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# El Metodo Melt (Spanish Edition)



## Synopsis

El objetivo de Sue Hitzmann es enseñarnos a vivir sin dolor. Con El metodo MELT, la autora ensena a liberar el cuerpo de las viejas tensiones acumuladas. Sus tecnicas reequilibran la regulacion del sistema nervioso y favorecen los mecanismos naturales de curacion del organismo por medio de unos movimientos sencillos y precisos que contribuyen a eliminar el «estres estancado» que da lugar a la mayoría de achaques, dolores y sintomas cronicos. No es un tratamiento exclusivo para el dolor, sino tambien para retardar el proceso de envejecimiento, reducir el estres y la tension, y gozar de una buena salud general. / With her revolutionary MELT Method, Sue Hitzmann is making a healthier, pain-free body accessible to anyone with a few minutes to spare. Through a series of easy movements, this groundbreaking program quickly rehydrates connective tissue, which allows the body to release long-held tension, rebalancing the nervous system and boosting the bodys natural healing.

## Book Information

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