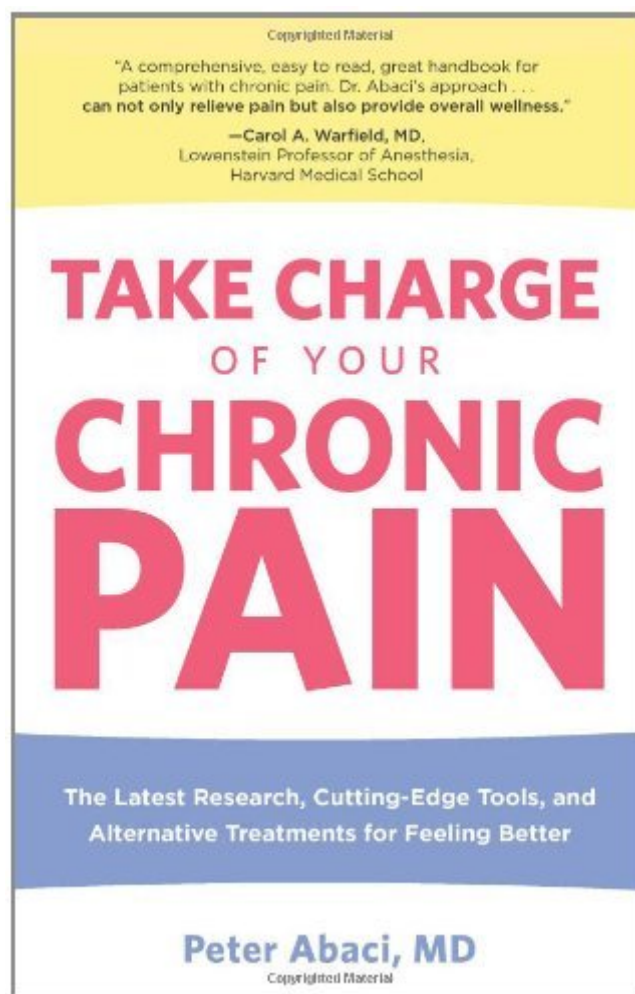




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# Take Charge Of Your Chronic Pain: The Latest Research, Cutting-Edge Tools, And Alternative Treatments For Feeling Better



## Synopsis

A revolutionary approach to dealing with chronic pain \* From arthritis and back pain to fibromyalgia, chronic pain afflicts some fifty million Americans. With more than twelve years' experience treating its sufferers and seeing the nation's health-care system come up short, Dr. Peter Abaci developed innovative treatments that have helped thousands better their lives in dramatic ways. The techniques he now offers in this book for the first time. In *Take Charge of Your Chronic Pain*, Dr. Abaci sets forth a comprehensive approach to chronic pain, one rooted in cutting edge research and case studies. He empowers readers by teaching them how they can take control of their pain by pairing traditional medicine with unconventional treatments such as meditation, tai chi, art therapy, diet, supplements, acupuncture, and yoga. Writing in a reassuring tone throughout, he also reveals groundbreaking new information about how functional MRIs can now measure pain for the first time before and after treatments, as well as startling information about the pharmaceutical industry and the surprising new discovery that narcotic pain medications can actually worsen the pain. *Take Charge of Your Chronic Pain* educates readers on the various aspects of chronic pain management, such as:

- Getting control
- Eliminating negative emotions and thoughts
- Making lifestyle changes
- Using art to process inner conflicts
- Living free from addictions
- Managing stress
- Recognizing myths about medications and surgeries
- Knowing what to eat

## Book Information

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## Customer Reviews

I deal with chronic pain constantly due to Fibromyalgia and other complications. Peter Abaci,MD has written a comprehensive book about the program he has developed to help people not just live with the pain, but make it better. His program deals with diet, exercise, meditation or prayer, and more. He takes a holistic approach that encourages people to get off all the "pain meds" so many are taking and develop a plan of care for self care. The first part of the book is fairly technical, but after that it becomes extremely helpful. After I read it, I bought several copies to give to friends suffering from pain, and even my doctor. I would certainly love to go to his clinic in California for a few weeks. Take Charge of Your Chronic Pain: The Latest Research, Cutting-Edge Tools, and Alternative Treatments for Feeling Better

I bought this book because my daughter was in a car accident 2 yrs ago & has been in chronic back pain ever since. Doctor after doctor has just given pain meds or muscle relaxers. Nothing helped. She went to a new dr. & he recommended she read this book & so I ordered one too. It sounds exactly like what shes been through. If you have chronic pain or know & love someone who does you should definitely read this book & you will understand so much more.

Dealing with Chronic Lower Back Pain, this book is helping me get through life after 2 major back surgeries. I am so glad I saw this on the web, would buy again!!!

I first borrowed this book from the library but by page 17, I knew I HAD TO HAVE IT! It was answering so many questions and giving some realistic advice on how to handle the pain of ME. And WHAT I COULD DO ABOUT IT. Like changing my diet so I didn't have so many inflammatory problems. I've had Crohns Disease, Sarcoidosis of the lungs and now ME. Wish I'd had this book back in the 70's.

Dr. Abaci does an outstanding job of outlining the causes and treatments for chronic pain. He gives good, practical methods for dealing with intractable pain. My wife has been his patient, and he is a caring, dedicated physician.

I would recommend this book. Very helpful.

This is a great book for a great price. It puts everything into perspective. Lots of information to help those who suffer from any kind of chronic pain. Highly recommend this book.

As some of this book is great info for those with disorders that are not complex. For those of us with multiple disorders including autoimmune-AS, RA as well as osteoarthritis head to toe literally, severe fibro, neuropathy, amongst 10 plus more significant degenerative bone diseases who have tried every therapy multiple times including PT, OT, massage therapy, epidurals, nerve blocks, trigger point point, acupuncture, and more and now my body is rapidly attacking itself and my last therapy I was told I'm not longer allowed to use any machines only water therapy. My body is to fragile. With kyphosis and lordosis along with multiple bulging disc in my cervical and lumbar spine with abudded cord they said it's just to risky. But I will say water therapy was awesome. It hurt but I got more from it than any therapy, to the point we went an bought one So I could try to keep some, what little mobility I have left. And use it everyday when temp is right. But that being said. Everyone is different and everyone respnds differently to treatments and many time we still need meds to help have some kind of quality of life. If not we would all be bedbound. But way CDC FDA DEA are going as well as ins companies following suit we are all going to be a statistic and population control is happening amongst the l'll and disabled as now we can't barely get meds anymore because of drug addict using illicit drugs containing synthetic fentanyl making them say we have all these OPIOD overdoses. Maybe so but not amonst the REAL PAIN PATIENTS. BUT suicide is on the rise because of it. Also Drs are not diagnosing timely. It took me 20 years to get diagnosed so damage is done. I've tried biologics and other meds to help but made me so weak and I got pneumonia twice and almost died. So while your book has great info for those with minimal problems it is hard for you and other Drs to say patients should be drug free. Not that easy or simple to live a life like this 24/7 depending on family to do EVERYTHING. Little misleading and false hope for alot. Sorry. Personal opinion.

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Nov-09-2010 Paperback Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Cutting Edge Medical Technology (Cutting Edge Technology) Cutting Edge Military Technology (Cutting Edge Technology) 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) The Truth About Chronic Pain Treatments: The Best and Worst Strategies for Becoming Pain Free Endometriosis for Dummies. Explains the Latest Drug, Hormone, Surgical, and Alternative Treatments 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) Cancer And Your Pet: The Complete Guide to the Latest Research, Treatments, and Options Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) It's Not Just Growing Pains: A Guide to Childhood Muscle, Bone and Joint Pain, Rheumatic Diseases, and the Latest Treatments MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated: Tips and Tools to Help You Take Charge of Your Life and Get Organized Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized 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) [ ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH ] By Ballweg, Mary Lou ( Author) 2003 [ Paperback ] 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)

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