

FREE Self-Therapy Workbook with Power Package

at TPS Wellness

This package gives you all the information, tools and resources for your self-therapy program. Ready to practice the program? Tap into Your Healer! My book is packed with leading edge information on self-care treatments for pain, muscle dysfunction, and injuries. The workbook includes photos of the muscles to target and techniques with in-depth information on how to find lasting relief through proven self-massage practices. We show self-care practices for symptoms including: Chronic Pain • Fibromyalgia • Back Pain • TMJ or Jaw Pain • Knee Pain • Foot Pain • Arthritis • Shoulder Pain or Frozen Shoulder • Headaches • Neck Pain • Carpal Tunnel • Sciatica • Joint Pain • Sports Injury • Strain Injury • Acute Pain • Accident Injury • Repetitive-Motion Injury • Exercise Recovery When you have the tools and techniques all you need is the practice. Say Hello to Relief!

Terms and Conditions

Relief can come in minutes for some. It may take regular sessions for a week or two for pain symptoms to subside. Long-standing chronic symptoms can be relieved in as little as one or two months. It may take longer if you suffer from fibromyalgia or widespread muscular pain, but you should have significant improvement in your condition with regular practice.

Exp: July 1, 2024

Offer Code: Power