



About Melt

What is MELT?

The M.E.L.T. Method® (MELT) is a self-treatment technique that helps prevent pain, heal injury, and erase the negative effects of aging and active living. MELT simulates the hands-on techniques that manual therapist Sue Hitzmann uses to eliminate stress, pain, and dysfunction in her private clients. This unique Hands-off Bodywork™ approach is the first treatment that simulates the techniques – and the results – of manual therapy.

New research has revealed the missing link to pain-free living: a balanced nervous system and healthy, hydrated connective tissue. These two components work together to provide your body's architectural support and optimal mind-body communication. Using specialized techniques, a soft roller, and three small balls, MELT rehydrates the connective tissue, rebalances the nervous system, and restores space to compressed joints.

How does MELT work?

Daily living creates tension and stress within our bodies. Physical stressors can range from sitting at a desk to running a marathon and everything in between. Emotional, mental, and environmental stressors such as processed foods, medications, environmental toxins, and daily worries all build tension in the body.

This repetitive stress of daily living literally gets stuck in the connective tissue, which surrounds every joint, muscle, nerve, bone, and organ. This “stuck stress” accumulates and causes connective tissue dehydration, which interferes with the nervous systems’s ability to regulate itself and slows down the body’s natural healing process. This creates a domino effect which begins with aches and stiffness and leads to common health issues such as neck and low back pain, headaches, insomnia, digestive problems, and injury. Accelerated aging and chronic health problems can follow, leaving us with limited options such as medicine, surgery, and a sedentary lifestyle.

However, when the connective tissue is hydrated and free of “stuck stress”, your body functions more efficiently. MELT is a breakthrough technique that directly addresses this “stuck stress” and slows down the aging process by rehydrating the connective tissue system and rebalancing the nervous system. MELT rejuvenates tissue hydration and relieves the tension of day-to-day life that gets trapped in our bodies. no other approach directly treats these two systems — including nutrition, exercise, or meditation.

What benefits does MELT offer?

MELT creates results you will see and feel in the first session. Over time MELT heightens your body’s ability to repair and heal itself, which can create remarkable lasting changes. **MELT Improves:** flexibility, alignment & posture, the results of exercise, joint mobility, sleep & digestion, overall well being. **MELT Reduces:** aches & pains, wrinkles, cellulite, tension & stress, headaches, the risk of injury.

Who is MELT for?

MELT is for anyone who wants to slow down the aging process and live better, longer. For those in their 40s, 50s, and older who want to stay active, mobile, and independent—MELT is a must. MELT is for active younger adults and athletes who want to maintain a fit, toned body and achieve optimal performance without debilitating wear and tear.

MELT is truly for everyone! Even if you are pregnant, injured, post-surgery, overweight, sedentary, out of shape, have limited mobility, chronic pain, knee/hip replacements, or bone disorders—you can still MELT. It's the best starting point for any exercise and wellness program.

Is MELT like yoga, Feldenkrais®, Pilates®, or physical therapy?

No. MELT is unlike any other technique because it addresses an entirely different system of the body. MELT is to the neurofascial system (nervous and connective tissue system) what all other forms of exercise are to the musculoskeletal system. The scientific principles and direct self-treatment of the neurofascial system are being introduced for the first time by Sue Hitzmann and MELT.

Has MELT been reviewed by experts?

Yes, MELT has been reviewed by internationally respected doctors, neuroscientists, and connective-tissue researchers, including Ben Domb, M.D.; Tom Myers; Gil Hedley, Ph.D.; Robert Schleip, Ph.D.; and Jean Pierre Barral, D.O. Each expert has recognized that MELT is grounded in scientific principles and offers extraordinary benefits.

Why should I MELT?

MELT quickly rehydrates the connective tissue and allows the body to release long-held tension and stress that leads to chronic pain. MELT is easy to learn, backed by cutting-edge research, and offers immediate results that you will see and feel the first time you MELT. Changes in posture, flexibility, energy, mood, and performance occur within only a few sessions. Best of all, your body feels great long after you MELT!

How often should I MELT?

All it takes is 10 minutes, three times a week to experience immediate and long lasting benefits. MELT is so gentle you could do it everyday. MELT before you strength train to improve muscle performance and joint alignment or after a cardio workout to erase joint compression and enhance muscle recovery. People who MELT regularly find that they want to exercise more often. It's just more fun to move when your body feels good, has more energy, and is free of pain.