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Put an end to painful shoulders

FROZEN Shoulder Syndrome is an extremely painful condition that typically affects people between the ages of 40 and 60. In most cases it starts with a twinge or nagging ache. Over time the shoulder becomes stiffer and more painful until it seizes up and becomes "frozen" so you cannot lift it over your head or bend it behind your back.

Many doctors suggest surgery or painful injections. But there is a natural way to heal this condition — you can even do it yourself.

"I have written this guide as the

result of an overwhelming demand for information about my treatment," says Simeon Niel-Asher, a London-based osteopath and author of *Treat Your Own Frozen Shoulder*.

"My technique has proven successful with long-standing shoulder problems."

We have five copies to give away FREE.

For more information about the book, exercise bands and

other products to help you, log on to www.frozenshoulder.com. For a chance to win this \$45 book, see the coupon on page 45.



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