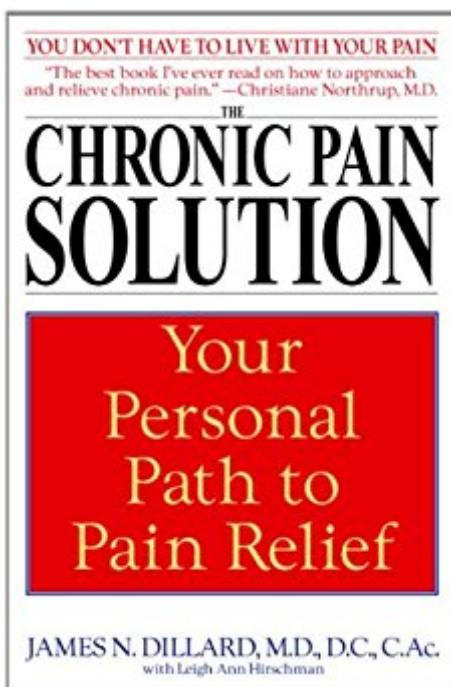


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# The Chronic Pain Solution: Your Personal Path To Pain Relief



## Synopsis

Every morning, more than 50 million Americans wake up to another day in pain. If you are one of them, you know the way chronic pain can take over your life: the lost work and missed pleasures, the harsh drugs or surgeries, the feelings of anger and frustration, the endless search from doctor to doctor. It doesn't have to be that way. This remarkable book, by one of the leading pain specialists in America, puts in your hands the resources usually available only at the most sophisticated pain clinics. Recent research has shown that the solution to the puzzle of pain is almost never one "magic bullet" treatment. What works is a combination of therapies--often three or more--customized to your individual needs. Some drugs or surgeries can actually make your condition worse, while surprisingly gentle alternative therapies can provide measurable, lasting relief. The key is knowing how to combine the best of both conventional and alternative medicine. Dr. James Dillard offers you what few physicians today are trained to provide: a fascinating new information on how pain affects your body and mind--including six myths that can keep you from healing; a detailed guide to more than 40 treatment methods, from state-of-the-art microsurgery and pharmaceuticals to acupuncture, yoga, and biofeedback; individual chapters on the 12 most common types of pain, from arthritis and back pain to fibromyalgia and migraines--clearly indicating what works and what to avoid; The Pain-Control Diet--and 20 top supplements for pain relief; how to build your pain-management team and get what you need from your insurance company; checklists, self-evaluations, and guides for tracking treatment; special chapters on children, seniors, pregnant women, terminal pain--plus how you can help a loved one in pain. You can take back your life from pain. The Chronic Pain Solution will guide you every step of the way. From the Hardcover edition.

## Book Information

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Pain

## **Customer Reviews**

Well written and very thoughtful. Encourages responsible use of opioids when nothing else helps. This includes fibromyalgia which I have had for 27 years.

Dillard has written a thorough book for managing many types of chronic pain. What relieves one person's chronic pain may not work for another person's chronic pain. His book explains how pain works, pain management treatments, and specific information on types of chronic pain. It is well written in terms that a non-scientific, regular person can understand easily.

After over 15 years managing my chronic pain, finally a book that clearly and concisely addresses current complimentary modalities of treatment. Dr. Dillard continually hits the nail on the head with the information he shares with his readers. This is the first book that I've read that really describes pain and how it works so that you can understand the process and how it may be interrupted and/or stopped for good. His advice in evaluating practitioners is very useful as well as information on diet and supplements that are most effective for different kinds of pain. I heartily recommend this book to anyone who suffers from chronic pain or anyone who has a loved one and wants to understand better how they may assist them.

Lots of good information in this book. First doctor I have heard about that has several approaches to pain relief. I wish he was in my town!

Recommended to me by my physical therapist. Very helpful.

Very informative book.

A great book to tackle a heavy subject. The references and handy index gave me many places to start with.

This book was everything I hoped it would be. As one who lives with chronic pain each day, I appreciate the comprehensive coverage of the topic, from traditional medical treatments to the non-traditional approaches. I learned much that other books had not been able to include. Highly recommended!

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