

For Immediate Release

Press Contact: Ann Pryor
212.904.4078
Ann_pryor@mcgraw-hill.com

THE PERMANENT PAIN CURE **The Breakthrough Way to Heal Your** **Muscle and Joint Pain for Good**

By Ming Chew, LPT

**Join the thousands who have used THE MING METHOD
and found relief without drugs or surgery**

“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, New York Daily News

Many of Ming Chew’s patients call him a “miracle worker.” Jason Kidd of the Dallas Mavericks calls him “cutting edge.” Matt Dillon calls him “innovative.” Why? Because he routinely heals pain and injuries that doctors have said can only be treated by medication and surgery.

Now Ming Chew offers everyone a self-therapy version of his treatment. In **THE PERMANENT PAIN CURE: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (McGraw-Hill; April 2008; hardcover, \$24.95)**, he introduces readers to the Ming Method: a unique, simple, and powerful approach to healing your pain problems yourself. The book provides easy-to-perform, safe, effective exercises and stretches that anyone, of any age and physical condition, can practice at home, for just 15 minutes a day, to relieve almost all forms of muscle and joint pain.

Ming’s special stretches focus on releasing tight, contracted areas in the fascia, a little-known but key connective tissue that envelops every muscle, nerve, organ,

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and bone in the body. The Ming Method also includes strengthening exercises to lock in the gains from fascial release and self-therapy techniques to facilitate stretching, plus proper hydration and supplements to maintain healthy tissue.

Readers will find individualized programs to treat carpal tunnel syndrome; sciatica; back injuries; tennis and golfer's elbow; tendonitis, shoulder pain; neck pain; knee pain; and plantar fasciitis—plus maintenance programs to enable office workers, the elderly, and healthy people to keep their fascia in good condition so they can remain pain free.

About the Author:

Ming Chew is a licensed physical therapist and alternative medicine practitioner with an active practice in Manhattan. Chew has healed some of the biggest stars of sports and screen, including members of the New York Yankees and New Jersey Nets, TV and film celebrities, and dancers from the New York City Ballet. He was featured in the ***New York Daily News, New York Times, New Jersey Star Ledger, Men's Health, and Muscle Magazine***. Chew has been a guest on **ESPN's NBA Shootaround and Fox & Friends**.

Read more at www.mingmethod.net

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For more information, contact:
Ann Pryor, Senior Publicity Manager
McGraw-Hill Professional
212.904.4078
Ann_pryor@mcgraw-hill.com