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```
var gaJsHost = (("https:" == document.location.protocol) ? "https://ssl." : "http://www.");
document.write(unescape("%3Cscript src='" + gaJsHost + "google-analytics.com/ga.js'
type='text/javascript'%3E%3C/script%3E"));
```

```
try {
var pageTracker = _gat._getTracker("UA-7494641-2");
pageTracker._trackPageview();
} catch(err) {}
```

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I am always posting discussion items and all things related to The Stick!! I also post information that I feel may help you with your own personal health and wellness.

Here are my top (most visited) posts:

- It Band Syndrome
- The Massage Stick and Popularity
- The Stick as a Self-Massage Tool

Please feel free to jump on the blog and make some comments!!

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