

## THE MELT METHOD HITZMANN SUE%0A

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[Learn about MELT creator Sue Hitzmann | MELT Method](#)

Sue Hitzmann, MS, CST, NMT. Sue is the creator of the MELT Method , a simple self-treatment technique that helps people get out and stay out of chronic pain.

[The Melt Method with Sue Hitzmann - #127 - JJ Virgin](#)

Sue Hitzmann, MS, CST, NMT, is the creator of the MELT Method , a revolutionary yet simple self-treatment technique that helps people get out and stay out of chronic pain. A nationally recognized educator, manual therapist, exercise physiologist, and founding member of the Fascial Research Society, Sue is the author of the New York Times bestselling book *The MELT Method : A Breakthrough Self*

[The NEW Art of Self-Care | MELT Method | Natural Pain Relief](#)

Melt Method is the new art of self care based on Sue Hitzmann's bestseller. Visit MeltMethod.com today to learn about natural joint & muscle pain relief!

[Preview The MELT Method by Sue Hitzmann - Goodreads](#)

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 living in as little as ten minutes a day.

[Sue Hitzmann - Home | Facebook](#)

Sue Hitzmann. 13K likes. Sue Hitzmann, MS, CST, NMT, is the creator of the MELT Method (MELT), a revolutionary approach to pain-free fitness and longevity. Sue Hitzmann, MS, CST, NMT, is the creator of the MELT Method (MELT), a revolutionary approach to pain-free fitness and longevity.

[MELT Method introduction](#)

This is an introduction to the MELT Method, a simple self-treatment technique to help get people out of pain. Visit <http://www.MeltMethod.com> for more inform

**SUE HITZMANN - THE MELT METHOD**

WHAT IS THE MELT METHOD? c. Sue Hitzmann, SUE HITZMANN -- The MELT Method -- is an exercise and lifestyle program that seeks to restore the body's connective tissues so as to get rid of the most common types of pain people have.

[Melt Method Balls for Plantar Fasciitis](#)

One method of doing that is the Melt Method, developed by Sue Hitzmann. It is a simple method to get the juices flowing again in your feet. It is a simple method to get the juices flowing again in your feet.

[Official MELT Method Products | MELT Method](#)

MELT Method Book Paperback. 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! is the second edition of the New York Times bestseller, which has helped over 200,000 people lead a healthy, pain-free life.

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Sue Hitzmann, Creator of MELT Method Sue Hitzmann, MS, CST, NMT, is the creator of the MELT Method, a simple self-treatment technique that helps people get out and stay out of chronic pain.

[MELT Method - Sue Hitzmann on "Home & Family" | Facebook](#)

Did you miss Sue's appearance on "Home & Family" on Wednesday? Here's the full clip for your enjoyment. She demonstrates great techniques for using MELT to ward off the effects of daily living.

[The MELT Method: Neck Release Sequence](#)

In her book The MELT Method, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living in as little as ten.

[Sue Hitzmann's 5-Minute Facelift](#)

Sue Hitzmann heads backstage on "The Rachael Ray Show" to teach everyone an easy Melt facelift technique. For more, go to <http://www.rachaelrayshow.com/> For