

# The MELT Method FAQs

## What is MELT?

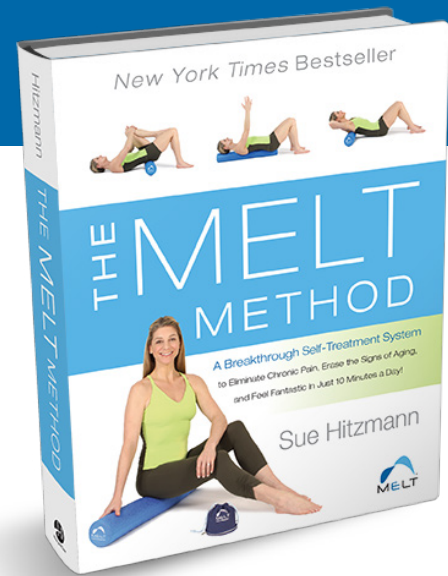
The MELT Method® (MELT®) is a simple self-treatment technique that reduces chronic pain and helps you stay healthy, youthful, and active for a lifetime. Just 10 minutes of MELT three times a week is all you need to reduce the effects of accumulated tension and stress caused by daily living. This revolutionary approach is backed by the latest science and acclaimed by hundreds of 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 your body architectural support and optimal mind-body communication. New York City-based manual therapist and connective tissue specialist Sue Hitzmann has transformed groundbreaking neurofascial science and hands-on therapies into a one-of-a-kind treatment method called MELT. Using specialized techniques, a soft body roller, and four different small balls, MELT rehydrates the connective tissue, rebalances the nervous system, and restores space to compressed joints.

In her *New York Times* bestselling book *The MELT Method*, currently published in eight languages, Hitzmann has brought this easy self-treatment to more than 200,000 people around the world – and now it's your turn.

## Who is MELT for?

MELT is for anyone who wants to slow down the aging process and live pain-free. For those in their **40s, 50s, 60s, and older** who want to stay active, mobile, and independent – MELT is a must. MELT is also for **active younger adults and athletes** who want to maintain a fit, healthy 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 or have limited mobility, chronic pain, knee or hip replacements, or bone disorders – you can still MELT. It's the best starting point for any exercise and wellness program.

### **What benefits does MELT offer?**

MELT creates results you will see and feel in the first session. Over time MELT heightens your body's ability to repair and heal itself, which can create remarkable, lasting changes.

#### **MELT improves:**

- flexibility
- alignment & posture
- the results of exercise
- joint mobility
- sleep & digestion
- overall well-being

#### **MELT reduces:**

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

### **How does MELT work?**

Daily living creates stress and tension within your body. Physical stressors may range from sitting at a desk to running a marathon. Emotional, mental, and environmental stressors also put strain on your body.

The repetitive stress of daily living literally gets stuck in the connective tissue, which surrounds every joint, muscle, nerve, bone, and organ. "Stuck stress" accumulates and causes dehydration in the connective tissue, which interferes with the nervous system's ability to regulate itself and slows down the body's natural healing process.

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 medication, surgery, and an increasingly sedentary lifestyle.



When the connective tissue is hydrated and free of stuck stress, your body functions more efficiently and natural healing occurs daily. MELT is a breakthrough technique that directly addresses stuck stress and slows down the aging process by rehydrating the connective tissue and rebalancing the nervous system. No other approach directly treats these two systems – including nutrition, exercise, or meditation.

### **Is MELT like myofascial release, yoga, Pilates®, reflexology, or physical therapy?**

Although MELT is complementary with other treatments, practices, and workouts, it is unlike any other technique because it directly addresses an entirely different system of the body. MELT is to the neurofascial system (nervous and connective tissue system) what exercise and rehabilitation are to the musculoskeletal system. The scientific principles and direct self-treatment of the neurofascial system are being introduced for the first time by Sue Hitzmann and MELT. Even better, adding MELT to your current routine can boost the results of whatever else you're doing.

### **Has MELT been reviewed by experts?**

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

### **Why should I MELT?**

MELT quickly rehydrates connective tissue and allows the body to release long-held tension and stress that leads to chronic pain. MELT is easy to learn and offers results you will see and feel the first time you try it. Changes in alignment, flexibility, energy, mood, and performance occur within only a few sessions. Best of all, your body feels great long after you MELT! The results that MELT provides were previously available only through ongoing, costly hands-on therapies. Now you can be your own Hands-off Bodyworker® and be in control of your health.



*Discover the secrets  
to pain-free living...  
at any age!™*



## How often should I MELT?

MELT is so gentle that you can do it every day. Yet all it takes is just 10 minutes, three times a week, to experience immediate and long-lasting benefits. Drink a glass of water before and after you MELT to achieve the maximum results.

When you exercise, MELT before strength training to improve muscle performance and joint alignment or after a cardio workout to erase joint compression and stiffness and enhance muscle recovery. 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.

## Who created MELT?

Sue Hitzmann, MS, CST, NMT, is the creator of the MELT Method, a simple self-treatment technique that helps people get out and stay out of chronic pain. A nationally recognized educator, manual therapist, exercise physiologist, and founding member of the Fascial Research Society, Sue is the author of the *New York Times* bestselling book *The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day!*, which has helped more than 200,000 people around the world lead a healthy, pain-free life.

## How do I get started?

First, go to [meltmethod.com](http://meltmethod.com). There you'll find everything you need to get started, including the Hand and Foot Treatment Kit, the 2-disc Hand and Foot Treatments DVD, the Soft Body Roller, the 3-disc MELT Method DVD, and the bestselling MELT Method book. While you're at [meltmethod.com](http://meltmethod.com), look for a local MELT instructor, event, or ongoing class. There are now a thousand instructors in over a dozen countries. Please send any questions to [info@meltmethod.com](mailto:info@meltmethod.com). We're looking forward to helping you live a long, healthy, active life that's full of the activities you enjoy!