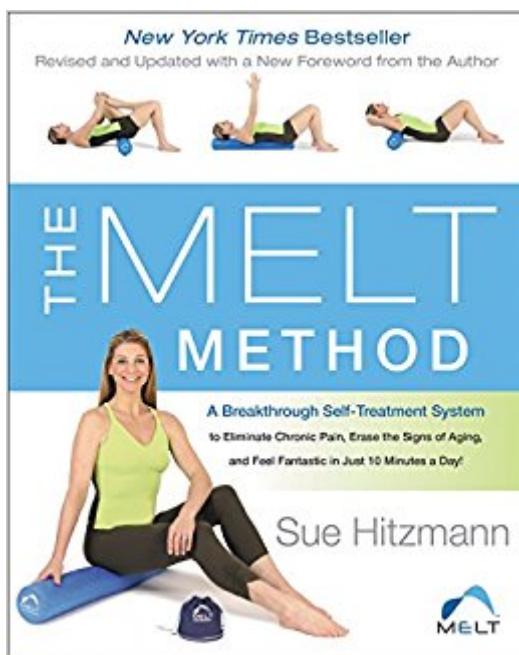


The book was found

# 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!



## Synopsis

Now available in paperback, this New York Times bestseller—featuring a new foreword by the author, fully updated images throughout the text, and the latest scientific data that supports the effectiveness of the program. 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. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. *The MELT Method* shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

## Book Information

Paperback: 320 pages

Publisher: HarperOne; Reprint edition (September 27, 2016)

Language: English

ISBN-10: 006206536X

ISBN-13: 978-0062065360

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 793 customer reviews

Best Sellers Rank: #16,224 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #7 in Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases #8 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage

## Customer Reviews

Release stuck stress with MELTOver a decade ago, Sue Hitzmann was at the height of her career as an international fitness presenter and instructor. She appeared to be in perfect health, yet she was experiencing debilitating pain in her foot. With a master's degree in exercise science and advanced training in neuromuscular therapy, she thought it would be easy to find out what was going on in her body, but even the most prominent doctors and physical therapists couldn't explain what was wrong. Although she was only in her twenties, Hitzmann's career was threatened and her quality of life was in decline. Hitzmann learned the hard way that diet, exercise,

and muscular strength are not the foundation of a healthy, pain-free body. As she sought the true source of her pain, she radically changed her focus from fitness to hands-on bodywork. In her quest to live an active, pain-free life, she became fascinated by the emerging science of connective tissue, or fascia, which surrounds all aspects of your body, including your muscles, bones, nerves, and organs. The researchers she met were discovering that connective tissue—the system of the body that supports, protects, and stabilizes—was responsive, adaptable, and renewable. What Hitzmann came to realize is that connective tissue dehydration is the underlying cause of the daily aches, stiffness, and strain that leads to pain, as well as weight gain, sleep problems, and many other seemingly unrelated issues. Through her personal exploration and private practice, she developed the MELT Method, and has since trained thousands of instructors in the science and application of Hands-Off Bodywork. MELT can help you fall asleep more easily and sleep more soundly, have more energy during the day, improve your posture, reduce stress and tension, shed excess body fat, and reduce cellulite. While it may seem too good to be true, it's worked for more than 200,000 people so far. Translated into eight languages, The MELT Method is now helping people around the world. Live your best, most youthful and vibrant life possible. Free yourself of chronic pain and be healthy and active with MELT! --This text refers to the Digital edition.

Sue Hitzmann, M.S., C.S.T., N.M.T., is the creator of the MELT Method, a revolutionary self-treatment 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 has appeared on The Dr. Oz Show, The Rachael Ray Show, and Live! with Regis and Kelly. She lives in New York City.

Important note: You MUST have a soft foam roller and very small, very soft ball to use the techniques in this book. And, this therapy is not a replacement for strength training, aerobics, or muscle stretching. The workshop isn't a requirement; you can definitely learn the technique from the book. All you need is 10 minutes a day once you learn the "method. This is an excellent book! It's going to cost about \$95 for book and equipment, so check my overview of pricing at the bottom of my review for more info. I just happened to be watching Dr. Oz and he had Sue Hitzmann on his show talking about and demonstrating her new "MELT" Method. MELT stands for Myofascial Energetic Length Technique and focuses on hydrating your connective tissue and easing pain. Connective tissue is just below the surface of the skin and is a component of the whole body that is typically overlooked. This book will definitely help you understand and work with your connective

tissue to improve health and well being. Since I have my own home yoga, fitness, and meditation practice I was intrigued by Sue's theories and purchased the Kindle version of the book right away. I also got on her web site meltmethod dot com to find out more and was pleasantly surprised that she was having a workshop/class right here in Portland Oregon the same weekend! I signed up for the Sunday noon, 1.5 hour class with book signing afterwards. Workshop: I attended Sue's workshop which was well attended by many people in my same age group 40-65, both males and females. Sue came in and with her high-energy she explained in very simple terms the theories behind her MELT method. She is a very captivating speaker! Then we learned all about the hands and foot technique which uses a small, very soft rubber ball (measures 1-1/2 inches across). You use a series of point compressions and various movements what she refers to as pressing, gliding, shearing, rinsing, and friction. Then she moved on to similar techniques using a soft roller. Excellent workshop and well worth the time and money if you can attend, check her web site! FYI: All of the material presented in her workshop is also covered in her book. The book includes more techniques than the workshop covers. Sue's MELT techniques are not new, they are traditional techniques of reflexology, chi, somatic-movement, self-massage, and even dry brushing and uses pressure-points and movement of lymphatic fluids. However, Sue's approach is a very unique combination of these traditional techniques in a high-energy, quick-fix, yet body-gentle environment. Her methods will help you get in touch with your body's alignment and you could very well heal yourself or at least reduce your amount of chronic pain. Using her methods over a period of weeks will definitely help you with pain management. MELT addresses the four effects of "stuck stress" (which accumulates in the connective tissue and causes pain) with the "Four R's" which are: Reconnect (Body Sensing), Rebalance (whole body balance), Rehydrate (restore hydration in the connective tissue), and Release (decompression) in an absolutely wonderful combination that will get results! I initially ordered the Kindle version of the book, but was concerned if I was actually getting as much as the printed book. So, at the book signing I also purchased the hard-bound, printed book, so I have both the Kindle and Paper book that I am reviewing. The book is broken into easy to follow Parts and Chapters, but I would definitely recommend reading the first 100 pages of the book to fully understand the MELT method before starting the practice. Part four is excellent once you understand the methods and gets you going with your own self-treatment plan. All the movements are lined-out and include a short description and photo of each the positions and movements. Comparing Kindle to Paper Book: Note: I am using Kindle on an iPad1. The tables in the book are easy to read, but in the Kindle version the columns don't line up very well and they are difficult to follow, especially in landscape mode. 2. You get all the same demonstration photos (Sue

is the model) in both the Kindle and Paper versions. Both are of low-quality and although you can click on the Kindle version photos, they are quite grainy and do not provide any enhancement over the smaller photos in both Kindle and Paper versions.3. I would opt for the Kindle version over the paper version both for ease of reading and cost. Reason for my 4 star rating: I marked down this book for quality reasons, not content. The paper version is printed on very low quality paper, brown-ish newspaper print in simple black ink (no color photos and the black and white photos look low-quality/low-res). I was disappointed that page 157 was ripped out of the book down the center of the page, so this page is completely unreadable ...not a big deal since I have the Kindle version too :) For \$26 I would expect better quality paper. I was disappointed since it had a full-color glossy hardcover, but when I opened the book it was cheesy, poor-quality I would have opted for softcover over hardcover and used better, longer lasting paper. Also, I don't believe the book was printed in the USA, but it's not apparent anywhere in the printed book. It doesn't say "printed in China," but my guess is that it is printed somewhere overseas. I believe her rollers and balls are probably also manufactured in China :( For these reasons I marked it down by 1 star. I have to mention, I think Sue Hitzmann has a good thing going here that will probably help a lot of people by avoiding surgery related to chronic pain and getting off pain medications, but I also feel like it is somewhat "gimicky" that she's trying to sell her balls and roller. I understand everyone's trying to make a living and be successful, so I really can't knock it, it's just an observation. I believe in her heart she is truly trying to help people heal themselves, so in this regard the book and Sue's work deserve a 1000+ stars!!! Sue's techniques are truly helpful. I learned so much from her in the workshop and reading and following her book. More than anything her book, instructions, and techniques really helped me to know and get more in touch with what connective tissue feels like over plain muscle stretching. I will definitely integrate her techniques into my home practice. Sue definitely knows her stuff and she learned about connective tissue from the experts and even by dissecting cadavers! I'm still wondering if she found any sign of chi in there ;-) Cost comparison: Retail Price (and price you'll pay for the book from Sue at her workshops): \$25.99 Book price on , Paper: \$14.29, Kindle: \$12.74 (over half off Sue's price!) MELT 3-ball set: Included if you buy a book at Sue's workshop AMAZING DEAL!!! Workshop: \$35, if you register online you get a \$10 discount YouTube Videos: She has lots of short-clips on the internet for free! MELT 6-Ball Set with Video (on Sue's website: \$40 (\* see note) MELT Body Roller: \$40 \* Alternative Roller: You MUST use a very soft roller for Sue's technique. I have a OPTP Foam Roller, soft/pink, \$42 on [OPTP Pro Foam Roller - Soft Pink Marble Full Round 36" x 6"](#) and IN STOCK on :-\* Note: Unfortunately Sue's balls and roller are not available on her web site and are on back order, so if you want balls, you must attend her

workshop. I have NOT been able to find her soft small balls anywhere else, it's definitely a unique and very effective product! See my other reviews on yoga, meditation, and exercising by clicking on my YogaKat name and going to "frequently used tags" along the left side under my photo and interests. Please check out my reviews and let me know if my review was helpful! Namaste'

\*Note: I removed 2 stars due to what I wrote in "update" below.....This is a very important self-health care tool. I am a manual therapist in practice for 23 years and had to swallow my pride on this one, and realize it really, really works. The only thing that bothers me is that her products are on the expensive side, and her fees for professional training lean to extortionist prices, but thankfully, with a little practice and some foundational knowledge of anatomy and physiology, anyone could teach this method to others. As a health care practitioner I am referring all of my clients to purchase her products and use them at home, and I suggest that readers RUN, not walk to buy this. It will change your health and with a healthy diet, will help keep you away from doctors. As our healthcare system continues to deteriorate, its more important than ever for all of us to take responsibility for our health, and this tool will go a tremendously long way in emancipating you from bondage to our broken medical system. Its health freedom in your own hands! Well worth the investment.  
UPDATE: While the method is still great, the customer service of Sue Hitzmann's company is horrible and the products are overpriced. The foam roller they sell was back ordered for a month and very expensive, but you can order a much less expensive soft foam roller on . Also you can buy 16 soft small indoor "golf" balls in a sporting goods section for \$4 and harder balls (soft and hard) at the dollar store. Her method is great, book is great, customer service is awful (they don't even have a phone number-you can only reach them via email) and products can be substituted with way less expensive versions.

For starters, there are a few things you may find helpful to know about the MELT Method. First, MELT is an acronym for Myofascial Energetic Length Technique. In other words, the method works to bring our connective tissues back to health--a key to healing many tension based ailments. Developed from her own her intuitive gifts and an impressive dedication to healing sciences and bodywork, Sue Hitzman has created "exercises" to help hydrate and restore your connective tissues, which eases or eliminates your pain.I put "exercises" in quotes because the MELT method isn't about exercises in the aerobic classes or Pilates sense, but think more along the lines of relaxation and self-massage techniques. Sue Hitzman's goal was to create a self-help method which had similar results to her hands-on sessions. You should also know it does require a relatively

small investment in equipment to get started; namely you'll need a soft foam roller and a small ball. Sue Hitzman to re-create the effectiveness of her hands-on work in a self-help format. MELT restores the supportiveness of the body's connective tissue to combat chronic pain, improve performance, and decrease the accumulation of stress caused by repetitive postures and movements of everyday living. My physical therapist introduced me to the Melt method several months ago. I had suffered from severe anxiety and insomnia and it was beginning to morph into chronic muscle tension that was, at the very least, debilitating. At one point I was told by a practitioner that this could possibly be a precursor to Fibromyalgia. That's when I got really worried and took up the physical therapist suggestion to try the Melt method. Almost immediately my insomnia began to improve and my muscle tension began to ease up. Through discipline and commitment to the Melt method I eventually lowered my anxiety medication. I am still committed to the practice and believe that soon I will be free of all of my symptoms. I cannot say for sure if my symptoms were a precursor to Fibromyalgia or another type of auto immune disease but it certainly felt like I was heading down that road. Back then I felt that my body was, in fact, attacking itself. I no longer feel that way. I would recommend Hitzman's book to anyone that has dealt with anxiety, insomnia, neurological disorders, muscle tension/pain, and/or any other type of related issue. Life is too short to live with pain when there are potential solutions. Through a combination of proper hydration and free our muscles from tension, we can heal ourselves--or get much further down that road. In addition to the Melt Method, two other books that you may find helpful: *Get Fit in Bed: Tone Your Body & Calm Your Mind from the Comfort of Your Bed* and *The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included]*. I wish you best of health and hope you find this review helpful!

[Download to continue reading...](#)

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! Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) 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) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise,

Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Live Pain Free Without Drugs or Surgery: How to use Integrated Positional Therapy to eliminate chronic pain MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Astrology: Understanding Zodiac Signs & Horoscopes To Improve Your Relationship Compatibility, Career & More! (Astrology, Zodiac Signs, Horoscopes, Compatibility, ... Spirit, Crystals, Star Signs, Relationship) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) How to Make Melt & Pour Soap Base from Scratch: A Beginner's Guide to Melt & Pour Soap Base Manufacturing Chronic Pain: Taking Command of Our Healing! : Understanding the Emotional Trauma Underlying Chronic Pain Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Finally Focused: The Breakthrough Natural Treatment Plan for ADHD That Restores Attention, Minimizes Hyperactivity, and Helps Eliminate Drug Side Effects Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)