

## Pain to Gain Report

Women Age: 57 Location: Missouri 21 years in pain. Injury stepping off ladder. Torn Menisci repairs in both knees. ACL shredded. Kidney disease from prolonged NSAIDs for pain. Need two knee replacements. Cannot stand long, weight gain from



### AT A GLANCE

#### Challenges

- Constant Pain
- Sedentary lifestyle
- Poor Health

#### Benefits

- 98% Pain Free
- Tools to deal with any residual pain
- Fuller, more active lifestyle

### CHALLENGE

Doctor prescribed double knee replacement but required a significant amount of weight loss before surgery. Meanwhile, the patient suffered with pain and a less fulfilling life.

### SOLUTIONS

The Knee Pain Recipe drove results by not requiring weight loss before beginning the program. Improvements were seen after the first two sessions. By the end of the program pain was gone and almost a year later, the results are still evident.

### BENEFITS

#### Benefit One

Learned proper stretching techniques to help with alignment.

#### Benefit Two

Learned how to get rid of inflammation.

#### Benefit Three

Learned about other professionals to help regain alignment.

#### Benefit Four

Learned knee safe exercises to burn calories while keeping alignment.

#### Outcome:

Client still has both knees.

Pain free most days. Can travel once again.

Sleep through the night without pain.

Do not require any pain medications.

Know what to do if pain occasionally flares.

No longer need to carry a portable stool to avoid standing.

Beginning to lose weight due to more active lifestyle.

<https://youtu.be/7sAkfdPToHg>



*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*