

# **A Surprisingly Simple New Method That Stops Back and Hip Pain All- Naturally...**

(Retail Value \$27)

**Free Report**

**By Regie Tiu, PT**

Hey guys,

I want to show you...

## **How to Stop Back and Hip Pain and Improve Flexibility With 3 Simple Things You Can Do Right Now**

There are 3 things you can do right now that can lead to a life without pain.

But before I begin, there's a "mental hurdle" that most of you must overcome first. It's a common hurdle that many with back pain have and it prevents them from trying to improve.

You see, many back pain sufferers have attempted to get better before.

They might have tried going to the doctor or chiropractor, taking pills, using ice/heat, and maybe some massage but the pain is still there. It remains.

They feel like they failed.

It can really hurt their motivation and hope for a solution.

But there is something you should know...and most won't tell you this.

They are:

1. All the things I mentioned are only temporary. They don't last.
2. Well intended healthcare practitioners even though they know how to identify muscles and bones, they don't actually know how to cure chronic pain all naturally. I know it may seem hard to believe but here's a fact. The U.S. spends over 635 BILLION dollars every year on chronic pain but yet the problem is actually getting worse AND NOT BETTER. The numbers don't lie; there is something wrong.
3. And believe it or not, some practitioners don't actually want you to get cured. Some want you to be dependent on them so they can keep making their money. It's sad...but it's true.

So I want you to know... **it's not your fault.**

You have tried. You trusted professionals that are supposed to know and have your best interest at heart but they failed you.

So don't lose hope though...because I'm going to show you a real, life-changing solution.

There's one more hurdle...

Some of you might be getting older, and you may have been told that it's your age causing these problems. And this can cause you to simply want to give up or just learn to live with it.

But that is FALSE...it is not fact.

New research studies show that it's not *age* that causes arthritis or pain, it's...  
... **the lack of movement and flexibility.**

This is something I've known for a very long time.

I've had 60, 70 and even 80 year olds who moved better than most 30-40 year olds after my program...but it's nice that science has proven it.

So if you are thinking you can't improve...stop it.

Just throw that thought out of your mind...

Because the issue isn't you, it's the methods you've been told to do.

That's why I'm writing/recording this to you now...  
I want you to know the real truth.

## **My name is Regie...**

I've been helping people of all ages and all body types cure themselves of low back pain for over 20 years.

- I'm a Flexibility Coach,
- Licensed Physical Therapist,
- and Specialize in Chronic Pain & Weight-Loss

I use a revolutionary method called MFM that rapidly accomplishes two very important things.

**These two things are the culprit behind most back and hip pain problems.**

They are:

1. **Muscle Imbalance:** Tight muscles, weaknesses, and hyper movements in joints can cause Muscle Imbalances. We call them "Fault Lines" and until you fix it, you will always have pain.
2. **Internal Imbalances:** You very well likely may NOT be healthy on the inside. It may be your hormones, or cardiovascular system, or blood sugar levels, but quite simply there's something wrong. And it makes it difficult for you to have the energy and healing power to improve. No matter what you do, it will not fix it.

Back and hip pain are symptoms of a deeper problem... 1) A deep muscle imbalance and 2) Internal nutrient imbalance.

Until you recognize this you're just spinning your wheels.

**The success of my method has resulted in** me opening up a clinic that is thriving and busy today... with people traveling from all over the state just to meet me.

And the cost to come see me in-person would cost you well over \$200...but I want to help more people who are suffering.

I want to stop the misinformation that is hurting people.

That is why I'm sharing this with you now.

Writing/Recording this enables me to reach more people and help transform more lives.

My life hasn't always been about success however.

I have failed before and fully understand what it can do to a person's sense of motivation and hope.

I came to this country with all my life savings of \$200. After paying for licensure and other documents, I was left with \$50 in my pocket. I even had to collect cans for 5 cents each to buy groceries. I stayed with a relative where I

was so poorly treated that I left. I am a licensed physical therapist and have the ability to heal people and was living like that. I went into depression.

I failed.

But that failure forced me to look deep inside myself and ask myself,...

*“Do I quit and accept my condition and keep going like this?”*

Or,

*“Do I make a change and create a new story in my life?”*

Get the full details on what I decided, what I did, and how it changed my life.

<https://restoreplusny.com/get-active-and-fit-with-regie/>

### **IMPORTANT MESSAGE:**

I want you to know that you can improve and write a new story for yourself. You don't have to live with pain. You shouldn't just accept it...despite how many past failures and attempts. There is hope, there is a solution. You just have to WANT IT and get the right guidance.

Remember,...without failure and tragedy there is no opportunity for triumph.

You can come out a hero, as long as you don't give up. You can live a life with more purpose and passion.

### **Here are the 3 things you can do RIGHT NOW to stop the pain (that's holding you back from life) and write a new story of triumph:**

1. Test yourself to see if you have a muscle imbalance in your body. Do this test... Sit and place foot on opposite knee. If it doesn't feel (or look) the same on both sides, you have a Muscular Imbalance (a Fault Line) that is most likely causing your pain and problem.



2. Go through this list and check off all that applies to you. If you checked off more than 50% of the list, you have an "Internal Imbalance."
  - Belly fat regardless of how many sit-ups you do.
  - Tingling in hands or feet.
  - Feel sluggish after you eat.
  - Crave sugar and carbs.
  - Frequently wanting/needing to urinate.
  - Joints feel stiff when you wake up from sleep.
  - Tummy feels bloated after you eat.
  - Feel hungry even after a meal.
  - Have trouble breathing after one flight of stairs.
  - Feeling tired more than usual.
  - Get lightheaded (or dizzy) when standing up from sitting or laying position.

- Difficulty healing from minor cuts or scrapes.
  - Frequent infections.
  - Tummy bloating gets worse as day goes on.
  - Worry about something almost every day.
3. After you go through the above steps,...Call me at the number below and I will better understand your unique condition and then I will send you the step by step on 3 things you can do for your specific problem. Sound good? Great. Talk soon.