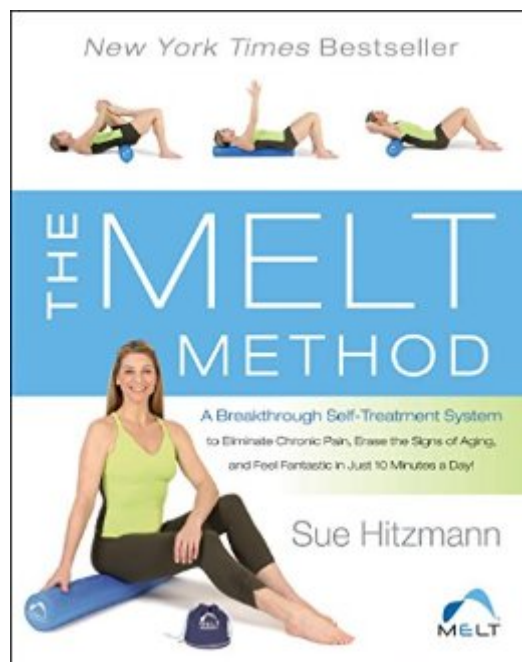


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# The MELT Method: A Breakthrough Self-Treatment System To Eliminate Chronic Pain, Erase The Signs Of Aging, And Feel Fantastic In Just 10 Minutes A Day!



## Synopsis

In The MELT Method, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active livingâ in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. The MELT Method shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

## Book Information

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## Customer Reviews

Important note: You MUST have a soft foam roller and very small, very soft ball to use the techniques in this book. And, this therapy is not a replacement for strength training, aerobics, or muscle stretching. The workshop isn't a requirement; you can definitely learn the technique from the book. All you need is 10 minutes a day once you learn the "method. This is an excellent book! It's

going to cost about \$95 for book and equipment, so check my overview of pricing at the bottom of my review for more info. I just happened to be watching Dr. Oz and he had Sue Hitzmann on his show talking about and demonstrating her new "MELT" Method. MELT stands for Myofascial Energetic Length Technique and focuses on hydrating your connective tissue and easing pain. Connective tissue is just below the surface of the skin and is a component of the whole body that is typically overlooked. This book will definitely help you understand and work with your connective tissue to improve health and well being. Since I have my own home yoga, fitness, and meditation practice I was intrigued by Sue's theories and purchased the Kindle version of the book right away. I also got on her web site [meltmethod dot com](http://meltmethod.com) to find out more and was pleasantly surprised that she was having a workshop/class right here in Portland Oregon the same weekend! I signed up for the Sunday noon, 1.5 hour class with book signing afterwards. Workshop: I attended Sue's workshop which was well attended by many people in my same age group 40-65, both males and females. Sue came in and with her high-energy she explained in very simple terms the theories behind her MELT method. She is a very captivating speaker!

For starters, there are a few things you may find helpful to know about the MELT Method. First, MELT is an acronym for Myofascial Energetic Length Technique. In other words, the method works to bring our connective tissues back to health--a key to healing many tension based ailments. Developed from her own her intuitive gifts and an impressive dedication to healing sciences and bodywork, Sue Hitzman has created "exercises" to help hydrate and restore your connective tissues, which eases or eliminates your pain. I put "exercises" in quotes because the MELT method isn't about exercises in the aerobic classes or Pilates sense, but think more along the lines of relaxation and self-massage techniques. Sue Hitzman's goal was to create a self-help method which had similar results to her hands-on sessions. You should also know it does require a relatively small investment in equipment to get started; namely you'll need a soft foam roller and a small ball. Sue Hitzman to re-create the effectiveness of her hands-on work in a self-help format. MELT restores the supportiveness of the body's connective tissue to combat chronic pain, improve performance, and decrease the accumulation of stress caused by repetitive postures and movements of everyday living. My physical therapist introduced me to the Melt method several months ago. I had suffered from severe anxiety and insomnia and it was beginning to morph into chronic muscle tension that was, at the very least, debilitating. At one point I was told by a practitioner that this could possibly be a precursor to Fibromyalgia. That's when I got really worried and took up the physical therapist suggestion to try the Melt method. Almost immediately my

insomnia began to improve and my muscle tension began to ease up.

First up, I sought out this book because there's just no way I'm going to pay someone else to give me a massage. Lots of reasons for that, but that's the bottom line. I wanted to find some relief from aches and pains that I thought must be due to tension and built up stress, and this seemed a likely starting place that would be more comfortable than trying to work with a hard roller. People are complaining that it seems too hard to get to the meat of things in the book. (There really isn't a quick-start section in the book, though she does walk you through a few things early on, those exercises aren't the main lessons, and they're just an introduction.) In some ways I agree that this is not quite ideal, but then again she's crammed a memoir, textbook, and workbook all in one volume, and intersperses bits of each as you go along. Towards the end, there are more specific sections saying, essentially, 'if you want to treat this specific issue, do this, then this ...', and there's a lot to absorb before you get there. Working gently, with focus and attention is pretty much essential. Without learning what you're doing, why and how, I think it would be awfully easy to work sloppily and inattentively, which would probably decrease the effectiveness of the work. (That's my experience, at least. I have to be focused on what I'm doing, and paying attention.) Me? I'm just glad the book EXISTS, whatever quirks of presentation it might have. I don't live in a part of the world where Sue might visit for workshops or anything else, and I don't have the freedom to travel, so this do-it-yourself technique is pretty much my only option. Better to flip through some pages, than do without. Unlike some reviewers, I was not much annoyed by her writing style.

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