

The Egoscue Method and Pain Free Radio

To read about Pete Egoscue:

- 1) Go to <http://www.egoscue.com>
- 2) Click on '**About Us**' (at bottom of page)
- 3) Click on '**Meet Pete**'

Pete Egoscue (with Roger Gittines) has written:

- **Pain Free for Women** (2002).
- **Pain Free at Your PC** (1999)
- **Pain Free : a revolutionary method for stopping chronic pain** (1998)
- **The Egoscue Method of Health Through Motion** (1992)

At www.painfreeradio.org

- **Archived shows** – Click on '**Shows**;' select any show, click 'Download'
- **U.S. radio stations** that broadcast show – Click on "**Stations**"
- **Other show venues** such Sirius, XM, Cable Radio Network, Digital Television
- **Pain Free Radio 'call-in' show info (Sat., 11am -1pm EST 888-344-1170)**

Listen to a LIVE show online 11am -1pm Sat. EST at www.kcbq.com

Therapy Options

- E-cise menus in Egoscue books
- FREE E-cise Menu at www.painfreeradio.org
- Find a clinic - <http://www.egoscue.com/painfree/findclinic.php> \$
- Travel Clinics - <http://www.egoscue.com/painfree/travelclinic.php> \$
- Online Therapy – Upload photos; receive customized E-cises online \$

If you'd like Pain Free Radio in your area, call your local radio station to suggest it. I have received no compensation from the Egoscue organization for providing this handout. Grateful for the help the organization has given me, I will be happy to provide additional information.

Nancy Churchill
(716) 741-9728
InformationPro@gmail.com
October 2008