe. It is over three weeks and I awake every morning wondering if my pain is back. I do the exercise for athletes and have added a lower back exercise plus one for elbows. The total time is 4 1/2 minutes. I should mention I always warm up on my bike 1st so my muscles are able to accept any stretching. Plus the reading of FrameWork has helped in my weight workout. I have already recommended this to a friend and he is having similar results. The only reason I did not give it a 5 star report is that I believe he should have said more about warming up 1st and the book would be as good as FrameWork if he had added to the content to help those of us who are very athletically fit. But it is a great book and you will not regret purchasing it.

Seven months ago I experienced a very painful episode with my left knee. I was not aware of any causative event, but suddenly I could barely walk. I tried every treatment and product imaginable. I had an MRI, consulted two orthopedic surgeons, and briefly considered surgery as my only option. This was after spending hundreds of dollars on products (knee braces, heat and cold wraps, herbs, ointments, etc.), and trying acupuncture, physical therapy, massage, and a host of other therapies. I was unable to exercise, gained weight, and began scanning Modern Maturity magazine for walking aids! Then, my daughters gave me a copy of the book, "3 Minutes to a Pain-Free Life", and I started to do the six therapeutic movements outlined in the book. I've been doing them daily now for a month and I have regained considerable mobility. I was able to start an exercise program and I'm amazed that I can now walk and exercise without pain. I even had my back go out on me, and I immediately did the specific stretches the book recommended. By the second day I was able to stand tall and move without debilitating pain. Another bonus of the book is that it is a highly readable layman's text of Anatomy and Physiology. I learned a lot about my body in the process of healing it. I plan to buy this book for everyone I know who struggles with chronic pain.

My problem: hip bursitis and piriformis syndrome. I'm three days into the stretches that this book recommends. Already I've received more pain relief than I ever got from anything I tried before, including physical therapy, acupuncture and a cortisone injection. I'm very hopeful that I will soon be pain-free. Update: five months later, my piriformis syndrome is very much under control. I'm back to working out on a stair-climber, back to long walks with the dog, back to being able to sleep w/o pain killers. I still get twinges of pain, and must continue the stretches, but I'm so much better.

Hardly a "revolutionary" program for those who have read anything about the muscular-skeletal

structure of the human body, the interrelations of muscles and joints, and the importance of keeping the muscles stretched. But the author does offer an inviting, simple, and feasible set of six exercises which, if done religiously every day, 30 seconds per exercise, can prevent further abuses and damage (the title's apparent promise of restoration or a "cure" seems a bit exaggerated). Compared to the impossibly long list of tedious, often painful and exhausting exercises given me by my PT, Dr. Weisberg's program is cause for a sigh of relief. Well over half of the book is devoted to anatomical discussions, motivational talk, and testimonials rather than the program itself. The heart of Dr. Weisberg's advice is the familiar "use it or lose it." The author practically demonizes the chair and the unnatural "C" shape that it encourages. The idea is to align the body to its natural center of gravity, producing the "S" curve. Anyone who finds it excruciating if not impossible to assume the squat position (maintaining balance on the heels is the challenge) or the split (only in my dreams) may be frustrated by the book's program of exercises. Still, anyone should benefit from these 6 exercises, even if some are not implemented to perfection (I'm structurally incapable of bending over and touching my toes--unless permitted to bend my knees).

I've lived & used Yoga for decades. I've also taught modified classes for others with physical constraints. That's why I'll address those thoughts. Due to early trauma and how my body responds to same, I've had spinal fusions and more. I've used most healing modalities, worked with top pain clinics, used western and alternative treatments. Both worlds can hold many of us hostage. I stay active as able but have continued to live with severe chronic pain, all while being self supportive (I work) and practicing pro-active health care. I sceptically picked this book up off a shelf in a science museum. It came home w/me. Whether it's the order in which the simple moves are done, the consistency , the short time spent in each TMI, the tests along the way...it doesn't matter. What matters is that it has helped ease my pain. That's my bottom line. I've shared the book w/others who live with similar problems. They've each added to their own success rate. It's an worthwhile tool for the boxes of each who lives with disabling pain or wish to avoid entering that world. The angry Yoga practitioner writers may have missed a point that often long hours of even the healthiest moves can create discord. It's how any asana is used, and the time spent in same, that can add to or deplete our well being. Even herbs can harm if used incorrectly. My vote is....give it a try. These TMI's may be adapted by almost everyone.P.W.

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