



Stop Pain

Vijay Vad

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Do you feel trapped by chronic pain? Do you avoid going places and doing things you once loved, because getting there simply hurts too much? 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. Covering everything from stress relief techniques to an anti-inflammatory diet, Dr. Vad shows you the things you can do to alleviate pain. Dr. Vad lays out concrete strategies for dealing with the most common pain problems. He then addresses the possible risks and rewards of various treatments for other types of chronic pain. His analysis of conventional and complementary options—including everything from prescription medications and surgical intervention to physical therapy, acupuncture, and breathing exercises—will open your eyes to the many ways you can take back control of your life.

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