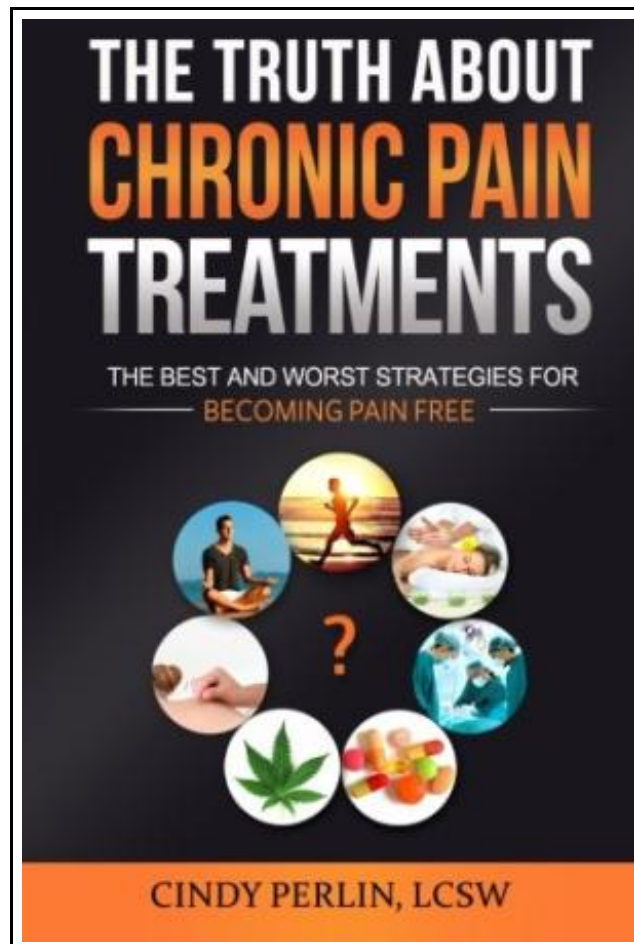


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Reviews

Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand.

(Mr. Jerry Littel)

THE TRUTH ABOUT CHRONIC PAIN TREATMENTS: THE BEST AND WORST STRATEGIES FOR BECOMING PAIN FREE (PAPERBACK)



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Morning Light Books, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you re in chronic pain and you re not getting adequate relief from your treatment, this book is for you. You don t have to learn to live with your pain or put up with unpleasant side effects from your medication. There are treatments available that could safely cure your pain. The Truth About Chronic Pain Treatments reviews the evidence for the safety and effectiveness of a wide variety of treatments and reveals how organized medicine is keeping you from getting the care you need and deserve. It s a comprehensive guide to avoiding the treatments that don t work or are likely to cause harm and selecting the therapies that are most likely to promote healing. Here are some things you will learn about in The Truth About Chronic Pain Treatments Prescription opioids like hydrocodone and oxycodone are highly addictive, even for medical patients taking them as directed. Pain patients who take opioids have more pain, more disability and lower quality of life than similar patients who don t take opioids. Nonsteroidal anti-inflammatory drugs like ibuprofen and Celebrex significantly raise your risk of heart attack, stroke and kidney damage. So many people have abnormal findings on MRIs even when they don t have any pain that if you have herniated, bulging or degenerated disks, chances are that it has nothing to do with your pain. Spinal fusion surgery fails about 50 of the time. The more types of childhood trauma you have had, the more likely that back surgery will fail. Psychological factors, including chronic stress, emotional repression and unresolved trauma, are frequent causes of pain and barriers to healing. Mind/body treatments including...



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