



# **3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief**

*Joseph Weisberg, Heidi Shink*

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## **3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief** Joseph Weisberg, Heidi Shink

Relieve and prevent chronic pain forever with this simple, safe, and sure-fire three-minute daily program!

Imagine a world free of aches and pains...no back pain, headaches, joint stiffness, or arthritis; no expensive ergonomic equipment or pain medications. With Dr. Joseph Weisberg's revolutionary new system, a pain-free life is now within reach of everyone—even those who have endured chronic pain for years.

At the heart of Dr. Weisberg's system is the *3-Minute Maintenance Method*--a unique program for all ages and fitness levels that eliminates the conditions that cause pain in the first place. By utilizing six different thirty-second therapeutic movements the program makes it possible for the body to keep itself free of pain.

Thanks to Dr. Weisberg's groundbreaking program, relief—and a lifetime of healthy muscles and joints--is finally at hand. In fact, it's just three minutes away!

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