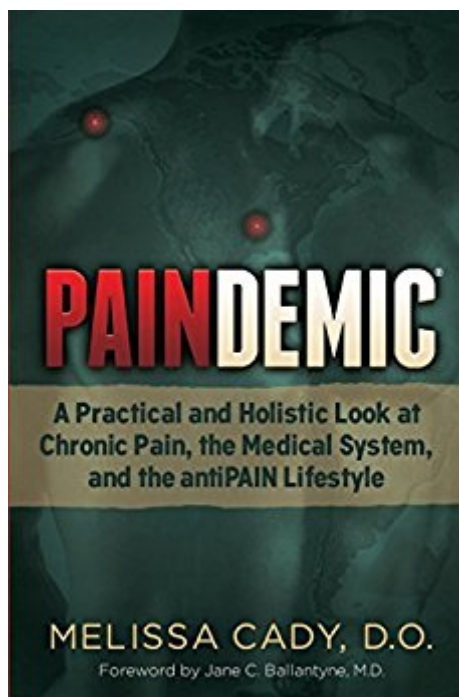




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# Paindemic: A Practical And Holistic Look At Chronic Pain, The Medical System, And The AntiPAIN Lifestyle (Non-Fiction)



## Synopsis

“Paindemic is a brutally honest portrayal of our current sick care medical model. No other book gives you such an in-depth and thought-provoking overview of how pain should be assessed and treated. Dr. Cady has truly outdone herself!”  
—Jamie L. Guyden, MD, Integrative Medicine Physician

Are you suffering from chronic pain? Do you feel that everyone, including your physician, thinks you are crazy? Are your loved ones and friends tired of hearing you complain? Are you becoming more depressed and anxious because of your pain? Do you find that you are isolating yourself from others? Are you sick of taking pain medications? Do you question whether injections or surgery are right for you? Is the medical system frustrating you or letting you down? Are you searching for a better way to address your pain? Answering yes to any of these questions means you are part of the very serious pain epidemic in our society. You are not alone! Millions are suffering. The United States is the most advanced society in the world; yet, the majority of pain medications, procedures, and surgeries are not solving this Paindemic. Paindemic will open your eyes to what you should know. Too many unnecessary and risky interventions are being done with little benefit and at great expense. It’s time to gain a better perspective to guide you down a more rational path to address and improve chronic pain, even low back pain. Ignorance is not bliss. What you don’t know about your pain could hurt you.

## Book Information

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## Customer Reviews

I was expecting a little more facts and options from this book, more along the line of a text book. The book lingers on about the evils of the opiates , which to me could be said in one sentence, think we all accept that these are over prescribed. Found my self not concentrating on the book as it was repeating the same facts and not offering good options . That being said I'm glad the book was put together to get more people talking about it.

Dr. Cady does a great job of reviewing the etiology, diagnosis, and treatment of chronic pain. Chronic pain is a multifactorial syndrome that is best approached from a number of different angles. Painsdemie is a great guide to accomplishing this.

For those suffering with chronic pain and looking for an elusive answer, you can stop looking. Written in a conversational and easy to understand manner, Painsdemie is your road map. For those of us who treat chronic pain in our healthcare practices, this book will serve as your guide to the availability and range of interventions, and the scientific support for those interventions. This book clearly defines the utility of high tech, low tech and invasive treatments currently available for chronic pain sufferers, pulls back the curtain on the business of our healthcare system, and separates fact from fiction, opinion from science, in the treatment of chronic pain. Dr. Cady's message is clear: Fix the problem, don't chase the symptom. Thank you, Dr. Melissa Cady, for this concise, well-crafted and honest glimpse into the current world of chronic pain treatment. Todd A. Edelson, PT, DPT, Dip. MDTDiplomate and Faculty MemberThe McKenzie Institute International

A must-read! Dr. Cady has given us a solid and insightful assessment of the issues in the current practice of pain diagnosis and management. She very clearly elucidates many problems of the chronic pain sufferer and the often incomplete or out-dated approach of current therapeutic modalities. PAINDEMIC is not an indictment of the medical community but rather an honest evaluation of an area of treatment that would truly benefit from an evidence-based overhaul. Dr.

Cady's book is a fresh look from the unique perspective of someone who has been both patient and practitioner. From the viewpoint of a trauma and emergency surgeon, I readily acknowledge the cases wherein conservative management is certainly the better option and plan to make this book suggested reading for all chronic pain sufferers I treat.

Dr. Cady has given patients, family members and healthcare professionals the ability to better educate themselves and their loved ones when dealing with chronic pain conditions. It is a valuable resource to empower the individual to see that there are possibly other options besides the status quo. In an age where healthcare is often driven by reimbursement models this allows the reader to have a better working knowledge that other modalities and treatments are available. Chronic pain can be debilitating, but when a patient becomes educated they possess a greater chance of altering their course and outcomes. This book is a must for any health professionals, family member, or patient dealing with chronic pain. Dr. Cady is passionate in her everyday clinical medical practice while managing, educating, and inspiring her patients. The pride in her work shines through in this book. The book is written in a great format and easy to read and understand.

Dr. Cady's book is a must read for patients and health care providers alike. She takes a fresh look at chronic pain and the issues of pain management in the United States. The text is logical and presented in terms that are easy for the lay reader to follow. She honestly outlines flaws in our current medical model, many of which I have observed as a physician who cares for patients with back pain. She provides practical advice to help sufferers manage their own pain as well as to effectively and proactively navigate the healthcare system. She challenges the reader to live the antiPAIN lifestyle including mind and body wellness. I have shared this book with my young adult (currently pain free) children with the knowledge that at some point in their lives they will likely encounter an episode of severe pain. Now is the time for all of us to learn and embrace the antiPAIN lifestyle!

Dr. Cady's book is a thorough, easily read presentation of pain management in the United States. She educates us on the usual course of treatment, encouraging the reader to get multiple opinions, "full disclosure empowers the patient". She reviews non-traditional therapies that address the "interconnectiveness of the body tissue". The realization that, "it may take longer than you want to reverse (pain)", goes against our cultural norms but her focus on changing lifestyle, personal empowerment and the adoption of body assistants are some of her best counsel.

Paindemic is an empowering resource for chronic pain sufferers and chronic pain physicians alike. Dr. Cady does an outstanding job explaining the limitations of the current pain practice and how to approach things from a more holistic point of view. She challenges pain patients to learn more about their bodies and to live a healthier, more active lifestyle while minimizing medications and procedures to improve pain and quality of life. I think anyone who has experienced chronic pain should read this book!

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Paindemic: A Practical and Holistic Look at Chronic Pain, the Medical System, and the antiPAIN Lifestyle (Non-Fiction) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Chronic Pain: Taking Command of Our Healing! : Understanding the Emotional Trauma Underlying Chronic Pain Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Taber's Cyclopedic Medical Dictionary (Non-thumb-indexed Version) (Taber's Cyclopedic Medical Dictionary (Non-Indexed Version)) Taber's Cyclopedic Medical Dictionary (Non-thumb-indexed Version) (Taber's Cyclopedic Medical Dictionary (Non-Indexed Version)) 21st Edition The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis and Chronic Pelvic Pain Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD) The Aromatherapy Bronchitis Treatment: Support

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