

**ATTENTION:** URGENT information for elbow pain, tennis & golfer's elbow patients!

# How a Cleaner Erased My Stubborn Elbow Pain and Made Me Physically Fantastic

**3 Reasons Why Your Doctor Is Clueless About Your Elbow Pain!**

**Why This Pain Is STALKING You Month After Month, Year After Year!  
SPREADING In Your Wrist, Shoulder And Neck!**

**Why Steroids, Ice Packs, & Surgery FAILED to Fix Your Problem!**

**A Little-known PROVEN Method Heals The Pain In Just 5 Minutes a Day!**

10:45 AM

03/02/2016

Florida, US

Dear friend,

Elbow pain hurts a lot. It makes you an 'invalid' in your personal and professional life.

With this agonizing pain, you can't hold a computer mouse, type on keyboard, or, do any job. Not even hold your son up with excitement.

You may have already tried skin-numbing ice packs or even costly surgeries. Only to find this stubborn elbow pain coming back.

But, it is NOT your mistake because you were NOT given the right information. Nobody revealed the secrets to you that I'm going to share with you. Right now.

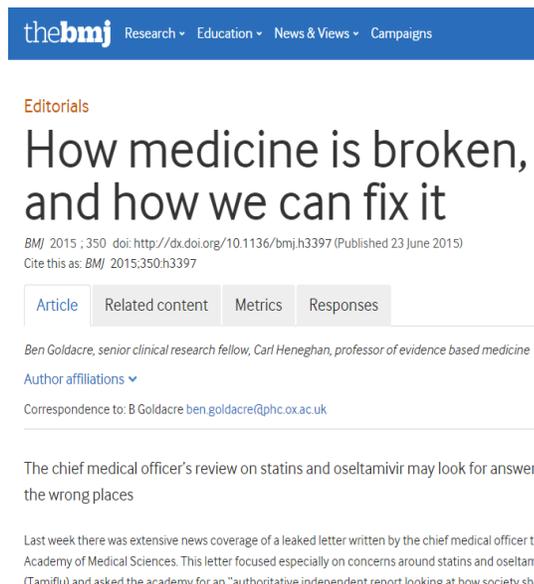
Hi, I'm Sam. And as someone who has overcome his stubborn elbow pain problem once and for all. I feel it's my responsibility and mission to help you live a pain-free life.

There is so much outdated information out there that I'm **compelled** to make this urgent report.

You know it. You're not getting the quality medical care and information that you need and deserve. Otherwise, this pain wouldn't have stalked you month after month, year after year!

I'm shocked. How the obsolete medical procedures are slapped on millions of patients without any healing!

To give you a glimpse, here are two scathing medical review articles that a friend emailed me in the morning.



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Editorials

## How medicine is broken, and how we can fix it

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Ben Goldacre, senior clinical research fellow, Carl Heneghan, professor of evidence based medicine  
Author affiliations ▾  
Correspondence to: B Goldacre [ben.goldacre@phc.ox.ac.uk](mailto:ben.goldacre@phc.ox.ac.uk)

The chief medical officer's review on statins and oseltamivir may look for answers the wrong places

Last week there was extensive news coverage of a leaked letter written by the chief medical officer to Academy of Medical Sciences. This letter focused especially on concerns around statins and oseltamivir (Tamiflu) and asked the academy for an "authoritative independent report looking at how society cho



The Washington Post

f t g+ ✉ + More

Health & Science

## Steroid shots for tennis elbow may do more harm than good in the long term

🖨️ 2 Save My List

By Linda Searing February 11, 2013

**SPORTS MEDICINE**

**In the long run, steroid shots may do more harm than good for tennis elbow**

**THE QUESTION** The burning elbow pain and weak grip of the condition nicknamed tennis elbow are often treated with steroid injections and physical therapy. How much do these treatments help?

No doubt, Medicine is broken!

I request to you please go through this report quickly now. Because powerful drug lobbyists may take it down anytime.

It has dozens of things that can help you with your painful elbow problem. I hold nothing back.

## Your Elbow Pain Can Fire You

You won't believe just three years back I could not even move the door knob at my office. I had had thirty-six days' medical leave.

My colleagues were ridiculing me. They thought I'm "faking" it.

And my boss joked, "I think you are not coming back, right?" And his hot new secretary grinned and fluttered her eyebrows towards him.

In a few moments I'll tell you how an office cleaner saved my job. And completely healed my elbow.

Yes, that's true.

*"They ain't know nothing about muscles."* That's what the cleaner said about doctors. He rotated and twisted his wrist and forearm.

He extended and closed his palm to make a strong fist with a pleasant smile. He held my other arm and squeezed it tightly.

*"See... my grip is good."* I could feel his fingers clutching my flesh till it hurt. And I was envious at the same time. How come his tennis elbow got better and mine got worse and I got out of more money?

We met at lunch same day and he told me things that my doctor didn't have an idea of. As I followed his advice for 5 minutes every day my elbow began to improve too.

Actually, my grip and forearm is so much better now that I can LIFT my wife off the ground. I can open the tightest jar my wife or daughter can find in the kitchen without any problem.

And I can play with my son without worrying about my elbow. It's simply the best time of my life.

### **They Laughed When I Gripped The Racket Again, But...**

I've a story for you. An incredible incident happened recently. Some couples were playing tennis at our local sports center here in the south Florida.

And a neighbor challenged me to play against a new local "champ". I was the champ till a few years ago.

The opponent was my sturdy neighbor Jake, the "champ". He was terrifying on the court. Grunting and screaming like professionals. Shooting the ball at probably 100 mph.

I overheard his cute girlfriend saying to someone, "Sam has a problem in his hand. Just watch it'll be fun. He might struggle to even hit the ball."

Everyone got curious in the game. All eyes were on me as I was the underdog challenger.

But, my grip and sweeps were **phenomenal**. My serves and shots were powerful. I could swing and smash the racket with power and it was making the ***swishing*** sound. **I thrashed Jake in three straight sets!**

My daughter came running towards me with hands in the air and shouting, “You did it...” She said, “I’m proud of you dad. You did it.”

Jaws dropped everywhere. His cute girlfriend then asked me, “How did you do that? I thought you’ve a problem in your elbow.”

Yeah. I **HAD** it... you know.

**I eliminated it, E-R-A-S-E-D it from my life!**

## **Why Medical Community Has No Idea About Your Elbow Pain**

Your doctor and the medical community are as clueless about your elbow pain as your cat. They are no experts in musculoskeletal problems.

*“Otherwise, doctors would have been in good shape.”* the cleaner said during that lunch.

You must have seen many overweight doctors and dentists with yellow teeth and stinking mouth. Isn’t it? A study found 4 out of 5 doctors are out-of-shape.

First, they don’t have the time to read all the latest research, or, even listen to your problems. *“They’ve patients waitin’.”*

And the current medical system train them on just one thing: “REMOVE THE PAIN.”

Medical System operate with a core belief that to fix a body, fix the pain. Cost doesn’t matter. And it doesn’t matter what happens to the person afterwards.

**Can you imagine your doctor gave you the outdated medical information. And this has proven to be ineffective and dangerous in the long term?**

## **Surgery Is A Sham**

On 19th November 2012, results of a study came out from St. George Hospital, UNSW Aus. And it shocked the elbow surgeons all around the world.

What came out was hard to believe, *how can it be?*

Surgery was the best promise.

But for the stubborn elbow pain we just found it's no better than any sham surgery.

Dr. Paul Ingraham science editor at ScienceBasedMedicine.org and founder of PainScience.com from Vancouver, Canada declared, "The only difference observed... was that **patients who underwent the Nirschl procedure (elbow surgery) for tennis elbow had significantly more pain with activity at 2 weeks.**"

Patients who received just a cut in the elbow, AKA sham surgery, were in fact coping BETTER. *How can it be?*



Pain Science.com • Sensible advice for aches, pains & injuries

### **Disappointing first trial of surgery for tennis elbow**

Krosiak M. Surgical treatment of lateral epicondylitis: A prospective, randomised, blinded, placebo controlled pilot study. *Unpublished.* 2012 Nov.

PainSci summary of Krosiak 2012 ★★☆☆?

Past studies have reported good results from surgery (eg: see [Garden, Solheim](#)), but this is probably the first ever placebo-controlled study of surgery for tennis elbow (lateral epicondylitis), and it had disappointing results.

But surgeons are still operating. Cutting out tendons and god knows what, that COULD have been **HEALED**...

... for patients' hard-earned money!

A study of 38,000 patients found that doctors are more likely to use costly and dangerous treatments on people with private medical insurance. Because they can pay for it!

All the excruciating pain that you've to go through is for nothing. I must tell you the pain is NOT ordinary. **It S-T-A-Y-S.**

Your surgeon might tell you off, "*yeah, this pain will last for 6-12 months but use your arm as much as possible.*"

**What? 6-12 months of pain. Then what was the surgery for? What did you remove from my body?**

Braces, Ultrasound, Acupuncture, Steriod injections (Cortisone), Physio therapy, Lasers, all W-A-S-T-E.

Nothing works in the long term! Why? I'll tell you in a moment.

A recent report published on August 14th, 2015 by Dr. Ben Goldacre uncovers a scam. Probably going on for a long time.

A research company Cyagen is paying authors for citations in academic papers.

It noticed a critical trend. These studies are not revealing if they've received any incentive from the company. Federal law requires full disclosure.

**What makes it even more worrying? Bribing authors and doctors, for citations and recommendation, is a common trend in medical community.**

And if nothing has worked for you then I must tell you...

## **Your Elbow Pain Doesn't Have to be Permanent**

It hurts me every time when I find that a person is made to believe that his elbow pain is permanent.

*"It can stay with you forever."* It may go away but it'll come back again to haunt your life!

You may have heard such well-meaning but ill-informed advice too. But all you should ask is:

**Why do professional tennis and golfers never seem to have any elbow problem due to overuse? After all, they are at a higher risk of it.**

And each time all you may get is a blank stare.

In fact, tennis and golf players do develop a forearm problem, sometimes in their career. But, they invest in the right information and in the right person.

They have the right guidance. *"Any good coach knows whom to call to fix it."*

Do they have surgeries, wear braces 24/7 or take steroid shots? No.

They call upon professional sports and exercise medicine doctors and specialists. They are not just any experts in musculoskeletal problems. But they are masters of nutrition, medicine, exercise, weight training, massage, physio... and much more.

You see, **they have to bring out the best performance even from the injured players. And heal the injury as soon as possible!**

They are one of the highest paid staff on any professional sports league.

One small mistake can cost a team an entire season, or a player his entire match or a series, or, an entire career! They can't be wrong.

**This is the reason why professional players don't seem to have any elbow problems.**

Actually, this cleaner was employed at a top sports personality's house. And this sportsperson had to call a specialist to help him out with his elbow problems.

So, the trade secret traveled to the sportsperson. This guy then out of empathy helped out the cleaner with his elbow problems. And who then revealed it all to me during that lunch.

**No drug or hospital can protect you from any injury...**

**No drug or hospital can make you strong...**

**No drug or hospital can heal your damaged tendon....**

**No drug or hospital can make-up for the lost happiness and love...**

**... But you can!**

When I came to know about it I was smitten with anger and frustration. Why wasn't I told about this earlier? Why didn't my doctor guide me? Was I paying him any less?

Why was I kept in the dark? Why I missed so much fun and precious moments of my life?

Why I tried everything before discovering this simple method?

And the financial loss? It was huge for me. I was one of the best employees in my office. My salary stopped after the first month of "rest". Even insurance doesn't cover for treatments more than twice a week.

I had to scramble for my savings to pay for medicines, therapy and what not. But still no results. I was feeling lost. Defeated.

And critical comments like, "It's all in your head..." made me feel like I'm a loser. But, I'm not a loser. I just didn't have the right information.

Maybe you are going through a similar phase and I must tell you that it shouldn't be like this...

This is NOT your mistake. And I promise you'll get out of this problem when you do as I'll tell you.

Nowadays people may advise, “just wait and watch.” As if some miracle is going to happen!

## **Wait and Watch is NOT an Option**

You can't do your job with this pain. Come on. It makes no sense, you know it. You don't want poor performance at the office. And the discomfort to you and your family!

Losing or changing a job is NOT an option in this economy!

You have to perform in this job to stay in the job. Your boss is not going to pay you if you take 122 days off for the elbow “rest”. He'll get someone to do your job.

And the hard thing is: pain **S--P--R--E--A--D--S** to your wrist, shoulder and neck.

Just imagine your whole hand right up to neck in pain. More sleepless difficult nights and stiff mornings. Your body begging you to do something.

But, what if I tell you...

## **Your Body Knows How To Heal Itself!**

Believe it or not, but this is a **big** news to the medical community!

Our body gives signals when there is a problem. Pain and inflammation are just symptoms. The problem is deeper and it developed over a period of time.

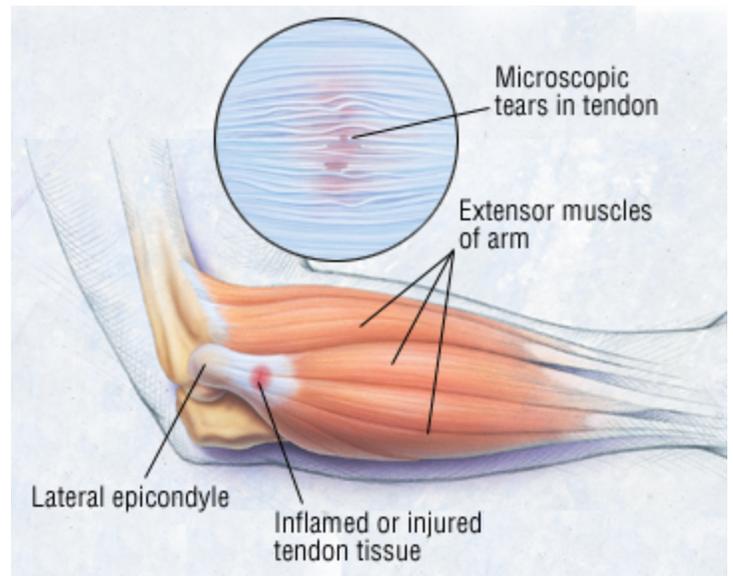
Here's how the cleaner simplified everything, “Take this jeans. With overuse, this fabric will lose its shine and strength. Then a thread will

break, and then another will break...”  
He pointed to a small ripped patch on his jeans.

“Over a period of time a bad patch will show up and it’ll get bigger. I’ve to throw it away. I can’t do anythin’ about it.”

*(image source: Harvard.edu)*

And when the bad patch developed in your elbow... your doctor just gave you the **cosmetics in the name of “treatment”**.



Here’s how he put the lipstick on the pig. Legally!

a) **Ice packs:** You see, the injured tissue is, swollen to increase the blood flow which **helps** in the healing. Because of the misinformation, you applied ice till it’s numb. But, **it’s not beneficial at all in the long term.**

b) **NSAID** (non-steroidal anti-inflammatory drugs):

The pain in your body is a signal that something is wrong with it. But your doctor smothered that signal by giving you these pain relievers.

Ask him: “OK, so the pain is gone, but what about the injury? What about the “bad patch” on my elbow?”

I can bet my life he’ll give you a deer-in-the-headlight looks!

**What is inflammation?**

Inflammation is a process by which the body's white blood cells... protect us from infection.

This... increases the blood flow to the area of injury or infection, and may result in redness and warmth.

... a leak of fluid into the tissues, resulting in swelling. This protective process may stimulate nerves and cause pain.

Signs include redness, warmth, swelling, stiffness and pain. (ref: WebMD)

c) **Corticosteroids**: they decrease the inflammation and reduce the activity of the immune system. This is ok. But the question remains, **what about the root cause of the problem? Those “tiny tears”?**

d) **Ultrasound/ Cold laser**: again inflammation is not the cause, it's just a signal. It only scratches the surface.

e) **Stretching/strengthening**: good, but the elbow is full of scar tissue & “tears” how it's going to heal it?

f) **Braces/ Gadgets**: waste of time and money. What about those tears? Where's your healing?

What about those broken “threads”? You elbow have had **enough** rest. Rest alone is not going to magically heal it.

*“Your doctor is legally puttin’ lipstick on the pig and passin’ it off as a treatment.”*

After a long pause, the cleaner said: “You can’t throw away your body. But, once you give your body what it needs **T-H-E-N** it’ll heal itself!”

How...

## **In Just 5 Minutes A Day You Can End Your Stubborn Elbow Pain, Tennis Elbow or Golfer’s Elbow.**

My commitment to you is to get rid of your nagging pain ASAP. And heal the root cause of the problem.

You know that your doctor or physical therapist is not trained in musculoskeletal injuries.

The system trained them in outdated procedures which don’t work.

You need to fix the void of this latest specialist information.

Don’t worry. You don’t have to call someone for ten or twenty grand. Because I’ve something for you that can fix the root cause of the problem once and for all.

Actually, it’s much better. I researched, revised and tested the method the cleaner gave to me. It works faster now. And it’s easier to use.



N Am J Sports Phys Ther. 2010 Sep; 5(3): 189–193.

PMCID: PMC2971639

### **A NEW EXERCISE FOR TENNIS ELBOW THAT WORKS!**

[Phil Page](#), PT, PhD, ATC, CSCS<sup>1</sup>

[Author information](#) ► [Copyright and License information](#) ►

#### **Abstract**

Go to:

Eccentric exercise has been effectively used in the management of tendinopathies in multiple regions of the body. Lateral epicondylitis (“tennis elbow”) is a common tendinopathy that has shown improvement following treatment utilizing isokinetic eccentric exercise. A novel exercise was developed for home-based eccentric exercise that has shown promise for use with patients with lateral epicondylitis. Clinicians should be aware of this exercise and consider it as an evidence-based intervention.

And as soon as we fix the root cause, elbow pain will **never** stalk you again. Not even in your dreams!

I've created a top-notch program that will **heal** those tiny tears in the "threads". There is nothing like this anywhere.

In just 5 minutes a day you can heal those ripped tendons. Rebuild them so strong that you'll swing and sweep your arms like you were doing it in your 20s!

It doesn't matter what healing efforts failed you. I've put together a program that will help you heal the injury and the scar. And it'll give you a great arm.

You don't need any expensive tools or crazy gadgets. Just 5 minutes a day. No more. And in just 40 days you will have a better, stronger forearm.

No. My program doesn't put lipstick on the pig. I'll show you **how you can fix the injury permanently by attending to the root cause.**

And the price? Don't worry, I'm not asking you a grand for it. \$1000? No way.

You must have already **wasted** this amount. On doctor's fees, physio sessions, medicines, gadgets and what not. With NO results.

Look I know maybe you are just out of your job because of the elbow problem, like I once was. I'm not even asking half of it. No.

In fact, I'm not even asking for the amount that I paid for the lunch with the cleaner!

So, how about: For less than \$1 a day, you can get rid of the elbow pain and get a superb grip and 20s elbow.

All I'm asking from you is just \$39 for your commitment to follow through my program. That's it.

Well, what I have for you is the latest breakthrough research. Hailed by world's leading bodies on the subject as 'the most effective till date'. You can't miss this as it's NOT available anywhere else (at least at such low price).

**“Clinicians should be aware of this”:**

- North American Journal of Sports Physical Therapy

**“an 81 percent improvement in pain and a 72 percent improvement in strength”**

- Dr. Gabe Mirkin via Lenox Hill Hospital in New York

**“dramatically increased the number of patients with reduced disability scores “**

- Dr. Timothy F. Tyler via MedPage

**"significantly stronger and significantly less pain. And a better outcome than the people that did standard physical therapy alone"**

- Reuters

If I go on with the proofs then you'll have to read through 10 more pages.

But I'm sure you must have realized that my program is 100%  
GUARANTEED to work.

You know, I'm not stopping at this.

To give you the confidence to invest, so that I'm able to help you out, I'm offering you a 60-days 100% MONEY BACK GUARANTEE.

**Will your doctor give you this guarantee?** Are you kidding?

So, when you invest in my program we'll heal the root cause of the problem.

And if anytime you feel that you are not getting any benefit out of it. Then just email me and I'll personally ensure that your money is reversed immediately.

So try my program at your own speed for 60 days. I won't consider it a sale till you are **100% healed!** I know that's a big promise but I'm confident about my program because it works.

And I won't be surprised to read your stories of amazing recovery and feats.

**So, remember you can't lose your money but you can  
lose your elbow pain!**

Once the payment is securely processed, you'll gain immediate access to your digital program. You don't have to wait for anything.

It's not going to take you months or even weeks to finish this program. You can finish the guide during your lunch time or commute.

Sit back. Relax. Grab some coffee and discover how to "make that strong grip again!" And if you're stuck somewhere I'm there at an email's notice.

**But we have a small problem...**

I can only take 20 persons at a time.

You see, I'm not a doctor! I don't want more and more patients to make more money off. I can only handle a few students. Heal them and move on.

And currently, 16 spots are already taken... and **only 4 spots are remaining (spots are limited, please hurry).**

So, would like to have more fun in your life without the pain of changing jobs? Then you must join now. And we'll heal the injury and build your stronger arms.

**NOW For Less Than \$1/day**

**Get Pain-Free Grip and Strong Forearm**

By now, I'm sure you must have realized that the "Traditional" methods are simply inadequate.

A PROVEN program is just a few MOMENTS AWAY.

Your investment is 100% risk-free. Guaranteed.

And now if you let this opportunity slip then the chances of relief from this pain are **SLIM**.

The pain might spread to your shoulders, wrist and neck. Imagine half of your body is **stiff** when up wake up in the morning!

**[CLICK HERE TO ERASE THE ELBOW PAIN](#)**

P.S. This offer can expire anytime. So grab it now while you've the opportunity. I might even raise this price soon to limit the flood of traffic.

## References

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