



STEP BY STEP
TUTORIAL

Free Guide

SINUS DRAINAGE

GET RID OF THE PAIN

FEEL INSTANT RELIEF

RUNE ÅBØ



HEY, I'M RUNE

**Founder of lymphatic treatment. Muscle therapist,
Ambassador of Pain Freedom.**

My footprint in this world is to give as many people as I
can, the knowledge to fix them self and get pain free.
Helped 950.000 on social media, now you!

Rune Åbø

LET'S DO IT!

Check out **SYMPTOMS**

Ever had trouble with one or more of this:

- headache,
- migraine,
- runny nose,
- itching in the bridge of the nose?

Your lymph nodes on the cheekbones can be filled with fluid which causes the symptoms.

Here is how to get rid of your problems on your own.

GET FREE NOW!



**LET'S
DO IT**

FOLLOW STEP-BY-STEP TUTORIAL

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Tutorial

FOLLOW STEP-BY-STEP

01

LOCATE THE LYMPH NODE

From the center of your eye, go straight down to your cheekbone.

02

USE YOUR THUMB

Press firmly and deeply under the cheekbone.
Tender?

03

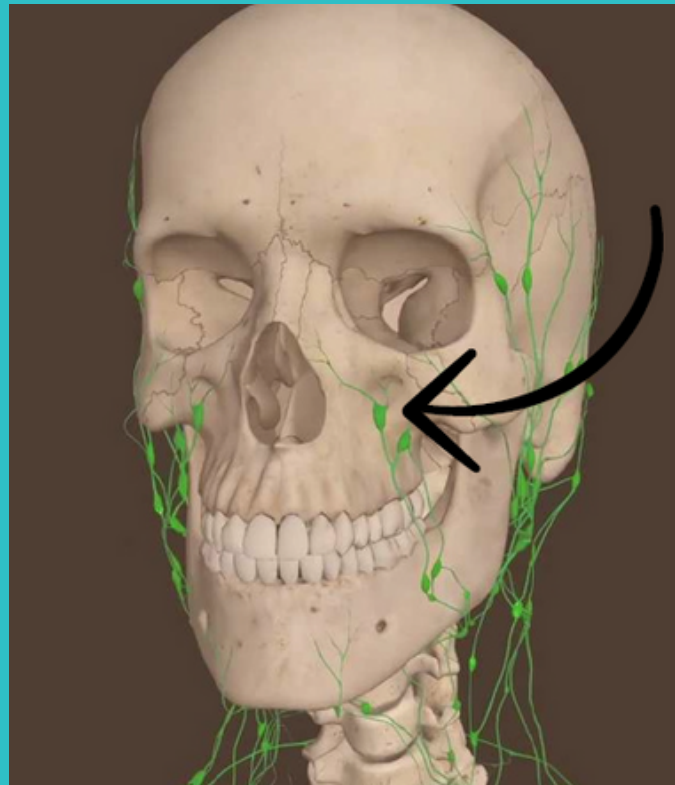
ENSURE A GOOD GRIP

Press, then squeeze hard and quickly through.
May be a little painful during the movement.

04

CHECK THE OTHER SIDE

Is it tender? Then feel the side you just pressed with your thumb. Softer? If not softer, press with your thumb a few more times.



Tutorial

FOLLOW STEP-BY-STEP

05

FIND THE OTHER LYMPH NODE

It's about a thumb's width towards the nose.

06

REPEAT THE PROCESS

Press deeply with your thumb and press a few times.

07

CHECK FOR IMPROVEMENT:

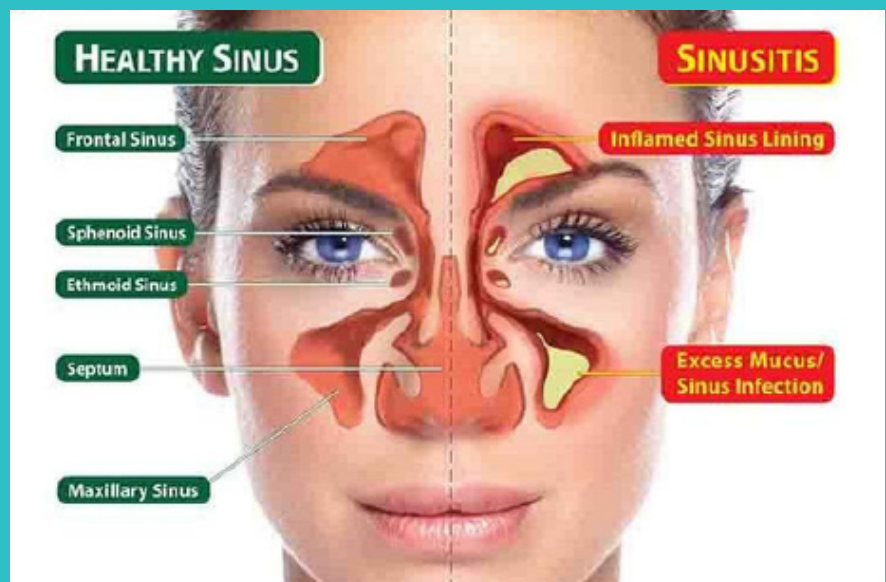
Has the headache decreased? Or maybe your sinuses have better drainage?

08

WATCH OUT FOR REDNESS

It's common to get a little flushed after doing this technique. It's a sign that the fluid that was stuck is moving along as it should.

VIDEO OF
PROCESS!



KEEP TRACK OF YOUR SYMPTOMS

Write down date and symptoms and anything new you notice while self-treating

Enjoy the process

Thank you
FOR READING

**CONGRATULATIONS ON COMPLETING THIS JOURNEY
TOWARDS BECOMING A PAIN FREE U!**



RUNE ÅBØ
*FOUNDER OF
LYMPH TREATMENT
METHOD*

**WWW.PAINFREEU.COM
@SMERTEFRI_MED_RUNE**