

Giveaway: Stop Pain From Ruining Your Date Night With the MELT Method



 *This post is sponsored by the MELT Method.*

By Maria Darbenzio

As the weather goes through constant changes, so does your body. With springtime and outdoor dates right around the corner, you won't want to spend time with your significant other fighting through pain. The MELT Method helps to eliminate this discomfort, improve your performance, and decrease the stress that builds up from day to day activities. Research has shown that a balanced nervous system and healthy connective tissue can help you leave your pain in the past. With the help of this method, you can go from planning *around* your pain to trying something new – maybe even an adventurous date night. Anyone up for go-karting?

Creator Sue Hitzmann, MS, CST, NMT is nationally recognized and has been in the fitness industry since 1988. She has taught in some of the top clubs around New York City and her video, *Boot Camp Training*, has sold over half a million copies and remains one of the best-selling fitness videos. Taking her knowledge, practices, and education, Hitzman developed the MELT Method to help people of all ages live a better and longer life. The Hand and Foot Treatment Kit is a self-treatment technique that uses different sized balls to stimulate the area and release the compression in joints that can cause chronic pain and inflammation.

MELTing also can be used to boost your immune system, ensuring that you don't have to keep reaching for your tissues on the

first date. It can save you from those runny noses and embarrassing moments, so you can enjoy your night without worrying if your coughing is going to scare them away. Likewise, while the winter months are winding down, people are flocking to the slopes to fit in their last-minute ski trips. If you're worried about falling in front of that special someone, the MELT Method can improve your balance and help prevent embarrassing spills from happening.



Many people have pledged to be pain-free with the MELT Method, and now you can too. One lucky CupidsPulse.com reader will win a MELT Method Hand and Foot Treatment Kit to get rid of chronic pain; it's as simple as using this kit for minutes a day. The kit includes: 6 MELT Treatment balls (2 of each size), 1 Bunion Reducer Band, a 60-minute DVD which features creator Sue Hitzmann, and an illustrated instruction guide. All of this comes in a convenient carrying case that can be taken anywhere.

~~**GIVEAWAY ALERT: To enter for a chance to win The Melt Method Hand and Foot Treatment Kit, go to our [Facebook](#) page and click "like." Then, send an email to cupid@cupidspulse.com with the subject "Melt Method" along with your full name and address. The deadline to enter is Monday, March 24th at 5 p.m. ET. Good luck!**~~

Congratulations to Carol Zuk!

Open to US residents only.