



# The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) (NTC Self-Help)

By Ming Chew, Stephanie Golden

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**FEATURED ON ESPN?the proven pain relief program used by professional athletes No drugs. No surgery. No pain!**

“The Ming Method” for pain relief has worked wonders for New Jersey Nets star Jason Kidd, New York Yankees’ Jason Giambi, movie star Matt Dillon, and other celebrities. Now, licensed physical therapist Ming Chew shares his world-famous program in this illustrated home guide, filled with innovative stretching techniques, hydration and supplementation tips, and prevention strategies. His method doesn’t just manage the pain, it cures it?for good.

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## **Editorial Review**

From the Back Cover

### **Testimonials from believers in the Ming Method:**

"When I went to see Ming we thought my season was over. With the procedures Ming used I was able to play and help my team in our playoff run that season. I had never experienced the things he did with me, and I know they were cutting-edge techniques. He really helped me."

--**Jason Kidd, New Jersey Nets**

"When I first met Ming Chew, I knew he would fix my bad back when no one else could. What I know now is that he is clearly the future of sports training and sports therapy in this country."

--**Mike Lupica, columnist, New York Daily News**

"Regular physical therapy felt like a Band-Aid. . . . I feel Ming's kind of therapy can greatly benefit all dancers. It all makes sense, since everything in the body is connected."

--**Amanda Edge, dancer, New York City Ballet**

"To my friend Ming, the one with the magic hands: thanks for all the help on my injuries. Your number-one fan."

--**Renzo Gracie, legendary Brazilian jujitsu black belt and mixed martial arts champion**

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All forms of back and neck pain • Pinched nerves • Pulled muscles • Jaw pain, a.k.a. "TMJ" • Sciatica • Sports injuries • Chronic aches from poor posture and long hours at a desk • Carpal tunnel syndrome • and more!

## **About the Author**

Ming Chew is a physical therapist, former champion bodybuilder, martial artist, A.R.T. (active release techniques) practitioner, and student of Chinese medicine. He has an active private practice in NYC where he has healed, among others, star athletes Jason Kidd of the New Jersey Nets and Jason Giambi of the Yankees, Amanda Edge of the NYC Ballet, and actor Matt Dillon.

## **Users Review**

### **From reader reviews:**

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### **Raymond Lee:**

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