

Pain to Gain Report

Women Age:47 Location: Maryland

20 Years of Knee Pain

Runner. Extremely tight quadriceps. Both hips hurt. Lower back pain. Both feet hurt. Knee started hurting in her 20's. Was unable to walk in 2020 because of knee pain.



AT A GLANCE

Challenges

- Reduce pain without shots
- Remedy hip & shoulder pain
- Provide proper exercises

Benefits

- Return client to activity
- Living pain free long term
- Holistically heal the whole body

CHALLENGE

Wanted to reduce knee, hip, shoulder and foot pain without using drugs, surgery or shots.

SOLUTIONS

The Knee Pain Recipe drove results by:

- Reducing inflammation and swelling
- Re-aligning the hips, knee and ankle joint with stretching and stability exercises
- Coached to use Chiropractic and Osteopath care to readjust spine, shoulders and knee

BENEFITS

Benefit One

Has returned to jogging

Benefit Two

Exercise 4 times a week

Benefits Three

Walks the dog without knee pain

Benefit Four

Knee pain no longer exists

Outcome:

Clients now lives a pain free life with an occasional shoulder pain. Can jump in exercise class. Swims and does water aerobics



Knee Pain Recipe Is a 6 step holistic solution to knee pain reduction

Our mission is to holistically eradicate knee pain from around the world

Renee Moten



Testimonials.MOV