**What Good Is Icing Your Shin Splints If The Pain Comes Back?**

Hey {!firstname\_fix},

If you’ve ever suffered from shin splints you’ll know how  
painful they can be and you’ve probably been told that icing  
and rest are a good “solution” to your problem.

Well here’s one important question you need to think  
about...

What good is icing your shins and resting if the pain comes  
back next time you go for a run or play your favorite sport?

Not much.

See, the simple step-by-step method for treating  
shin splints is this:

1. Understand that pain is not the enemy, it’s a desperate  
   message from your body telling you something is wrong  
   inside.
2. Identify what’s causing your shin splints. (it’s rather easy  
   when you know what to look for... I’ll get back to this in  
   just a moment)
3. Use pain relief techniques along with exercises that treat  
   the specific underlying causes that are causing your shin  
   splints.

Without identifying what’s causing your pain and treating it...

Pain relief techniques are just temporary relief, which isn’t very  
much use to you at all.

So don’t just treat shin splints with pain relief techniques,  
unless more pain, frustration and temporary relief is your cup  
of tea... in which case go right ahead.

Get Your Proven Shin Splints Treatment Plan < -- Click Here!

Whether you’ve been suffering from shin splints on and off  
for years, or you’ve just had a flare up recently, you’ve got to  
treat the causes as well as the pain.

The best personal trainers and physical therapists know this,  
and use it to keep their clients happy, healthy and performing  
at their peak every day.

My number 1 recommendation to someone with shin splints is to  
follow the step-by-step program outlined in Stop Shin Splints Forever...  
which is a book written by one of my friends Gary Buchenic...  
it outlines exactly how to treat the underlying causes of shin splints...

Get Your Proven Shin Splints Treatment Plan < -- Click Here!

Gary’s advice has helped hundreds of people get rid of shin splints  
once and for all. And the solutions he suggests in Stop Shin Splints  
Forever just “make sense.”

So are you going to waste your time on more “quick fix” pain relief  
techniques or hoping that you’re shin splints go away by themselves?

Or are you motivated enough to try a real, honest and effective shin  
splint solution?

Right now is your chance to start the path to a shin splint free life:

Get Your Proven Shin Splints Treatment Plan < -- Click Here!

To your health,  
Gary Buchenic

P.S. Gary’s program is currently available at a “Limited Time Special”  
price that can only be guaranteed for a short period of time.

.... hurry over to Gary’s site and make sure you lock in you’re $20  
discount before it’s gone.

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