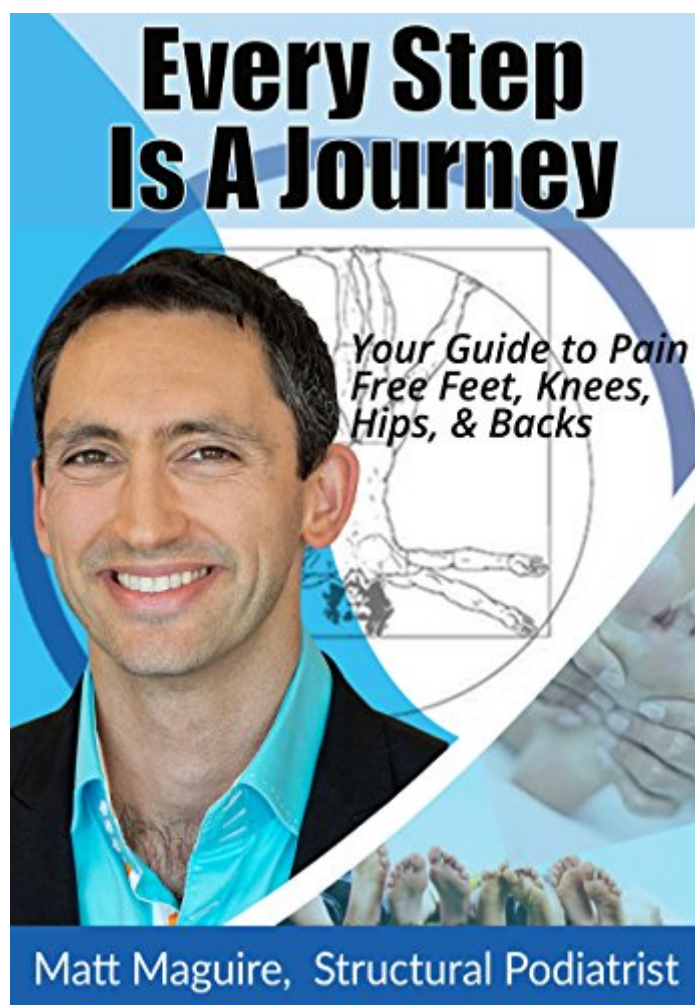


The book was found

Every Step Is A Journey: Your Guide To Pain Free Feet, Knees, Hips & Backs



Synopsis

Have you ever had a pain that no one seems to understand? Or a pain that no one is able to treat? Or been told the pain is all in your head? You are not alone. In this book International Best Selling author and Structural Podiatrist Matt Maguire talks about his own debilitating Journey with chronic knee pain which led him to become the most respected Structural Podiatrist on the Gold Coast, Australia. After years of failed therapy a Structural Podiatrist resolved Matt's knee pain setting him on a new career path. Many years of intensive study later Matt now practises MME (Mobilisation, Manipulation and Exercises) at his Hip To Toe Clinic to free people of debilitating pain every day. You need this book if you have ever struggled with:

- Pain in the foot, heel, ankle, knee, leg, hip or back
- Pain during the working day
- Pain when participating in sports & activities
- Crying children because no one helps them

In this book you will learn:

- Why misalignment in the joints of the feet is causing your pain
- Why realigning the feet with MME can stop your foot, heel, ankle, knee, leg, hip and back pain
- How to prevent arthritis
- Why symptoms are misleading
- Why traditional methods, like orthotics and surgery, are not treating the cause
- Exercises & techniques you can start immediately to gain pain relief
- Why "Growing Pains" are a myth

In this book you will get:

- 20 client's Journeys of why foot misalignment was causing their pain, and how MME resolved their problems
- 35 videos that you can watch right now on your smart phone, tablet or computer
- Information videos to help you understand why you are getting pain
- Exercise videos that can help relieve your pain immediately

In Chapter 5 is the number 1 tip that is currently helping millions get instant pain relief. Chapter 14 explains why your back pain might not be a back problem. And Chapter 16 is full of exercises that can help you wear your high heels pain free. This is the number one book that every man, woman and child needs to have in their collection.

Book Information

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Musculoskeletal Diseases #790 inÂ Books > Health, Fitness & Dieting > Diseases & Physical

Ailments > Musculoskeletal Diseases

Customer Reviews

Excellent reading. Being a patient of Matt, I was keen to read the book. Wonderful for anyone who thinks they may have back, hip, leg or fee problems.

I started reading Matt's book and immediately understand the importance of the feet as the starting point of good and poor posture and how this can relate to other parts of the body and refer pain to mask the real cause. Sometimes it's the obvious things you don't really see until someone like Matt points it out to you. Well done Matt.

What a fantastically written book! It is written in a way that is not too technical and is easy for a layperson to follow. It is an incredibly helpful book and I can't recommend it highly enough.

I read this in no time!! Easy to read and understand. Matt 'speaks' to you as if the book is written for you. He genuinely cares and believes we can all be pain free. If you are like me and have tried everything, purchase a copy of Matts book and then see him or a Structural Podiatrist if you are not local.

This book is a must read.Very informative and the results are truly amazing. I was very fortunate to have been treated by Matt and I now walk completely pain free

Book is well explained,knowledgeable,easy to follow & most importantly IT WORKS.I really enjoyed the exercises and the fix relates well to the causeThanks for the guidance

Matt is a very inciteful author because of his precious foot problems. His book is inspiring and educating, he makes it all seem so easy and logical. Way to go Matt!!!!

AWESOME!!!!

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Every Step Is A Journey: Your Guide To Pain Free Feet, Knees, Hips & Backs Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Fix Your Feet: Build the Best Foundation for Healthy, Pain-Free Knees, Hips, and Spine Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Get Rid of the Pain in Your Butt NOW! Pain Relief For Your Back, Legs, Knees, Feet & Sciatica Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Exercises for Healthy Joints: The Complete Guide to Increasing Strength and Flexibility of Knees, Shoulders, Hips, and Ankles Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More Indestructible Hips and Knees (The Indestructible Body Book 2) The Ultimate Guide to Strong Healthy Feet: Permanently fix flat feet, bunions, neuromas, chronic joint pain, hammertoes, sesamoiditis, toe crowding, hallux limitus and plantar fasciitis Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Hips Trips Honolulu; The Old Coconut Soju Blues (Hips Trips Travel Adventures Book 4) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) You, Pain Free: 6 Keys to Break Free of Chronic Pain and Get Your Life Back The Plantar Fasciitis Plan: Free Your Feet from

Morning Pain

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