

Using Meridian Tapping to Quickly Manage and Eliminate Pain From Trauma, Injury or Surgery

By Stacey Vornbrock, M.S., Sports Performance Pioneer

Introduction to The Science of Tapping

Before I talk about how tapping works on injuries and surgeries, let me tell you a little bit about our biochemical functions.

We have 50 to 100 trillion cells in our bodies!

EVERY CELL in our body has up to one million cell receptor sites. It is the job of these cell receptors to take in nutrients, proteins, vitamins, and minerals to nourish each cell and keep it in balance



AN EVENT HAPPENS

That event can be thoughts we have, something that happens to us, something we witness happening to someone else, an injury, a trauma, etc.



The hypothalamus releases a cascade of chemicals that are called peptides

These peptides are short chain amino acids that we experience as an emotion or sensation; all 32 emotions are simply chemical combinations



These peptides dock onto cell receptor sites throughout the body
Now nutrients, proteins, vitamins and minerals can't enter those receptor sites



If the chemical/emotion isn't naturally processed out of receptor sites it remains there



Eventually these receptor sites shrink up and die and the cell divides



The body then makes more receptor sites for that same chemical/emotion and less for nutrients, proteins, vitamins, and minerals



We then spend our time trying to deal with the event and these unprocessed chemicals/emotions on a psychological (mental) level rather than the physiological (physical) level that it happened on

That's also why it feels like your problem is getting worse. That's not your imagination, that's an accumulation of those chemicals in your cell receptors; it's a biochemical response your body is having

The things that happen to us happen on a physiological level. They literally bypass our conscious mind and happen biochemically and physiologically to us. But we end up spending our time trying to deal with them psychologically and mentally. It's like using a hammer to do the job when instead you really need to use a screwdriver!

What does tapping do?

Tapping speaks directly to your body, bypassing the conscious mind, and completes the processing of those chemicals out of the cell receptors, returning your body to a state of balance.

This is accomplished through a series of taps on end acupuncture points on your face and hands. There are no needles involved and it is a do-it-yourself technique. Once learned, you will literally have this tool at your fingertips for the rest of your life!

And unlike other techniques, since we're speaking directly to your body and not your mind, you don't have to believe it will work in order for it to work. You can remain completely skeptical and still get great results!

And believe me when I tell you that every one of my athletes is skeptical when they come to me! I love it... I welcome their skepticism, because the most skeptical ones become my biggest advocates in the end!

Tapping is not designed to replace anything you are currently doing in your life. Tapping is *in addition to* good nutrition, chiropractic, naturopathic, and medical care or any other modality or tools that enhance your life.

Past and Current Injuries and Surgeries

We hold beliefs about how long it takes to recover from any given injury or surgery and what that process entails. But what if there was a way to heal faster? What if there was a way to speed up the healing of current injuries and complete the healing of all your past injuries and surgeries?

Whenever you are injured or have surgery there are three main areas that need to be cleared on the cellular level:

- The first is the trauma to the body itself. That trauma immediately settles into the cell receptors and will just stay there unless you signal the cell receptors to release that trauma. Along with trauma immediately come adrenaline, pain, and fear. Just because you aren't in pain or you don't feel any fear or adrenaline right now doesn't mean it has cleared out of your cell receptors. It's still sitting there and must be tapped on for maximum results.
- The second area has to do with all the emotions that you experience as a result of the injury. I call it the "oh damn" moment where you realize what you've done and there is a cascade of thoughts and feelings about what this means to you. For example: anger, frustration, embarrassment, fear of death, and fear of re-injury are common emotions that get stuck in the cell receptors. It's critical to tap on all of the chemicals/emotions to release them from the cell receptor sites. There are also all the emotions around the medical experience with your doctor, the hospital, the nursing staff, and the rehab process. All these emotions need to be released as well through tapping.
- Finally, whenever you are injured the body immediately forms a memory of protection on the cellular level to keep that part of the body safe. You begin to hold yourself in a certain way and the body begins to adapt around the injury. Once that injury heals, nothing signals the body to release the memory of protection. Your body then never returns to a state of balance but remains in that adaptive state. You will consciously or unconsciously hold back in the way you move your body.

When the trauma, emotions, and memory of protection are sitting in those cell receptor sites, your cell receptors aren't as available to take in all the good things you're doing to support the healing of the injury. That's why it

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can take so long for something to heal. But once you release them through tapping, now you've freed up those cell receptors to be fully available to take in nutrients, proteins, vitamins, and minerals. All the things you're doing to heal (chiropractic care, supplements, physiotherapy, massage, etc.) can work at the deepest cellular level in your body.

I have discovered that **old injuries never fully heal** because the trauma, emotions, and memory of protection have never been released from the cell receptor sites. You end up holding back physically to protect your body either consciously or unconsciously.

Once the old trauma, emotions, and memory of protection are released, you may recover range of motion and be able to move your body in ways you haven't been able to for years. Many people have reported that aches and pains they've had for years are completely gone once we release these three areas on the cellular level.

What to Expect As You Tap for Injuries

It's common to experience something called "unwinding or re-tracing" as you tap for injuries. As your body "unwinds" or releases the trauma, emotional chemicals, and the memory of protection from the cell receptors, you may experience a mini version of what you initially experienced with the injury. For example, as you tap you may experience sharp or dull pain, aching, etc. just like you did when you were injured, but it will be a very quick version. Don't be alarmed by this, **just keep tapping** and it will subside.

The Tapping Protocols

The following protocols are excerpted from the book: *Injury Recovery, The Ultimate Injury and Trauma Recovery Program* by Stacey Vornbrock, M.S. and are only a part of the complete *Injury Recovery* program.

This is a very comprehensive and thorough program with a total of 25 tapping protocols for injury recovery. To receive the maximum healing results for any current or past injury or surgery, please visit:

<http://www.breakthroughheft.com/injuryrecovery.htm>

The following material is not intended as a substitute for the advice of a physician. If you are injured, seek medical advice immediately.

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This material is also not a substitution for the standard treatment you would give an injury (such as ice, heat, elevation, rest, surgery, etc.), nor is it a substitution for your rehab process. *This material is provided in addition to everything else you are doing to treat any injury.*

Please watch a demonstration of the tapping points I use on my website: www.ByeByeBlocks.com/tappingpoints. You'll notice that each tapping protocol that I have developed will have EB, SE, UE, etc. which tells you what point to tap while you are repeating the words.

Fill in all the "blanks" with where you are specifically injured and the specific incident (for example: "right elbow", "1998 car accident").

Tapping Protocol for Injuries – Trauma

Tap on Karate Chop Point and repeat 3 times:

"Even though I'm holding this trauma in every cell of my _____ from the _____ injury, I deeply and completely love and accept myself."

EB: I'm holding this trauma in all the muscles of my _____

SE: I'm holding this trauma in all the ligaments of my _____

UE: I'm holding this trauma in all the tendons of my _____

UN: I'm holding this trauma in all the bones of my _____

CH: I'm holding this trauma in all the joints of my _____

CB: I'm holding this trauma in all the cartilage of my _____

UA: I'm holding this trauma in all the tissues of my _____

WR: I'm holding this trauma in all the nerves of my _____

EB: I'm holding this trauma in all the fascia of my _____

SE: I'm holding this trauma in all the membranes of my _____

UE: I'm holding this trauma in all the skin of my _____

UN: I'm holding this trauma in all the fluids of my _____

CH: I'm holding this trauma in all the fibers of my _____

CB: I give my _____ permission to release this trauma from every cell

UA: My _____ no longer needs to hold onto this trauma and can choose to relax and let it go

WR: I give my _____ permission to release this trauma from every cell membrane and cell receptor site

Tapping Protocol for Injuries – Emotions Connected with the Injury and Rehab

Make a list of all the feelings you experienced during the injury and rehab. Common emotions include: fear of death (this is something the body experiences even though you may not be consciously aware of it), anger, frustration, sadness, guilt, embarrassment, weakness, loss of confidence, anger with myself, anger with someone involved with the injury, upset with the doctor or physiotherapist, disappointment, etc. Tap on each emotion one time through and then move onto the next emotion. They must be done one-at-a-time for the best results. **It's important to be thorough and not leave anything out.** Whatever you emotionally experienced at the time of the injury and rehab is still sitting in your cell receptors. Just because you don't feel it now doesn't mean it's gone. Tap on it and see what happens! Fill in the blanks with the specific emotion and the specific part of your body injured (i.e. anger/ right elbow).

Tap Karate Chop while repeating 3 times:

"Even though I'm holding this _____ in every cell of my _____ from the _____ injury, I deeply and completely love and accept myself."

EB: I'm holding this _____ in all the muscles of my _____

SE: I'm holding this _____ in all the ligaments of my _____

UE: I'm holding this _____ in all the tendons of my _____

UN: I'm holding this _____ in all the bones of my _____

CH: I'm holding this _____ in all the joints of my _____

CB: I'm holding this _____ in all the cartilage of my _____

UA: I'm holding this _____ in all the tissues of my _____

WR: I'm holding this _____ in all the nerves of my _____

EB: I'm holding this _____ in all the fascia of my _____

SE: I'm holding this _____ in all the membranes of my _____

UE: I'm holding this _____ in all the skin of my _____

UN: I'm holding this _____ in all the fluids of my _____

CH: I'm holding this _____ in all the fibers of my _____

CB: I give my _____ permission to release this _____ from every cell

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UA: My _____ is perfectly safe and no longer needs to hold onto this

WR: I give my _____ permission to release this _____ from every cell membrane and cell receptor site

Tapping Protocol for Habit of Pain

Tap Karate Chop Point while repeating 3 times:

“Even though I’m holding this habit of pain in every cell of my body and especially in my _____, I deeply and completely love and accept myself.”

EB: For the last ____ years/months my body has gotten used to having pain

SE: My body has gotten into the habit of feeling pain and holding pain

UE: I can’t imagine not feeling pain somewhere in my _____

UN: My mind is in the habit of looking for pain somewhere in my body

CH: My body feels comfortable having pain

CB: Every cell receptor in my body is addicted to pain

UA: I can’t imagine my _____ being free of pain

WR: It would feel uncomfortable on so many levels to be free of pain

EB: I’m holding this habit of pain in all the muscles of my body

SE: I’m holding this habit of pain in all the ligaments of my body

UE: I’m holding this habit of pain in all the tendons of my body

UN: I’m holding this habit of pain in all the joints of my body

CH: I’m holding this habit of pain in all the bones of my body

CB: I’m holding this habit of pain in all the cartilage of my body

UA: I’m holding this habit of pain in all the tissues of my body

WR: I’m holding this habit of pain in all the nerves of my body

EB: I’m holding this habit of pain in all the fascia of my body

SE: I’m holding this habit of pain in all the membranes of my body

UE: I’m holding this habit of pain in every cell of my skin

UN: I’m holding this habit of pain in every cell of my spine

CH: I’m holding this habit of pain in all the fluids of my body

CB: I’m holding this habit of pain in all the fibers of my body

UA: I’m holding this habit of pain in all the organs of my body

WR: I’m holding this habit of pain in every of my _____

EB: I’m holding this habit of pain in all the neuropathways of my brain

SE: I’m holding this habit of pain in every cell of my eyes

UE: I’m holding this habit of pain in every cell of my ears

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UN: I'm holding this habit of pain in every cell of my mouth and taste buds
CH: I'm holding this habit of pain in every cell of my sense of touch
CB: I'm holding this habit of pain in every cell of my nose and sense of smell
UA: I'm holding this habit of pain in every cell of my aura
WR: I'm holding this habit of pain in every cell of my energy body

Tap Karate Chop Point while saying:

"I give my body permission to release this habit of pain from every cell. It's safe for my body to release this habit of always feeling pain in my _____. I give my body permission to release this habit of pain from every cell membrane and cell receptor site."

Tapping Protocol for Clearing The Energy of Anesthesia

Tap Karate Chop Point while repeating 3 times:

"Even though I'm holding the energy of anesthesia in every cell of my body, I deeply and completely love and accept myself."

EB: I'm holding the energy of anesthesia in all the muscles of my body
SE: I'm holding the energy of anesthesia in all the ligaments of my body
UE: I'm holding the energy of anesthesia in all the tendons of my body
UN: I'm holding the energy of anesthesia in all the joints of my body
CH: I'm holding the energy of anesthesia in all the bones of my body
CB: I'm holding the energy of anesthesia in all the cartilage of my body
UA: I'm holding the energy of anesthesia in all the tissues of my body
WR: I'm holding the energy of anesthesia in all the nerves of my body

EB: I'm holding the energy of anesthesia in all the fascia of my body
SE: I'm holding the energy of anesthesia in all the membranes of my body
UE: I'm holding the energy of anesthesia in every cell of my skin
UN: I'm holding the energy of anesthesia in every cell of my spine
CH: I'm holding the energy of anesthesia in all the fibers of my body
CB: I'm holding the energy of anesthesia in all the fluids of my body
UA: I'm holding the energy of anesthesia in all the organs of my body
WR: I'm holding the energy of anesthesia in every cell of my heart

EB: I'm holding the energy of anesthesia in all the neuropathways of my brain

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SE: I'm holding the energy of anesthesia in every cell of eyes

UE: I'm holding the energy of anesthesia in every cell of my ears

UN: I'm holding the energy of anesthesia in every cell of my mouth and taste buds

CH: I'm holding the energy of anesthesia in every cell of my sense of touch

CB: I'm holding the energy of anesthesia in every cell of my nose and sense of smell

UA: I'm holding the energy of anesthesia in every cell of my aura

WR: I'm holding the energy of anesthesia in every cell of my energy body

Tap Karate Chop Point while saying:

I give my body permission to release the energy of anesthesia from every cell. My body no longer needs to hold onto the energy of anesthesia and can choose to relax and let it go. I give my body permission to release the energy of anesthesia from every cell membrane and from every cell receptor site.

Tapping Protocol for Integration

Tap Karate Chop while repeating 3 times:

"Even though my body hasn't fully integrated the changes I've just made, I deeply and completely love and accept myself."

EB: My body just released a lot of chemicals

SE: My body is in the process of establishing a new level of normal

UE: My body is in the process of establishing a new level of balance

UN: My body hasn't fully integrated these changes on the muscular level

CH: My body hasn't fully integrated these changes on the neurological level

CB: My body hasn't fully integrated these changes on the skeletal level

UA: This is a big change for my body in a short period of time

WR: My body has a lot to process as it establishes a new level of balance

Tap Karate Chop while saying:

"I give my body permission to easily and quickly establish a new level of normal and balance. I give my body permission to fully and completely process these chemicals out of my cell receptors. I give my body permission to fully integrate these changes on the muscular, neurological, and skeletal levels."

The Use of Emotional Freedom Techniques for Range of Motion and Injuries

I have been pioneering the use of Emotional Freedom Techniques with injuries and range of motion (ROM) issues since 2003 with remarkable results. My results have consistently shown an increase of 20% or greater range of motion. Often times an increase in ROM is 60% or greater. (An increase of 10% ROM is considered excellent in the industry.)

I first used tapping with range of motion issues in 2003 when I started working with a Nationwide Tour Player. When I met him, his hip flexors were so tight that he couldn't rotate fully around into his back swing. In order to get around he was lifting his left foot off the ground, a big no-no as this causes instability and a whole host of other problems.

His golf pro asked if I could do something about his tight hip flexors. I said, "sure, let's try it, it won't make things worse!" Within two rounds of tapping, he was able to keep his left foot rock-solid on the ground and his hip rotation had increased from about 20° to 40°. His golf pro was speechless.

The next day his golf pro was stretching him on the table when I arrived and he told me we had 40° rotation but he still needed another 5°. I said, "no problem" and we started tapping. In front of our eyes his hip rotated another 10°. Later I learned that this golfer had experienced a pretty traumatic left hip injury, so we tapped on all aspects of that injury.

His golf pro, and I were very excited by this and I started experimenting with other golfers, all with great results, but no specific measurable proof.

Then in September of 2004, I had a local company contact me. They had heard about me and were interested in the work I do with athletes. They use sensors and a very high tech program to measure golf and baseball swings and motion of every kind.

I met with their athletic trainer, Marilyn. I told her that I could get fabulous results with increasing range of motion. She gave me three people and provided me with verifiable measurements of their results.

The first client was John, an athlete who was in his mid-thirties and had

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been in a car accident about two months prior. He had injured his neck and shoulders. Marilyn had been working with him for one month with no results.

At the end of our first session John had an increase in ROM of 67%, and by the end of our second session his symptoms were gone. (Remember Marilyn had worked for one month with him with no results.)

I explained to her that whenever there is an injury (or surgery) there are three major areas to address on the cellular level:

- The first is the trauma to the body itself. That trauma immediately settles into the cell receptors around the injury and will just stay there unless you signal the cell receptors to release that trauma. Along with trauma immediately come adrenaline, pain, and fear. Just because you aren't in pain or you don't feel any fear or adrenaline right now doesn't mean it has cleared out of your cell receptors. It's still sitting there and must be tapped on for maximum results.
- The second area has to do with all the negative emotions that you experience as a result of the injury. I call it the "oh damn" moment where you realize what you've done and there is a cascade of thoughts and feelings about what this means to you, as well as any negative emotions around the rehab process. For example: anger, frustration, embarrassment, fear, weakness, loss of confidence, and fear of re-injury are common emotions that get stuck in the cell receptors around the injury site. It's critical to tap on all of the emotions to release them from the cell receptors because once released, now you've freed up those cell receptors to be fully available to take in nutrients, proteins, vitamins, and minerals. All the things you're doing to heal (chiropractic care, supplements, physiotherapy, massage, etc.) can work at the deepest cellular level in your body.
- Finally, whenever you are injured the body immediately forms a memory of protection on the cellular level to keep that part of the body safe. You begin to hold yourself in a certain way and the body begins to adapt around the injury. Once that injury heals, nothing signals the body to release the memory of protection. Your body then never returns to a state of balance but remains in that adaptive state. You will consciously or unconsciously hold back in the way you move your body and not be able to fully perform at your highest level.

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I have discovered that old injuries never fully heal because the trauma, emotions, and memory of protection have never been released from the cell receptor sites. You end up holding back physically to protect your body either consciously or unconsciously. Once the old trauma, emotions, and memory of protection are released, you may recover range of motion and be able to move your body in ways you haven't been able to for years, thus improving your athletic performance.

With the tapping protocols I've developed to address injuries and surgeries, it's very easy to speak directly to the cells to remove the cellular trauma, all the negative emotions connected with the injury and rehab, and finally release the memory of protection, allowing the body to return to a state of balance.

The second client was Aaron, a 15 yr. old young man who plays baseball. Marilyn was stretching his hamstrings and he was wincing. He had no injuries just tight hamstrings.

It had taken her two months to obtain 20° ROM in his hamstrings. In 30 seconds I was able to increase his ROM from 20° to 45° (an increase of 25°). That was over a 200% increase in ROM. She was speechless!

The third client was Julie, a 16 yr. old who plays softball and baseball. She had torn her ACL (the ligament that helps hold the knee together) and had surgery for that.

Julie missed a critical week or two of rehabilitation after the surgery and months later she couldn't straighten her knee. She needed to straighten it to be able to do the exercises that would strengthen the muscles above her knee that hold the knee in place.

Marilyn had worked with her for two months with no results. She was ready to recommend that her parents take her back for surgery because she thought that it was scar tissue deep in her knee. Marilyn wanted to know if I could help her and I said let's try.

By the end of the first session, we had 5° ROM and by the end of the second session we had 20° ROM. This was enough for her to go home and start doing her exercises to strengthen her knee. This young woman was saved from having unnecessary surgery.

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In 2005 I worked with a MLB pitcher, Tom, who had been out on DL (disabled) for months. He had a torn ligament in his left shoulder from throwing. He came to see me to work on confidence issues related to pitching.

In the course of our work together, he decided to have surgery on his shoulder after an alternative treatment failed to produce the results he was looking for. Before the surgery we tapped on issues around the surgery; worry, doubt, and fear around rehabbing his shoulder. I wanted to make sure that he went into surgery without any emotions sitting in his cells.

His surgery went very well and in fact they discovered two tears in his ligament. We had a session soon after his surgery and we tapped for the trauma, pain, fear, his body not being in harmony with the screws they had inserted into his shoulder, the anesthesia, doubt he would recover his range of motion, scar tissue, and memory of protection.

At his first rehab session he could reach his left arm completely across his chest. His physical therapist said, "I don't understand this; I've never seen anything like this." The therapist explained that it would normally take 4 weeks for someone to achieve what he was doing on his first day of rehab.

It normally takes 16 weeks to rehab from this surgery and we had already cut that time by one-fourth! Approximately one month later, the physical therapist took range of motion measurements and said to Tom, "some of your measurements are better than normal, I don't understand this."

Then saw his surgeon and he told Tom his range of motion was excellent and his recovery from this surgery was ahead of schedule. He made a full and complete recovery.

A college baseball catcher I worked with had full Tommy John surgery at the end of August in 2008. For those of you who may not know, this is a procedure in which a ligament in the medial elbow is replaced with a tendon from somewhere else in the body, often from the forearm, hamstring, knee, or foot. Recovery takes about one year for pitchers and about 6 months for position players. His recovery time was expected to be that of a pitcher's recovery time.

Within four months of our tapping work, he had clearance from his doctor to begin throwing and increase his lifting. At one point in his rehab process he had so much flexibility in his elbow, his physiotherapist got scared and had

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him go for an MRI to make sure he hadn't damaged it again! Of course his MRI came back completely clear and he fully healed considerably ahead of schedule.

Another client of mine, a former LPGA Tour Player and current golf coach, had an extensive list of over 28 past injuries. Regardless of a surgery and *numerous* rehab attempts, she found her old injuries impeding her coaching and very athletic day-to-day life. Through patience and persistence we tapped on all her injuries. She reported that our EFT work revolutionized her recovery and she is now able to fully participate in all her sports and coaching without pain or discomfort.

I have worked with hundreds of athletes and every one of them has been injured at least once and many have been injured multiple times. Using the tapping protocols I've developed for injuries, I can *consistently* reduce recovery time from an athlete's surgery by at least 3-4 weeks and usually restore full range of motion.

Recovery time for current injuries is dramatically lessened, although that varies according to the specific injury. All the athletes I've worked with who have current injuries have been able to return to play in a remarkably shorter time than expected.

When we complete the healing of old injuries through tapping, athletes have reported that aches and pains they've had for years are completely gone and they are able to play at a level like they used to pre-injury.

Stacey Vornbrock, M.S.
Sports Performance Pioneer

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Stacey Vornbrock, M.S., Sports Performance Pioneer

Stacey Vornbrock, M.S. is pioneering the use of Emotional Freedom Techniques (EFT) with elite and amateur athletes to release mental, emotional, physical, and mechanical blocks on the cellular level. She is recognized as the leading expert in the use of EFT with sports performance and has worked with athletes in golf, baseball, football, hockey, track and field, tennis, and a variety of other sports.

Stacey has her Masters in Counseling from the University of Nebraska and worked as a psychotherapist from 1977 until 2003 when she began working with athletes. She has been using Emotional Freedom Techniques since 1999 and believes it is the most powerful tool she has found in her entire career.

Stacey helps elite and amateur athletes achieve breakthrough performance by increasing range of motion by at least 20%; completing the healing of old injuries; speeding up the healing of recent injuries; clearing past performance trauma; eliminating sports related anxiety; and accomplishing mechanical changes in minutes vs. months.

Stacey has appeared on numerous radio shows, including several appearances on Peter Kessler's *Pure Golf Show* on XM Satellite Radio. She was featured in *Golf Week Magazine* in March of 2006. She is the author of nine EFT *Breakthrough Performance Sports Manuals* and four e-books: *Body Recovery*, *Injury Recovery*, *Travel Recovery*, and *Coming Back to Balance*. She is also the co-author of the book *Freedom At Your Fingertips* with a chapter on sports performance. Stacey has worked with university teams, including the University of Texas Women's Track and Field Team and several University of Washington teams.

Stacey's number one commitment is getting results for her clients. She guides elite and amateur athletes to release the cultural constraints inherent

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in their sport and rapidly breakthrough blocks, opening up her clients to their full performance potential. Stacey is an innovator in the sports performance field. Most notably, she has pioneered the application of Emotional Freedom Techniques with injuries, range of motion, and sports-related mechanical changes.

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THE SPORTS PERFORMANCE PIONEER

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