

## Pain to Gain Report

Women Age: 72 Location: California  
 Knee pain 30 years. Floating knee cap  
 Torn Meniscus. Could not walk – Needed wheelchair on occasions  
 Pinched nerve SI joint. Bunions. Neck and shoulder issues. Synvisc & Stem injections. Cortisone, PT



### AT A GLANCE

#### Challenges

- Extreme knee pain
- Taking drugs to reduce pain
- Surgery was suggested

#### Benefits:

- Balance training
- No need for pain killers
- Can sit long term
- Can perform home improvements

### CHALLENGE

Can't sit in theatre. Need a wheelchair to get around. Husband helps her to the bathroom. Neck and shoulder issues. Floating knee cap

### SOLUTIONS

The **Knee Pain Recipe** drove results by:

- Reducing inflammation and swelling
- Regaining range of motion in whole body
- Coached thru treatments for a Chiropractor
- Re-aligning body with the proper exercises

### BENEFITS

#### Benefit One

Bunions are reducing

#### Benefit Two

Don't need the wheelchair/ exercise 4 times a week

#### Benefits Three

Can get on ladder / performing home improvement

#### Benefit Four

Balance training/Feeling more confident fall prevention

**Outcome:** KC has now return to Kayaking, walking around neighborhood reading water meters with no knee or back pain. She donated her wheelchair to charity.



*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*