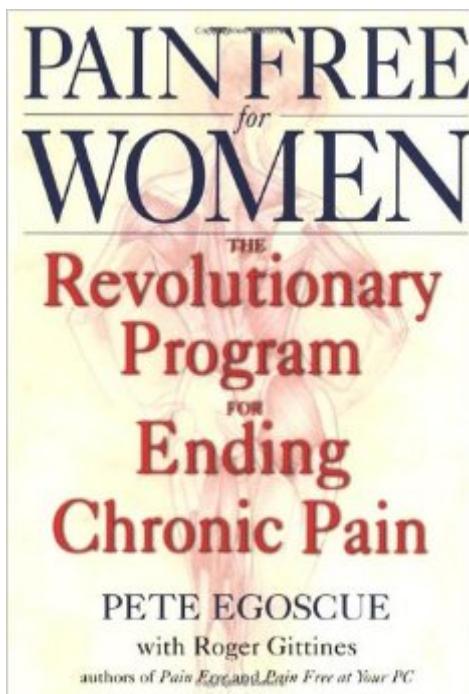


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# Pain Free For Women: The Revolutionary Program For Ending Chronic Pain



## Synopsis

â œWomen today not only deserve but should expect a pain-free, active lifestyle, no matter their age, no matter their previous experience.â •Pain Free for WomenIn his famed San Diego clinic, Pete Egoscue has taught women of all ages and from all walks of life how to use the Egoscue Method for safe, effective, and permanent relief from chronic pain without prescription painkillers, physical therapy, or invasive surgery. Now he shares his specially adapted â œPain Freeâ • program for women to use at home.Whether you suffer from back or neck pain, joint discomfort or sore knees, or need more stamina, improved balance, and extra strength, here is a revolutionary and proven approach to self-care that promises optimal health through a simple set of exercises that will transform the way you move and feel â ” forever!Egoscue shows women how to take back their bodies by recovering and restoring a precious health asset â ” full, free, flexible motion â ” that he believes has been drastically reduced by our modern lifestyle.As Egoscue explains, motion not only develops a womanâ ™s body but also maintains and rejuvenates it. Yet as her motion-deprived muscles disengage and weaken, it is common for a womanâ ™s body to lose alignment, leading to repetitive stress injuries, persistent pain, and general bad health. Even the simplest activities â ” how she sits, stands, walks, works, lifts, and sleeps â ” can trigger problems.Focusing on proper alignment, posture, and muscle engagement, Egoscue provides simple but powerful techniques to restore flexibility and function while at the same time boosting energy, revving up the immune system, even raising the bodyâ ™s metabolic rate.The remarkable â œE-cisesâ • included within have also been linked to improved ability to fight disease, cope with aging, and recover from accidents and injuries. The â œmiracleâ • cure Egoscue offers is, simply, correct motion.Organized by the seasons of a womanâ ™s life, Pain Free for Women pays particular attention to age-specific concerns such as puberty, childbirth, and menopause, as well as special issues such as arthritis, PMS, and depression.At the same time, Egoscue shows how women can build a framework of healthy movement that will prevent illness and maintain pain-free good health throughout the journey of life.According to Egoscue, reversing the effects of poor musculoskeletal fitness provides astonishing benefits, including:â ¢Better balance, posture, and breathing, as well as increased resiliencyâ ¢Effective and safe weight managementâ ¢Healthy bone density and visual acuityâ ¢Heightened sex driveâ ¢Delayed symptoms of agingâ ¢Peace of mind and general tranquilityExtensively illustrated to demonstrate proper placement, posture, and movement, Pain Free for Women offers women of every age the possibility of feeling better than ever before.From the Hardcover edition.

## Book Information

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## Customer Reviews

Over 3 years ago I had constant shoulder, back, and hip pain. I had already invested in over a dozen books and had come to the conclusion that nothing was ever going to help me - chronic pain was a part of growing older. I also had a difficult time doing the Taijiquan (a martial art) form I was working on because my back was overly curved. On the advice of a friend, I got Egoscue's first book, Pain Free. After doing the exercises (30 minutes each day) for a few months, wonder of wonder, my curved back relaxed and I was able to sink into the Taijiquan postures I'd been trying to achieve for ten years. But best of all - the pain disappeared. For the first time in years, I didn't wake up to daily pain in my joints!!! Unfortunately, almost a year ago, I got into a car accident that is still causing me a great deal of pain in my neck and back. I had been doing those same Pain Free exercises from before, but they didn't seem to be doing much. I decided to purchase this newer book anyway - since it was written specifically for women. I actually didn't think it would help much and prepared myself for disappointment. Oh MY!! After just a few weeks, once again, I was amazed at the difference. The exercises in this book (and yes, they do take much longer than the simple Pain Free book) were so helpful that I was able to change from a narcotic pain reliever to a non-narcotic pain reliever. Believe me, for someone trying to function- that is a BIG difference. Egoscue is a genius. I have seen many doctors, including so-called pain specialists, and the only thing that has significantly helped me so far is Egoscue exercises. I now do them every day, and can feel the difference in my neck, back, shoulders, hips, knees, ankles, and feet.

I first found Egoscue seven years ago when I was experiencing unrelenting pain in my ankle due to a car wreck that had crushed my heel. For ten years I'd lived with the pain -- until I started doing the Egoscue exercises. Within a week, the pain disappeared. Ten years of pain -- just up and disappeared. I was able to walk without lumbering, walk without wincing every step. As years progressed, I got sloppy and less committed to doing the exercises. As my body got more and more out of alignment, the ankle pain returned WITH excruciating hip pain. This pain was so bad that I couldn't get to the bathroom without lunging to the next piece of furniture, couldn't stand at the sink to grate a carrot. I was popping aspirin like they were m&m's. I went back to the book, did the hip menu and, within seventy-two hours the pain completely disappeared. Another couple of years passed, and I again got lazy and stopped doing the exercises. This time, it was the searing pain of sciatica that grounded me. This pain was so bad that I would scream out as I tried to pull myself out of the bed. This was evil pain that wouldn't go away. Lamenting to a friend (whom I had introduced to Egoscue!) about the pain I was in, I was surprised to hear that her husband had gone to the Egoscue clinic for the exact same sciatic pain. She shared his menu with me and -- I am almost embarrassed to say it -- the pain disappeared after just three days. And stayed away until I quit doing the exercises. (I am, if nothing else, an exceedingly slow learner.) Pete's program has brought me back from debilitating pain THREE separate times. I think I finally get it. The Egoscue method works when you work it. It has been a miracle cure for me three times. Yes, it takes a long time to do the menus.

I have so many things to say about this I would like to use bullet points. I will cover what it has done for me, add some comments on the book itself and then make a couple of final notes. Notes about what using Egoscue's method has done in my life:<sup>\*</sup> I have been using this and Pete Egoscue's other book "Pain Free" for a year and a half now. I am a female in my early 30's. I have sent a copy of this book to all the women close to me because it has helped me so much.<sup>\*</sup> I have a very severe case of Multiple Chemical Sensitivity (MCS) and had constant pain throughout my body. I tested only two pressure points short for Fibromyalgia. As I became more ill my overall physical health declined severely. I couldn't even stand to do dishes for long, let alone cook or exercise or many of the things I am now able to do.<sup>\*</sup> Within the first two weeks of doing the exercises (only about 30 min a day) I stopped getting night sweats and the pervasive, all-over body pain went away. I still had a lot of joint pain and realized I was very badly out of alignment (when standing comfortably my right foot was turned out and further forward than my left by 6 inches - no kidding!).<sup>\*</sup> Over the last year and a half I have become less chemically sensitive, I don't get dizzy as often, my stamina has

improved (I had gotten so I couldn't handle even handle flying on an airplane). For years I had a yellow tint to my skin (my doctor thought it was normal), but this has now disappeared, my liver enzymes were mildly elevated, but are now normal.\* I haven't had ANY pain from my herniated disk for over a year now!\* You don't have to be in pain to benefit. For years I tried to do handstands, but never go good at it.

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