

OVERCOMING REPETITIVE STRAIN INJURY

How I banished the pain and got my life back

Disclaimer

The information in this book is not intended to be a replacement for a trained medical practitioner. If you suspect you need medical attention, you are advised to seek a professional diagnosis from a trained medical practitioner. The author of this book cannot be held responsible for any event arising from reading the material contained within this book.

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Revision History

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Introduction

Hi there! My name is Dan Powers, and I have a secret. I've worked as a computer programmer since 1997. For most of my career I've been blighted by Repetitive Strain Injury (RSI). It ruined my career, and then nearly ruined my entire life. I was weeks away from giving up a career I loved. Finally, in 2007 I made my breakthrough. **I cured my RSI.** It's gone. I no longer fear using a computer. I've gotten my life back!

I am going to let you into a secret. Just like me, there are many thousands of people who have successfully **cured** long term pain conditions following the methods I describe here. The techniques I describe were first used to cure back pain, but they are equally applicable to RSI. **I spent less than \$100 on curing my RSI.** I didn't have to buy a new chair or desk or ergonomic mouse. I didn't have to change my diet, take up exercise or swallow loads of pills. I didn't have to visit a doctor, physiotherapist or other health professional.

The secret of how I cured my RSI will surprise you. My story will make uncomfortable reading. But I hope that my story will demonstrate that RSI doesn't have to ruin your life!

My book is mainly concerned with RSI symptoms associated with using a computer keyboard and mouse. But the techniques described here have also been successfully used by people to ease the RSI symptoms that arise from playing musical instruments or other activities.

Success stories

I am one of the few people who have managed to cure their RSI condition. I will tell you my story. It will surprise you. But don't take my word for it - the techniques I used have also worked for many other people. This is what other people have said about the techniques I have used:

"...i was COMPLETELY FREE of any pain. I really couldn't believe it!!.. "

"...has helped me address some debilitating RSI related pains which I'd been carrying for more than 6 years."

"Most helpful, most hopeful"

"I am now probably back to 80% of my pre-RSI capabilities ... and fully expect to continue to improve over the next few weeks and months."

"a winner after spending years and countless £££ trying to treat my symptoms"

"Quite simply-It cured my 'RSI'"

"RSI sufferers - it could be over"

"Closest thing to a miracle cure"

When I first read these success stories, I was very sceptical. But now I accept that they are true. **It really is possible to recover from RSI.**

Getting started

First of all, let me congratulate you on having the courage to seek help about this. For years I was in denial about the state of my condition. I didn't seek medical advice. I didn't tell my employers. All the time I was aware my condition was worsening. Reading about RSI made me panic. Even seeing those terrible three letters made me sweat. I therefore know exactly how difficult it is for you to read this.

Two years ago, I accidentally stumbled across something that changed my life.

I discovered that many people had actually cured their RSI!

I did not believe them!

But much to my surprise, I found out they were right.

I cured my RSI problems. I have been able to resume my career. In fact the cure was so successful that instead of doing less computer work, I actually started using my computer more! I even bought a games console and played that for hours a night! While I was worried about my RSI I could not imagine I would ever be able to do that! I thought I had worn my hands and arms out. How wrong I was!

To read my story, download the full version of my eBook at:

- <http://rsi-cure.awardspace.info/>

I am selling my eBook for just \$39.95. I think you'll agree that's a small amount to pay for such valuable knowledge. Calculate how much money it would cost you if you had to give up your job - I know I did the calculations and they scared the hell out of me.

Don't let RSI ruin your life! Do something about it. Start the fight back today!