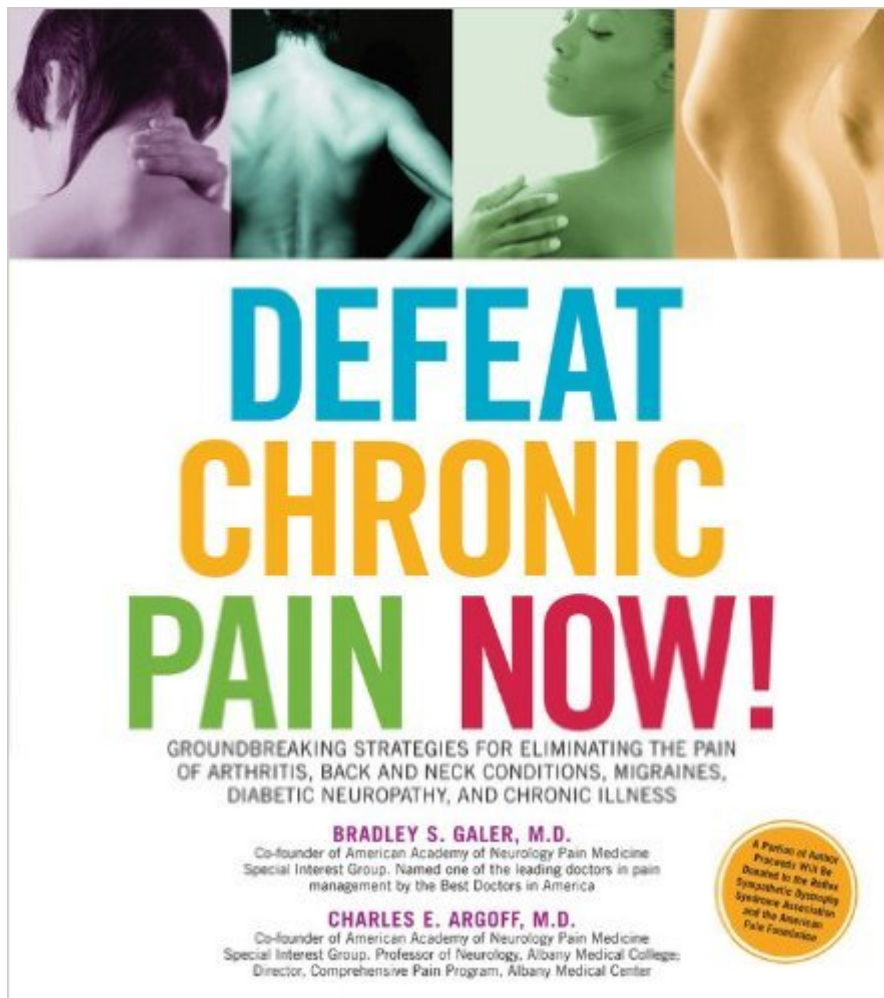


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# Defeat Chronic Pain Now!: Groundbreaking Strategies For Eliminating The Pain Of Arthritis, Back And Neck Conditions, Migraines, Diabetic Neuropathy, And Chronic Illness





## Synopsis

If you are one of the millions of people suffering from chronic pain, it can often seem as if your discomfort is runningâ€”and ruiningâ€”your life. Maybe youâ€™ve even been told that itâ€™s all in your headâ€”and you just have to endure the debilitating effects of migraines, arthritis, back and neck pain, and chronic illness. You can feel good again! **Defeat Chronic Pain Now!** is your survival guide to preventing, reversing, and managing chronic pain. Referencing breakthrough medical research, two of the leading pain specialists in the field, Bradley S. Galer, M.D., and Charles E. Argoff, M.D., present hidden and little known causes of common chronic pain conditions, how to avoid misdiagnosis, and the latest treatments under development including:â€”Myofascial Dysfunction: The real (undiagnosed!) culprit in 90% of Back and Neck Painâ€”DMARDS and NSAIDS: Two breakthrough drugs that promise significant relief for Arthritisâ€”Nutraceuticals: The natural wonder treatment for Peripheral Neuropathyâ€”Focal heat trigger-point (FHTP) therapy: The new drug-free approach to Migraine relief The first practical book on integrative pain management, **Defeat Chronic Pain Now!** gives you the latest information on surgical options, new medications, complementary therapies, and psychological interventions that can be used to rewire your body for pain relief. For each condition and procedure, youâ€™ll learn what to expect in the hospital and the doctor's office, and what self-therapy solutions you can do on your own. Detailed illustrations and easy-to-understand descriptions help you select the best treatment options to improve your unique type of pain and take back your life.

## Book Information

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## Customer Reviews

I live with the pain of herniated disks in my neck, as well as sciatica, so I was curious if this book offered anything new in the world of pain management. When I saw that this book covered arthritis, back and neck conditions, migraines, diabetic neuropathy, and chronic illness -- I knew it was worth a read. Written by two specialists in pain management (Dr. Bradley Galer and Dr. Charles Argoff), the book begins by admitting they've seen a lot of bad pain management doctors. In this book, they strive to present information in layman's terms and to give recommendations for various kinds of pain. The book begins with seven chapters that cover specific types of pain -- back pain, neck pain, arthritis, neuropathic pain, headaches, fibromyalgia and cancer pain. In each chapter, they give specific recommendations for medications and modalities that work. With few exceptions, they recommend active physical therapy where the patient is building muscle strength, not just laying under hot packs and having some gentle stretching. For back and neck pain, they do not recommend surgery for the majority of patients. Having spent the last two years in pain management, I was very interested in their recommendations for medications. Turns out that I had been on most of them, with varying degrees of success. The section about neck pain says that "nerve blocks are not the answer." This was my experience after 3 unsuccessful nerve blocks. For me, the two helpful suggestions from the book were: 1. Patients should do the same amount of activity each day. You do not lay on the couch for two days in pain, then feel better and clean the entire house, and then lay on the couch for two more days.

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