

Introducing the only **NATURAL** solution to Knee Pain that is proven to work. **AND YOU CAN DO IT YOURSELF ... AT HOME!**

If you've tried and failed to eliminate chronic knee pain using tortuous exercise, expensive medication or pain-killing shots ... believe me, there is a better way.

Sounds farfetched? I know, but stick with me and read this complete **Guide to Flexible Knees** while I share with you the breakthrough system that's easy to use and responsible for hundreds of people all over the world who are now walking and running and enjoying life again.

In just a few minutes, you can get my exact, step-by-step system for **Flexible Knees**.

The knowledge that I am about to share with you has been the best revelation in my postknee-surgery life, the most important factor in getting my active lifestyle back and it is going to become the most welcome information in your life right now.

I am so excited that you have chosen to take control of your life and take the necessary action to stop that knee pain.

By reading this free guide you have taken that first important step that is going to snowball into a life-altering journey of freedom - freedom from pain and

restraints and give you back a life you can live to its fullest!

So let's get started to learn all you need to know about creating flexible knees and how you eliminate endless pain forever.

In this report, you will learn the following:



How to get to the **Source of Knee Pain**, so you can actually eliminate it.



The **Dirty Little Secret** about exercise and knee pain.



The **5 Most Common Mistakes** knee pain sufferers make and what to do about them so your body can heal your knee pain.



The **4-Point Control Panel** in your knee, right at your fingertips.

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CURB YOUR KNEE PAIN, BEFORE IT CURBS YOU.

If you are like most people, the pain in your knee is a constant source of aggravation and worry despite all your effort to make it otherwise. You do what's **right** and you are getting nowhere. You have visited a number of professionals in the medical field and the pain persists with no course of action and no promise of relief.

What more is there to know that you haven't been told by your doctor, your X-rays, or your therapist? Well, let me tell you right now, there is more to know ... **LOT'S MORE.**

In this guide to Flexible Knees you will learn a new, proven-to-work system that radically reduces and eliminates your pain, allowing you to feel change the moment you take action. Hundreds of people have embraced this unconventional approach and knee pain has become a thing of the past for them.

Before I talk about success stories of other people, let me tell you that no one's knees hurt worse than mine. I know your pain literally and I will tell you my own story.

I dislocated my knee four times during the years 1998 and 1999. I ended up having reconstructive surgery on the ligament in my left knee. After the surgery, I did all the right things, everything the medical professionals advised. And my pain persisted beyond measure. My life was turned upside down at age 29. I was not willing to put up with it.

“I had to live life on my terms, without knee pain.”

1

HOW I FELL INTO KNEE PAIN

It was 1998. I was running a successful computer company, practicing Judo four to five times a week, life was going very smooth - girlfriend, house, car, plenty of money - it was perfect.

During the Christmas holidays a friend of mine invited me to go skiing with him. On my first run down, I hit a patch of ice, and fell in a sort of a “splits”. As I attempted to get my feet together, I face plant. I found myself in excruciating pain - not because of falling, because my knee popped.

The rescue crew took me down the mountain in a ski sled. There wasn't going to be anymore skiing after that.

Luckily, my friend was a chiropractor and I couldn't be happier that he was there. He examined my knee and popped it right back into place.

I thought that was that, I just needed to rest it a bit and not stress it out for a while and everything will be fine.

I took a break from Judo with the intention of resting my knee, but I was in the middle of remodeling my basement. So every now and then my knee would lock up and I wasn't quite sure what was happening.

Hey, I was a young, physically fit guy; I expected that everything would heal up and nothing drastic needed to be done. I thought I just need to give it time, so I ignored the issue and continued living my life.

I took up Judo again, albeit with some caution. It was March, and I was grappling with my buddy when he did a joint lock maneuver with his legs. He takes me down and my knee popped again. The pain was so intense that it ran through my entire body like an electric shock. My buddy jumped up as if I had passed the current onto him.

This was the second time now. I had expected things to naturally heal back to perfection, but here I was, yet again, trapped in pain. This was enough to terrify me away from Judo. And I was even more terrified to go to the doctor.

I've always been an active guy, so I couldn't just sit back and "take it easy". I needed something that was easy on the knees. I took up cycling. And also joined a volleyball league.

In late March we had our first game. The serve was within inches of the net. I jumped to spike the ball, and when my feet hit the ground, I collapsed like a mighty oak felled by hurricane force winds. I screamed in agony. My knee was swollen and on fire.

This pushed me into seeking alternative therapies. I got myself one of those Frankenstein-esque knee-braces. I know what you're thinking...
You still didn't go to the doctor?

Nope, I was stubborn and determined that it was only a matter of time before things would return to normal. Meaning I was not willing to find out what was really going on. I was too confident in my body and my health.

Tell me, can you relate? I am not a quitter. I bet you aren't either.

As my knee drama continued, so did my life. My computer company had a softball team, and I wasn't going to sit on the sidelines...

My knee was still in a brace, so I felt like I was being careful when I assumed the shortstop position. The batter hit a ground ball directed towards me, I stepped with my left leg and followed through perfectly.

Beautiful play, except that I'm down on the ground holding my knee and creaming. Deep, guttural screams while I thought the pain was going to kill me.

I was immediately taken to the Emergency Room where they diagnosed a torn ACL and meniscus injury. Surgery was required at this point, I didn't have much of a choice.

Three months post-surgery and a full commitment to physical therapy as recommended, I had made no progress on the pain front. It pissed me off to no extent that I was still in unacceptable, debilitating pain.

When the doctor looked at my X-rays and MRIs the prognosis was that "my knee was fine". So why did I still have lots of pain, swelling and discomfort in my knee joint?

No one told me, "You may **STILL** have pain after the surgery."

I was not ready to accept my condition, give up on Judo, give up on everything that I loved and let life pass me by.

I became obsessed with finding a solution to my pain. And as it turns out that intense determination defied all the conventional wisdom. I left no avenue unturned as I traveled to Europe, Canada, Mexico, Hawaii, Florida — no modality of healing therapy escaped me.

It wasn't long before, my quest turned it into my life's calling.

Surgery had corrected my torn ACL, but it hadn't gotten rid of the pain. I was on a survival mission to get to the source of the pain. My interminable pursuit led me to the body's control center: the nervous system.

2

WHAT I DISCOVERED & HOW I GOT RID OF MY PAIN

I wanted to learn about what exactly pain is; how does the body feel and sense it. I wanted to get rid of my pain, not numb it for a little while.

I was driven to find an answer and this determination led me to discover one of the biggest secrets to healing knee pain. It was so simple and so easy I couldn't believe that others had overlooked this.

Here is what I discovered...

If you create space in your knee, it relieves the pressure off of the nerves ...

AND THIS MAKES THE PAIN GO AWAY!

Yes! That's it. Take the pressure off of the nerves in your knee and the pain will go away!

The pressure in your knee acts as an irritant that sends a signal to the brain, which in turn senses it as pain.

You can think of it as unkinking a garden hose. The kink builds up water pressure in the hose and makes it feel very tight. When you remove the kink, the water starts flowing easily again.

This is just like in your knee. The pressure that you hold in your knee and hip joints is to protect you from feeling pain. But the constant pressure only increases the pain. So when you remove the tension - the "kink" in your knee - your knee relaxes. A relaxed knee feels less pain, has less swelling and heals faster.

The great news is that the removal of this pressure costs a **fraction of time and effort** that you are probably investing right now.

You see, when you understand how nerves protect you, you can get the pain thing handled. This will make or break your pain freedom journey. So before you toss this aside, with an offhanded “too good, and too EASY to be true” vibe, let me tell you about Dr. Bruce Moseley.

Let me cut to the chase: In this study, Dr. Moseley and his surgical team at Baylor School of Medicine in Houston, gave two separate groups standard knee surgery treatment. And for the third group, they faked it, they gave them “placebo” knee surgery. Meaning, Dr. Moseley made the incisions and went through the motions, but didn’t actually make any changes to the patient’s knee.

For two years, none of the 180 patients knew who had real surgery and who had fake surgery.

Here’s why this is important to you right now when you are having doubts about my method. This real life study, published in the New England Journal of Medicine and retold online in countless interviews and news reports demonstrates the power of belief.

What you expect and what you believe is your reality. I believe the body can heal itself. I believe the nerves are the control center for pain. And I believe there is a connection to taking the pressure off the nerves, creating space in the knee joint, and eliminating knee pain forever. And my belief has proven true with client after client.

Time and again, I see dramatically positive results in the first one to two weeks. Because when you understand what to do to take the pressure off of the nerves that are irritating your knee, you have found the path to eliminate your pain.

And the only reason you may not try this method is because you don’t believe it. And science has proven that your belief profoundly affects the outcome. This is most noteworthy in studies like the Baylor School of Medicine and in the book, “Biology of Belief” by Dr. Bruce Lipton.

What you believe is up to you.

However, when you begin to feel **RELIEF** and see that my method works, you will see how silly it is to keep trying exercises that strengthen the muscles in your legs. That just doesn't work, and you know it. If it did, you wouldn't be here reading this right now.

I've been there just like you, sticking with muscle strengthening therapies for months, without a trace of improvement.

Too many doctors and physical therapists focus on giving you information about strengthening your leg muscles, when that is neither the solution, nor the requirement.

(This comes later.)

Since 1998, I've learned many specific techniques and strategies that will help you relax your knees. I have enough specific stretches that I could teach an entire physical therapy curriculum for every joint in the body.

But, I want this to be just for you and just for your knees.

I have synthesized my best relaxation stretches into [11 specific movements](#) that you can do to relieve the tension and reduce the pain. I have made a video of each of these stretches so you can see exactly how to do the stretch and how to position your body when you do them.

The information I acquired since my knee surgery does more to get you over your chronic knee pain than anything I have ever used. How do I know? Because I tried everything I heard about. And this was the only thing that worked for me. And it works for my clients.

None of the therapies I tried compares to this simple method that I compiled into my [Comfort Zone eBook and video stretch program](#).

This guide is your first step. Read this information and see if it makes sense to you. I have outlined it all in this free information. Most knee pain solutions work around the knee joint and they never really get to the root problem, the source of the pain, like my method does.

In other words, the conventional approach to knee pain only treats the symptoms with what I fondly call a “numb knees” solution. And it never heals your knees. It gives you a few hours or weeks of reduced pain and then it's back.

Don't get me wrong — I do believe that the conventional medical approach serves a vital purpose, especially when something in your knees is broken or torn. And you need to know that about your knees because my method cannot fix breaks and tears. My method resolves pain.

**Once you know that nothing is broken or torn,
this method can work for you.**

You are going to get control back over your life. You are going to enjoy a life where you won't have to worry about your knees anymore.

I don't subscribe to unnecessary prescription drugs, painkilling shots, or knee replacement surgeries as options to long lasting relief from chronic knee pain.

**Instead, I created America's leading alternative
to knee replacement surgery and it starts with
this Guide to Flexible Knees.**

You can do my method easily. You don't need anything that you don't already have. The real prescription for knee pain is to relax the stress and tension in your knees so your knee joints open up ... just a little ... and they stop pressing on those tiny nerves. You get relief, long enough to reset the tension patterns in your body.

THIS IS THE MAGIC.

When your other joints stop holding tight and protecting you, your knees relax. The nerves get a little more space to relax and the pain stops.

Just like opening a safe at the bank, we find the right 'combination' of relaxation techniques that will work best for your knees. Then we will unlock the tension that allows your body to heal your chronic knee pain.

This means you are up and around, doing all the things that you want to do, without the slightest worry that your knees are going to hurt!

Before you get down to the stretches and actually working on your knees, you will start with critical lifestyle changes that support the natural ability of your body to heal itself.

To give you the best chance of success, I am now going to introduce to you the 5 PILLARS you'll need in your life to heal your knees.

Give your absolute attention to these 5 points and make them a habit.

3

THE FIVE PILLARS

The 5 Mistakes Knee Pain Sufferers Make And How to Avoid Them.

ONE. Not Drinking Enough Water.

Human beings are 80% water. When you don't drink enough water, this can lead to chronic dehydration, which dries out your knee joint, causes your bones to rub together, resulting in recurring knee pain.

When the water level is persistently low, it creates an acidic state in the knees, which causes irritation in the nerve endings resulting in more intense, even excruciating pain in your knees.

Proper hydration of the body results in reduced joint and bone "stiffness" and can eliminate considerable knee pain.

Water is programmed by your brain to get to the knee joints last, so without enough water, your knees will start to wear away, like car parts without the proper lubrication.

Your brain is programmed to give other functions a higher priority for water, like your heart, digestive system, blood, etc. So, you have to drink enough water for all your organs, including your knees.

Without enough water your knees will feel like a dry, brittle cracker. Proper hydration is the beginning of the end of your knee pain.

Make it your goal to drink a gallon of water a day and see how close you can get.

TWO. Improper Exercise.

Most Doctors and Physical Therapists will tell you that the key to your knee recovering is muscle strength. **WRONG!**

There are no muscles in and around the front of the knee. It is primarily tendons and ligaments.

Tendons and ligaments are what support the knee joint to provide smooth, pain-free movement.

Strong tendons and ligaments are the unknown hidden factors that are the essential to pain free knees.

So why then does most literature advise chronic knee pain sufferers to strengthen the muscles in the legs to protect the knees from injury - and not the tendons and ligaments?

I think their advice is well-intended, but it just doesn't work for a number of reasons.

If you "normally" exercise one rep at a time for 12 to 15 reps, odds are you will still have knee pain at the end of the day. Why?

Muscle fatigue begins after 7 seconds of exercise. Tendons are only engaged after the muscles are fatigued.

Therefore, if you are not doing each rep for longer than 7 seconds, you are not fatiguing the muscles long enough to build any strength in the tendons and ligaments.

Doing a rep for 7 seconds is quite slow. Try doing this next time you lift a weight and you will see what I mean. Most of the time you exercise you never impact the tendons and ligaments.

I have details about the absolute best exercises to do to focus on strengthening your tendons, ligaments, and connective tissues, and exactly how to do them in the comfort of your home.

However, when you use the Parravano Method, you don't exercise until your knee is out of pain. So you can't skip to the head of the class in this case. You still need to start with relaxation stretches before you move forward to my knee exercise book, [Stop Your Knee Pain Now](#).

These unique exercises will amaze you once your knee pain goes away.

THREE. Incorrect Breathing.

Most of the times when your body experiences stress you tend to hold your breath.

Improper breathing will lead to your body tensing and actually getting tighter and stiffer.

By breathing faster (in through your nose and out through your mouth) when you are feeling tension and pain, you not only relax your joint, you also oxygenate the brain, and reduce stress & tension in your entire body.

So you really need to breathe consciously and fully, in through the nose and out through the mouth. This reduces stress and tension, relaxes your nervous system and releases the tightness in your knee.

FOUR. The Wrong Diet & Nutrition.

The foods you eat have a direct effect on your knee pain. Poor diet creates a chronic inflammatory state in your body, which irritates nerve endings in your tendons, muscles, ligaments, and joints sending a signal to your brain that your knees hurt.

There are actually common foods in the average diet that create swelling and fissures in your intestines. Proper diet and nutrition that specifically reduces or eliminates inflammation will help your knees feel better and heal faster.

Reduced inflammation = Reduced pain

Proper food is like the proper fuel for your car, you wouldn't run your car on coffee, would you?

So eat the foods that support your healing: fresh fruits, vegetables, and lean protein lower inflammation in the entire body, making it easier to reduce the pain and swelling that is built up in your knees.

FIVE. Linear Stretching.

Our bodies are not robots. Current stretching techniques do not get your tendons and ligaments to become flexible, they only focus on stretching your muscles.

Muscles only move linearly (straight lines), tendons and ligaments move dynamically (at angles).

Unless you consistently move like a robot, stretching muscles isn't going to eliminate pain in your knees. Your knees need more dynamic movements.

By understanding your knees and giving them what they need, you will start to distribute the pain in a very short period of time.

In my video stretch program, [The Comfort Zone](#), I give you 11 specific techniques to stretch your tendons and ligaments that will create flexible and strong knees.

4

THE FOUR KNEE POINTS

I am absolutely confident that my program will help you, and my truest intentions lie in making sure that you get rid of this mysterious knee pain that has come uninvited, and doesn't seem to leave. This is why I want to give you a little sneak peek to the freedom that [The Comfort Zone: 11 Essential Stretches](#) to Stop Knee Pain holds for you.

We are going to turn your knee into a **Control Panel** and let you master every move and behavior that is going to give you total control over the pain.

Every day in science new discoveries are being made, new theories are being established and old ones being falsified. Only the brave with the vision and search for better have the capability to unleash themselves from persistent belief systems. And this is what I want you to do. I want you to believe that your knee pain is in your control and your body is capable of healing itself, and I will guide you along the way, and literally hand that control over to you.

The foundation of [The Comfort Zone: 11 Essential Stretches to Stop Knee Pain](#) rests on these **4 Knee Points**. By following these 4 points you will understand exactly how your body works with pain, how you can manipulate it and set yourself on a path of faster recovery.

The best part of my program is that I ask you to defy anything that translates as pain. The idea is to give your body comfort and to help it stay away from pain and tension. If you've been to physical therapies for muscle strengthening, you'll know what a painful ordeal they are. And your therapist will only tell you to push through the pain. But we've seen the little to no results that brings. So why go through the pain when you can have total control over your knee pain without feeling any pain?

The knee is comprised of ligaments and tendons, and no muscles. The pain in your knee needs to be addressed through resetting the nervous system by lifting the pressure off of the nerves.

Now I am going to demonstrate exactly how to take charge of that Control Panel. Think of the 4 knee points as buttons. By learning how to monitor these buttons correctly, you will take control over the pain. And you will also understand the proper relationship between the anatomy of your knee, the pain and your nervous system.

You will perform the following stretch exactly in the same way in all of the four points. You can locate these points here:

1

Inside of your leg, just below the knee. You should feel the inward curve of the tibia bone here.



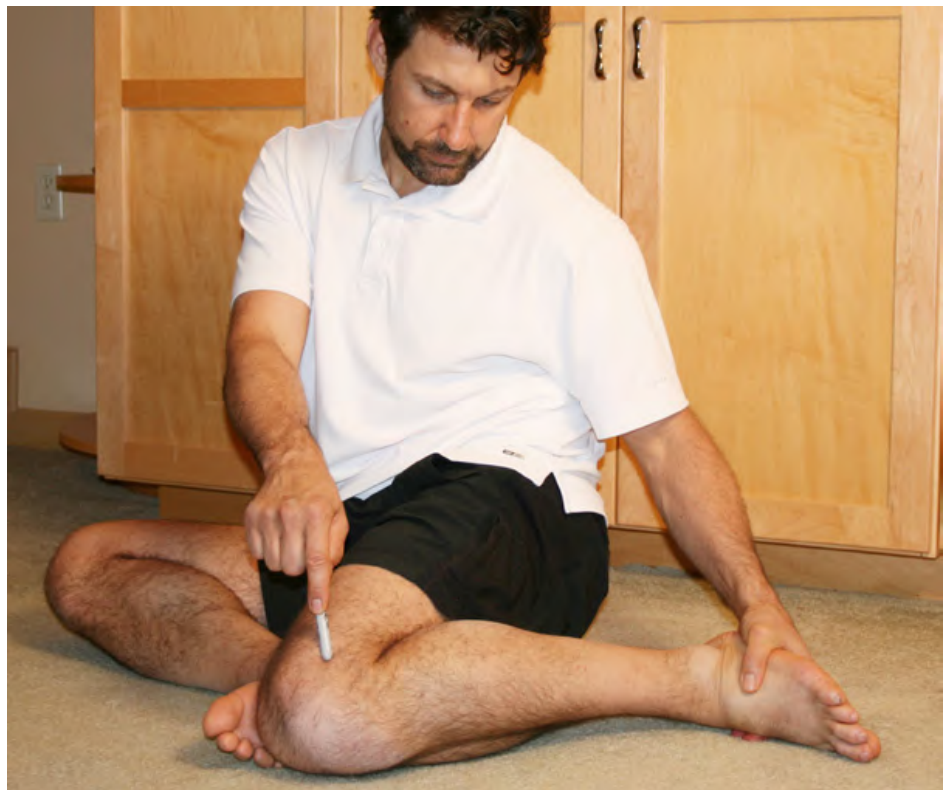
2

Inside of your leg, just above the knee. You should feel the inward curve of the femur bone here.



3

Outside of your leg, just above the knee. You should feel the inward curve of the femur bone here.



4

Outside of your leg,
just below the knee.
You should feel the
inward curve of the
fibula bone here.



In a sitting position, begin by gently massaging and poking the area (in the order listed above) to find that tender spot where you feel discomfort. Bring your foot in towards your knee to shorten the tension pattern.

Once you have found the spot that hurts, hold your finger on this point, without pressure, to monitor any changes in soreness. Curl your foot and twist it around gently to fine tune until you begin to feel a relaxation forming under your finger.

Take cues from your nervous system as you try to find comfort. These may include various sensations like heat, tingling, pulsating, etc.

If you don't notice any difference, just hold the point for 30 seconds and press the point again. You may now feel that you can actually push in deeper. This means that the point has changed position, and has, for example, slightly moved downwards.

Consequently what you will notice is, the painful spot that you began with is not so sensitive or tender anymore. The tension has shifted to another point.

**With this information you have just acquired
Control over the tip of the panel.**

**There are 7 more detailed and specific stretches
that address all the various points in your knees
that potentially are causing pain.**

Allow your nervous system to drop down and let go off the tension that it's holding on to. Allow it to create the space in your knee that takes the pressure off the pain and the discomfort you're feeling.

Everyone's knee pain can be different; one spot can be of a higher concern for one person and not be an issue at all for another.

I have made sure that regardless of your specific problem points, I cover all the points so that you are prepared to tackle with them whenever it is needed ... that you can help yourself out of any knee pain, whenever, wherever, and continue enjoying your life, without cancelling any plans.

Keep reading to learn how to gain access to this total control over your knees.

5

YOUR NEXT STEP TO PAIN FREE KNEES

You're probably asking yourself, "How do I begin to create space in my knee joint? How do I take the pressure off of the nerves causing the pain, tension, and swelling in my knee? How do I get total control over my knees and my life?"

The answer to put it simply is **comfort**.

You're working directly with your nervous system. Focus on creating comfort in your knee each day and you're doing the very highest leverage thing you can do for your knees to get out of pain.

So now the process looks like this:

RELAX the TENSION in your body
REDUCE the effects of STRESS and FATIGUE
LOWER your BLOOD PRESSURE
THIS WILL
DECREASE your HEART RATE
INCREASE the OXYGEN rate in your body
ALLOWING IT TO
HEAL the CHRONIC KNEE PAIN

When you are getting up from a chair or engaging in any daily activity, constantly focus on comfort. Notice when it does **NOT** hurt. This will make a **HUGE** difference in the amount and severity of pain you are experiencing in your knees.

You see most of the time we notice the pain and our mind, and body, point it out.

You might clench your body, while you have the thought, "Ouch, my knee hurts when I ..."

Of course it helps to notice when you feel pain, however, it's more important to notice when and where your knee **DOES NOT HURT**. This conscious effort will help you fast track your progress; working only on points that need attention.

If this information makes sense to you, then here is my honest recommendation:

Get my online video stretch program & eBook:



The ultimate holistic system that uses the body's natural abilities to heal itself. If you have knee pain, this is how you can eliminate the pain so you can move easily and exercise.



BUY BOOK & VIDEOS NOW

6

BEGIN YOUR JOURNEY TO PAIN FREE KNEES



THE COMFORT ZONE

This program works with virtually **ANYONE** who wants to improve his or her knee pain. It doesn't matter if you're a stay-at-home mom, business entrepreneur, yoga instructor or looking to maintain your overall health - this program can and will help the relentless, unexplainable pain, without supplements or medication.

It's for every woman who's wanted to play with her children, but just couldn't manage to bend and move easily without pain. It's for every man who's wanted to maintain his active lifestyle and fully participate outdoors in golf or tennis without fear of crippling knee pain.

It's for every woman who is frustrated and fearful of continuing her exercise program, disillusioned with gaining weight, feeling like she can't even look attractive anymore. It's for every man who is sitting on the sidelines when the guys call for a fishing trip or a workout at the gym.

Do you miss dressing up with pair of sexy heels? Has knee pain forced you into only wearing “plain jane” flats? Do you feel left out when the company organizes a bowling tournament and you’re left at the registration table? This program is for men and women who want to be engaged in life, but knee pain gets in the way.

Your knee pain isn’t going to disappear on its own - take control of it now and live the life you want today!



BUY BOOK & VIDEOS NOW

You know exactly whom I’m talking about, because it’s someone like you. You need to find a way to get rid of your pain, because you have more important things to take care of.

You need to discover what hundreds of other women have already realized: [The Comfort Zone: 11 Unconventional Stretches to Stop Knee Pain](#) is the **ONLY** program designed to show you the fundamental techniques and step by step instructions needed to get rid of your knee pain. Yourself.

In this program, you’ll learn the vital knee stretches and immediate lifestyle changes that you can start RIGHT now to lessen the pain you’re currently having that ruins your life.

It's so easy to get started. Here's what you'll learn:



How to get to the source of your knee pain so that you are supporting your body in relaxing and releasing stress that prolongs and amplifies the pain in your knee.



How to properly perform the eleven knee stretches that actually reduce and eliminate pain quickly.



How to move slowly and breathe properly while performing each stretch so you provide the ultimate relaxation for your body and restore the feeling of comfort your knees once had.



Step by step online video instruction for each stretch that you can watch and verify your movements and position.



How to release the pressure on the nerves, allowing you to support your own healing and feel the tension pattern move out of the knee and relieve you from pain.

That's right. You'll receive a complete step-by-step guide in my comprehensive **eBook** and you'll receive the **online video instruction set** in my private viewing area. This combination will help you optimize your stretches while you minimize the pain. This program has a lasting impact because you can always use the same stretches and get the same results anytime knee pain shows up again.



BUY BOOK & VIDEOS NOW

How much is your knee pain costing you right now?

How many times has your knee held you back from what you needed or wanted to do? Think about all the times you've wanted to go out and dance, play on the floor with little ones, or go for a run? But, what if you knew that you could never have to suffer from the discomfort and difficulty your knee pain causes again?

How much would you be willing to pay to lose your knee pain forever?

Getting back to living the life you want doesn't even seem possible with your incurable knee pain. Well, imagine that it is possible. What if you could **reduce your overall knee pain in only 3 weeks**? That's right! You'll have access to the comprehensive how-to eBook guide and the complete set of online, in-depth videos to accomplish just that!

But listen, that's not all I'm going to do. I am so confident that my program is going to help you **FINALLY** get rid of your knee pain, that I'm willing to back it up with my unconditional, money-back guarantee.

If this stretching program and lifestyle changes do not reduce or eliminate your knee pain at all, I'll give you your money back — no questions asked. It really is that simple. That's how confident I am that you're going to be out of your flats and back in your dancing shoes in only 30 days!

You want to be happy, comfortable and enjoying life — that's exactly what I can help you achieve. I managed to finally get back to enjoying life and I want you to do the same thing.

What are you waiting for? You could continue suffering with your knee pain, unable to do the things in life you enjoy — or, you could finally make the decision to change your life forever. You have absolutely nothing to lose except your knee pain! Remember, if you don't notice an improvement in your knee pain, I'll give you your money back!

When you click the **ADD TO CART** button below, you will be redirected to a secure shopping cart.



After you complete the purchase you will receive a login to our Resource Library and member's area. There you will find the [Comfort Zone](#) link. Click that link and you will be on your way to comfort in just a few minutes.



Join the Comfort Zone for a limited time with this special introductory price.

I look forward to keeping in touch with you as you heal your knee pain. You will begin to automatically receive additional tips and videos as I produce them. I hope you find them helpful.

Here's to your pain free life,



P.S. Be sure to visit www.TheKneePainGuru.com for information I publish about specific knee pain conditions: such as bone on bone, osteoarthritis, fluid on the knee, runners knee, degenerative changes and others, including special exercises and ideas that will strengthen tendons once you eliminate knee pain.