How Can The Feel Good Knees Method Be So Powerful?

Knee Relief Secret #1

Regrow Healthy Cartilage In Your Knee

Your doctor may have told you that once you lost your cartilage in your knee you could never gain it back again. But I am here to tell you it's simply not true. And I'll prove it with two groundbreaking studies in the area of joint rehabilitation.

The first is a two-year study of 325 subjects published in the Journal of American Medical Association. All subjects in the study had cartilage degeneration to some degree.

After the study, the researchers used MRI machines to analyze the effects.
To their surprise, the results showed that 37% of the participants experienced cartilage improvements in their knees. The author's summed up the research that the MRI results showed cartilage repair and healing.

So how can the knee repair the cartilage?

Remember, your body WANTS to heal, you just have to get out of the way and allow it to.

**Increase Joint Fluid = Faster Knee Recovery**

Researchers in Japan wanted to study the effects of these unique isometric exercises on knee joint recovery.
They measured joint fluid levels before and after the study and discovered that using the simple isometric exercise significantly increased "joint viscosity" from 45.8 to 59.8 mPas.

What does this mean? The exercise helped "lubricate" the joint and decreased overall pain.

**Knee Relief Secret #2**

**Reduce Inflammation & Promote Healing**

Pharmaceutical companies want you to believe their drugs are the only way to reduce inflammation and promote healing.
Eastern medicine has known for thousands of years the near instant effects these unique exercises have on reducing inflammation.

Now science is catching up.

Dr's Perandini and Sa-Pinto, from the School of Physical Education and Sport found that one of the MOST effective ways of decreasing inflammation was to perform these unique isometric strength exercises.

Patients saw improvements in physical functioning, decrease in body & joint pain and improvement of overall vitality.

In fact, recent literature shows that it is one of the fastest ways to reduce inflammation and promote overall healing inside the knee joint.

**Knee Relief Secret #3**

**Better Joint Mobility That Is Painless... At Last!**

Living with pain is not fun, and it usually only gets worse and worse.... IF you cover up the core problems with harmful drugs.

The problem is that when your knees hurt, you don't feel like you can do anything. So you just sit and your knees become weaker and lose their mobility.

This becomes an endless cycle of decreased mobility and more and more pain.
The 5 Minute Ritual revealed in the Feel Good Knees Method immediately starts improving your knee mobility and pulls you out of this endless cycle.

You're knees can finally feel good as you move them.

You'll regain the youthful mobility you had 30 years ago and will be able to move your joints through a full range of motion without pain or discomfort.

**Knee Relief Secret #4**

**Holistic & Natural Knee Pain Relief**

The Journal of Sport and Exercise Medicine published by the British Medical Journal released a cover story on how people just like you, who have been suffering from knee pain for years (or even decades)
are experiencing amazing pain relief in their knees.

This is all being done, holistically and naturally... without drugs, painful injections or expensive knee replacement surgeries.

The simple 5-minute ritual contains these easy to perform exercises that provide near-instant relief.

Researchers behind the study, Dr's O'Reilly, Muir and Doherty came to the conclusion that this simple routine of these exercises "can significantly improve self-reported knee pain and function".

Knee Relief Secret #5
Improvement In Overall Strength

Did you know that weak muscles around your knee may actually be causing the pain you are feeling?

It's true. A few years ago, 462 men and women, 65 years of age or older were studied to better understand the causes of knee pain.

The researchers used the latest technology to measure levels of strength in the muscles surrounding the knee.

What they found startled the community. Muscle weakness, especially the muscles surrounding the knee "is a primary risk factor
for knee pain, disability, and progression of joint damage". Yes, you read that correctly.

The participants that had weakness in the muscles of their knee (especially the quadriceps muscle) had a greater likelihood of knee pain!

But why?

When your muscles are weak, it creates less support for your knee. When your knees are strong, the kneecap and surrounding ligaments and tendons are healthy and supportive.

Knee Relief Secret #6

Knee-Cap Realignment & Greater Stability

Did you know that there is a small bone on top of your knee that may be causing the majority of your problems?

It's called the "patella" but most people know it as the kneecap. One of the problems that occurs when your body is even slightly out of alignment is that the kneecap doesn't function properly. It might be slightly to the left or slightly to the right. You can imagine when you walk, even though it might not feel like its out of alignment, ends up causing you significant pain.

Researchers published in the American Journal of Sports Medicine wanted to learn the effects of isometric exercises on patients with "Patellofemoral Pain Syndrome".

This is a fancy word for pain around the knee cap.
Their results blew the researchers away. A simple combination of isometric exercises greatly improved stability and realignment of the kneecap. What's the result? Less knee pain.

If you are fed up with nagging joint pain in your knees and ready to gain the quality of life you had 20 or 30 years ago, I'd like to introduce you to a quick, holistic method for reducing or eliminating your knee pain for good...
Introducing... The 5 Minute "Feel Good Knees Method" For FAST Knee Pain Relief!

Feel Good Knees is an easy-to-follow method that only takes 5 minutes a day to do. If you are already on a workout program, that’s great, because you can use this right alongside it to ease your pain-ridden knees, lower your inflammation, and increase your energy and overall well-being, so you can finally feel young again.

This program is so quick and easy, you’ll be shocked at how fast you're free of knee joint pain.

Download

Here's What's Included In the Feel Good Knees Method...
Feel Good Knees Companion Guide

This companion program gives you a handy visual guide of how to perform each of the exercises. Learn the fastest method for reducing pain in your knees and develop strong, healthy, "feel good" knees.
FEEL GOOD KNEES
COMPANION GUIDE
LESS PAIN, MORE LIFE

TODD KUSLIKIS, MPA
Knee & Joint Rehabilitation Specialist
The guide includes full-color pictures and descriptions for performing the routine, as well as exercise modifications.

**Feel Good Knees Pain Reduction Tracker**

Visually see your progress as you track your pain quickly disappearing. Use this handy tracker so you stay on course and use as a daily visual reminder on your path to strong, healthy, “feel
good” knees.

Feel Good Knees Video Library

Learn the perfect form for how to perform each ritual. Includes a full video library where I guide you through each of the exercises as well as modifications and how each of the exercises should feel.
Includes follow-along videos for each of the 3 levels so all you have to do is tap “play” and follow along for the next 5 minutes.

As I researched other programs claiming to help reduce knee pain, I found that they were complicated, required a ton of equipment and took a long time.

However, this is a simple yet effective method where you don’t need any equipment and it only takes 5 minutes.

Is this for everyone?

No, it’s not... if you don’t have 5 minutes to invest in a pain-free life, your health, and your body... then please leave the page now.

Listen, I’m just being honest. I can’t help you unless you are here to help yourself.

To show you how committed I am to helping you today, I'd like to offer you 2 FREE gifts when you pick up your own copy of the The 5 Minute Feel Good Knees Method....

If You Order Today You’ll Receive Two FREE "Feel Good" Gifts
Free Gift #1: 1-Minute Rejuvenation Finishers

These quick, one minute finishers help you rejuvenate and relieve your knee pain even faster. These 1-minute “finishers’ can be performed either after the 5 minute ritual or whenever you have a brief moment.
They speed up recovery and strengthen the muscles surrounding
your knee. This program includes a follow-along video of me guiding you through each of these unique rejuvenation finishers.

Free Gift #2: Postural Alignment Guide
Most people don’t realize there are 6 hidden postural mistakes they are committing that are causing their knees to hurt even more. Simple tweaks to how you sit in your chair, drive your car, lay in your bed and more... can give you immediate relief of your pain.

The Postural Alignment Guide includes a video tutorial to show you how to make these easy adjustments so you start feeling immediate relief and stop stunting your chance for recovery.

The Time Is Now For Your Knees To Feel Good Again...

Claim yours now, with your free bonuses!

Download