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Institute of Integral Health® | Berry Method®

Muscle Management®

Welcome to Muscle Management®

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Have you ever felt like you are one muscle correction away from being pain free?

Often times:

- There is a muscular component contributing to pain.
- A skilled manual therapist can reduce the problems within specific muscles.
- A self help enthusiast with adequate information can help themselves.
- Pain can be reduced rather quickly.
- Its a matter of having information and guidance.

Muscle Management® continues to offer unique and effective resources for the manual therapist seeking continuing education and the self-help enthusiast looking for information and answers.



Chances are you came here searching for information, for alternatives and answers about pain...yours, your family member, your friends, or maybe even a clients. We are here to offer information about the muscular component 'participating' in that pain...and that is the focus of 'Muscle Management', relieving pain and restoring function by focusing precision therapy on the muscles.

We offer unique insight's into the human body's natural built-in maintenance, recovery and health management abilities with respect to it's largest and most often under-appreciated system...The Muscles.

"Disease does not occur unexpectedly. It is the result of constant violation of

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