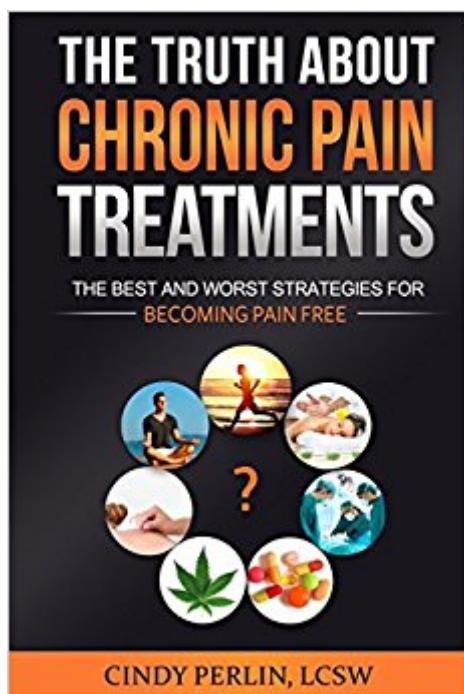


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# The Truth About Chronic Pain Treatments: The Best And Worst Strategies For Becoming Pain Free



## Synopsis

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. The good news is that 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 may be keeping you from getting the care you need and deserve. This comprehensive guide will help you avoid the treatments that don't work or are likely to cause harm and select the therapies that are most likely to promote healing. Here are some things you will learn about in *The Truth About Chronic Pain Treatments*:

- \* Which drugs are likely to do more harm than good and which are the safest
- \* Why results from one common diagnostic test should never be a reason to have back surgery
- \* How your mind influences pain levels.
- \* How to use your brain to heal your pain
- \* The evidence for the safety and effectiveness of drug-free, nonsurgical treatments

There is no one size fits all treatment and a multidisciplinary approach works best. When you read this book you will also learn how to use the following therapies to heal your pain:

- \* Biofeedback
- \* Psychotherapy
- \* Physical therapy
- \* Exercise
- \* Chiropractic treatment
- \* Nutrition and supplements
- \* Massage
- \* Acupuncture
- \* Herbs
- \* Homeopathy
- \* Energy medicine
- \* Marijuana
- \* Low level laser therapy
- \* Multidisciplinary pain treatment programs

Unlike most books on chronic pain treatment that advocate one specific treatment, *The Truth About Chronic Pain Treatments* provides information about a wide variety of therapies so that you can make informed decisions about what is best for you. This essential pain management handbook also explains why you haven't heard more about the many safe, effective pain treatments that are available. It includes a legislative proposal, the Pain Treatment Parity Act, which would eliminate the barriers to pain patients getting safer and more effective care.

## Book Information

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## Customer Reviews

"A comprehensive, impeccably researched debut handbook that focuses on alternative treatments for chronic pain. ... its all-embracing approach makes it suitable for laymen and health care providers alike." - Kirkus Reviews "Exposes how common evaluations and treatments may not be in the best interest of the patient suffering with persistent pain. Institutional bias often favors potentially harmful and expensive interventions whilst ignoring or trivializing those that are essentially safe and may be as or more effective. Ms. Perlin chronicles patients who have been helped and encourages you to investigate alternative treatments so that you too may avoid needless expense and suffering." - Norman Marcus, M.D., author of End Back Pain Forever "Cindy Perlin has written a valuable guide to the understanding and treatment of chronic pain. The Truth About Chronic Pain Treatments is itself a valuable treatment--a marvelous compendium that will improve the wellbeing of anyone facing this very common problem. Perlin speaks in plain language with great authority and wisdom." - Larry Dossey, MD, author of ONE MIND: How Our Individual Mind is Part of a Greater Consciousness and Why It Matters. "I highly recommend this book to all my chronic pain patients so they can become more informed of the treatment options that are out there for them." - John Garzio, PT, DPT, Past President Pain Management Special Interest Group, American Physical Therapy Association; Board of Directors American Academy of Pain Management. "Well referenced and well written. I recommend it." - Andrew W. Saul, Author of Doctor Yourself and editor of the Orthomolecular Medicine News Service "A superb book. All patients dealing with pain and all practitioners working with people in pain should read this book. Read this book before taking pain medications--it may save your life." - Erik Peper, President, Biofeedback Foundation of Europe, author of Make Health Happen and co-author of Fighting Cancer "Cindy Perlin's book reveals important and significant information about the many effective treatments for pain other than a pill prescribed by your doctor. I know from my experience as a surgeon that there are many treatments, from emotional to physical, which can heal the cause and relieve resulting pain. This book is a wonderful resource for those in need of relief from pain." - Bernie Siegel, MD author of Love, Medicine and Miracles and The Art of

Healing"Contrary to what most people believe, pain meds are not the solution to chronic pain. Find out why and what to do about it in this authoritative work." - Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers: Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Wellbeing, Women's Bodies, Women's Wisdom, and The Wisdom of Menopause

Cindy Perlin is a Licensed Clinical Social Worker, nationally certified biofeedback practitioner and chronic pain survivor. She is past president of the Northeast Regional Biofeedback Society. She lives and works in upstate New York, where she has been helping her clients achieve their health and wellness goals for 25 years.

Illuminating book.

Not much information provided.

Well there seem to be some great suggestions, this book should not be available for Kindle yet. The digital does not read out as well as reading a regular book. It all seemed like a list of a bunch of facts. I listen to over a quarter of the book before I finally turned it off and removed it from my homepage. It just seemed like it wasn't Going anywhere. I hope everyone who is able to read a hard copy of the book is enjoying it because I did not.

I have chronic pain and I wanted to know my choices. Some I have tried but there are a lot I have not tried yet!

More opinion than fact. I found several contradictory statements in the first two chapters - will not recommend for my patients.

As a physical therapist, I'm always looking to expand my knowledge base in an effort to better serve my patients. Over the years, my thinking has greatly changed. I used to believe that pain was largely due to biomechanical dysfunctions, and that I could help "fix" things with the skills I learned in school. Now, I recognize just how complex the human mind and body are in regards to the pain people suffer. I know now that there are many potential paths towards ridding oneself from pain. Cindy's well referenced and researched book covers this theme in great detail. When I heard Ms.

Perlin interviewed recently on WFAN radio in NY, I immediately ordered her book and am very thankful that I did. I learned so many interesting facts about the way the current western healthcare system operates in regards to treating folks in pain. I also learned about the myriad alternative approaches that are available to people who are not finding relief through traditional treatments. Cindy did a great job presenting the facts side-by-side with anecdotes of real life case histories. Her own two personal pain stories, each treated differently and successfully via separate methods, highlights the fact that pain management is definitely NOT one-size-fits-all. With our country in the midst of an opioid epidemic, the timing of Ms. Perlin's book couldn't be better. People have to know that there ARE viable alternatives to treating their pain, and that there is HOPE. Cindy's book will be a tremendous help for so many people who are suffering from chronic pain.

Very informative book on all things related to pain management, goes into detail on all of the side effects of common pain medications and has descriptions of numerous alternative pain treatment methods.

I know Cindy Perlin personally, and am familiar with her opinions on several topics covered in this book, so it was pleasant to see that she has written a very honest and well-researched book without, as someone else said, "putting her thumb on the scale". This book is very comprehensive, and I plan to keep it as a reference. I am someone who found relief from neuropathic pain with gabapentin (generic form of Neurontin), but, like anyone who has once suffered from debilitating pain, I live in fear that there could come a day when the medication is no longer effective for me, or a point when I could develop side effects which might compel me to look elsewhere for relief. I am also very aware of the fact that many other people with neuropathy do not respond to gabapentin as successfully as I have. Cindy's book definitely makes the point that what works for some may not work for all, and that it's advisable to be well-informed about our options so that we can keep trying until something works. To that end, Cindy has compiled information about all sorts of pain treatments, and provides footnotes so that further details can be located elsewhere. A book of this type is generally pretty "dry" reading, but Cindy makes it more interesting by adding the personal stories of persons, including herself, who have benefited from various "alternative" treatments for pain. These anecdotes offer hope, and I found them fascinating. Also of interest is Cindy's research on the ways Big Pharma, Big Medicine, the FDA, etc., have manipulated, distorted, and suppressed the results of various studies of unconventional pain treatments; and how they have thrown up roadblocks which make it more difficult to even carry out such studies. This information is infuriating,

and should be widely disseminated. Cindy also describes the dismally minimal emphasis on pain relief that future doctors receive in medical school. That explains a lot to those patients who have had to beg and cajole their doctors to really work with them to find a solution to their pain. Reading about it should empower patients to be persistent and to consider all options; conventional and unconventional. Given the fact that pain is, or will be, a part of so many persons' lives, Cindy's book is an important tool for a wide audience. Whether for yourself or a suffering loved one, this book is a useful acquisition.

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