



PAIN

Stop The Pain

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Hurley**

Stop The Pain:

Stop the Pain Scott Hannen,2020-01-02 Millions of people suffer from debilitating pain and inflammation each and every day Most treatments focus on relieving or managing the pain instead of locating the cause and eliminating it This book helps the reader understand what pain is where it comes from and most importantly how to get rid of it There are six things to fix and six protocols to help correct the imbalances that cause pain and dysfunction Learn how to balance thyroid levels fix the gut revive your metabolism restore energy levels improve brain function and anti aging Look younger feel better and think clearer while eliminating the causes of pain that create dysfunction in your body Allow this book to be your personalized road map to guide you down the road to recovery The most exciting part is realizing that you may be only a few simple choices away from eliminating chronic debilitating pain and suffering from your life **Stop Pain** Vijay Vad, M.D.,2010-05-01 Take back control of your life from chronic pain with this comprehensive guide to pain management strategies and treatment options from a renowned sports medicine specialist If you are one of the estimated 50 million people who suffer with chronic pain you know the impact it has on your life But now with advances in our understanding of pain relief is possible with self care options that will minimize your dependence on narcotics or medical procedures In **Stop Pain** Vijay Vad M D teaches you the ins and outs of pain bringing to light the links between inflammation and other factors that increase pain Dr Vad lays out concrete strategies for dealing with the most common pain problems from stress relief techniques to an anti inflammatory diet He then addresses the possible risks and rewards of conventional and complementary treatments for chronic pain including prescription medications surgical intervention physical therapy acupuncture and breathing exercises A comprehensive overview of all the ways in which you can alleviate pain **Stop Pain** will open your eyes to the many ways you can take back control of your life Dr Vad s advice on eating exercise alternative treatments and medical options are truly helpful I am not only a patient of Dr Vad I m a fan Joy Behar comedian and host of **The View** [How to Stop the Pain of Arthritis](#) Henry B. Rothblatt,Donna Pinorsky,Michael Brodsky,1985 [Chinese Medicine for Lower Body Pain](#) Benjamin Apichai,2021-01-20 Pain medication is widely used to treat patients who suffer from acute and chronic pain However it is not the only treatment option available for managing back and leg pain there are alternate means of managing pain without the risk of adverse side effects that come with opioid use **Chinese Medicine for Lower Body Pain** further explores other pain management options introducing treatments such as acupuncture herbal medicine and Tui Na Chinese bodywork Providing explanations in terms of anatomy pathology and etiology for both western and Chinese medicine this book also provides self care instruction that is effective and easy to follow **Key Features** Introduces acupuncture treatments including needling cupping moxibustion bleeding techniques and electro acupuncture techniques Teaches treatments in all modalities in Chinese medicine Recommends dietary exercise and self care protocols for patients Includes photos for reference and ease of understanding The treatment methods introduced in this book are the

most recognized and effective pain management practices currently in use This book would be suitable for healthcare practitioners as well as patients who want to better understand and mitigate their pain Along with Chinese Medicine for Upper Body Pain ISBN 9781032066004 the author covers the use of Chinese medicine for pain management for the complete body

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