

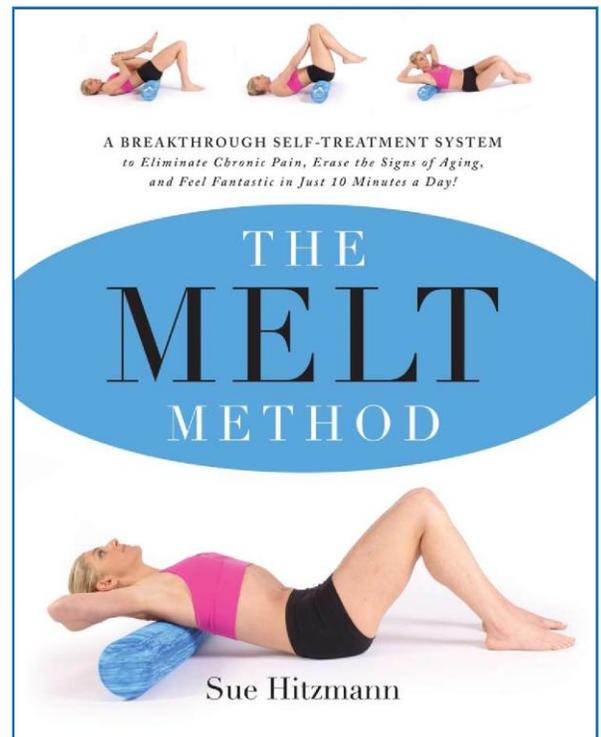


Q&A: The MELT Method

What is MELT?

The MELT Method® is a breakthrough self-treatment system that restores the supportiveness of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living. This patent-pending, pro-active self-treatment technique is backed by science and acclaimed by thousands of devoted MELTers.

New research has revealed the missing link to pain-free living: a balanced nervous system and healthy connective tissue. These two components work together to provide whole-body support, protection, and mind-body communication. Manual therapist Sue Hitzmann has transformed groundbreaking neurofascial science and hands-on therapies into a one-of-a-kind treatment method called MELT.



Who is MELT for?

MELT is for anyone who wants to slow down the aging process and live better, longer. For those in their 40s, 50s, and older who want to stay active, mobile, and independent — MELT is a must. MELT is for active younger adults and athletes who want to maintain a fit, toned body and achieve optimal performance without debilitating wear and tear.

MELT is truly for everyone! Even if you are pregnant, injured, post-surgery, overweight, sedentary, out of shape, have limited mobility, chronic pain, knee/hip replacements, or bone disorders — you can still MELT. It's the best starting point for any exercise program.



What benefits does MELT offer?

MELT creates a strong, flexible body that maintains its upright posture for life. And you will see and feel results after just one session!

MELT improves:

- flexibility & mobility
- posture
- the results of exercise
- range of motion
- sleep & digestion
- overall well-being

MELT reduces:

- aches & pains
- wrinkles & cellulite
- tension
- headaches
- risk of injury

How does MELT work?

Day-to-day living creates tension within our bodies. Physical stressors range from sitting at a desk to running a marathon. Carrying children and heavy bags creates trapped tension, as does even the gentlest form of exercise. Emotional, mental, and environmental stressors such as processed foods, medications, environmental toxins, and daily worries all build tension in the body.

New science reveals that this “stuck stress” is literally trapped in our connective tissue, which surrounds every joint, muscle, nerve, bone, and organ. Unaddressed trapped stress causes connective tissue dehydration and cellular damage. This creates a domino effect that begins with aches and stiffness and leads to common health issues such as neck and low back pain, headaches, insomnia, digestive problems, and injury. Accelerated aging and chronic health problems can follow . . . leaving us with limited options such as medicine, surgery, and a sedentary lifestyle.

However, when the connective tissue is hydrated and free of roadblocks, our bodies function at a more optimal level. MELT is a breakthrough technique that keeps our connective tissue and nervous system in top condition and slows down the aging process. MELT rejuvenates tissue hydration and relieves the tension of day-to-day life that gets trapped in our bodies.



No other proactive approach directly treats the connective tissue—including nutrition, exercise, yoga, meditation, or vitamins.

MELT is easy to learn, backed by cutting-edge research, and offers immediate results that you will see and feel the first time you MELT. Changes in posture, flexibility, energy, mood, and performance occur within only a few sessions. Best of all, your body feels great long after you MELT!

Is MELT like yoga, Feldenkrais®, Pilates®, or physical therapy?

No. MELT is unlike any other technique because it addresses an entirely different system of the body. MELT is to the neurofascial system (nervous and connective tissue system), what all other forms of exercise are to the musculoskeletal system. The science of the neurofascial system is being introduced to the health and fitness arena for the first time by Sue Hitzmann and MELT.

Far beyond weight loss and exercise, through a series of easy, precise techniques—using simple, specialized equipment like soft body rollers and small balls—this groundbreaking program quickly rehydrates connective tissue, making it more supportive, allowing the body to release long-held tension frequently leading to chronic pain symptoms. MELT also helps decrease accumulated stress in the nervous system improving any person's overall wellness. It's like getting all the benefits of a great massage yet it lasts longer and takes only minutes a day to get lasting results.

Has MELT been reviewed by experts?

Yes, MELT has been reviewed by internationally respected doctors, neuroscientists, and connective-tissue researchers, including Jean Pierre Barral, D.O.; Ben Domb, M.D.; Gil Hedley, Ph.D.; Tom Myers; and Robert Schleip, Ph.D. Each expert has recognized that MELT is grounded in scientific principles and offers extraordinary benefits.



How often should I MELT?

MELT a minimum of 15 minutes, three times a week to experience immediate and long-lasting benefits. And if you want to MELT every day, that's okay too.

MELT before strength training to improve muscle performance or after a cardio workout to erase joint compression and stiffness.

People who MELT regularly find that they want to exercise more often. It's just more fun to move when your body feels good, has more energy, and is free of pain.

How can I find more information on MELT?

Today, over 500 instructors who have been trained by Hitzmann teach MELT across the country to groups and individuals. To find a class in your area, or for more information, please visit www.meltmethod.com.

***Sue Hitzmann**, MS, CST, NMT, is a nationally recognized somatic-movement educator and manual therapist. Her decades of practice, research, and study of connective tissue science and complementary therapies have culminated in the creation of the **MELT Method**, a revolutionary approach to pain-free wellness and longevity.*

The MELT Method, by Sue Hitzmann

Hardcover; \$25.99

Available wherever books and ebooks are sold.