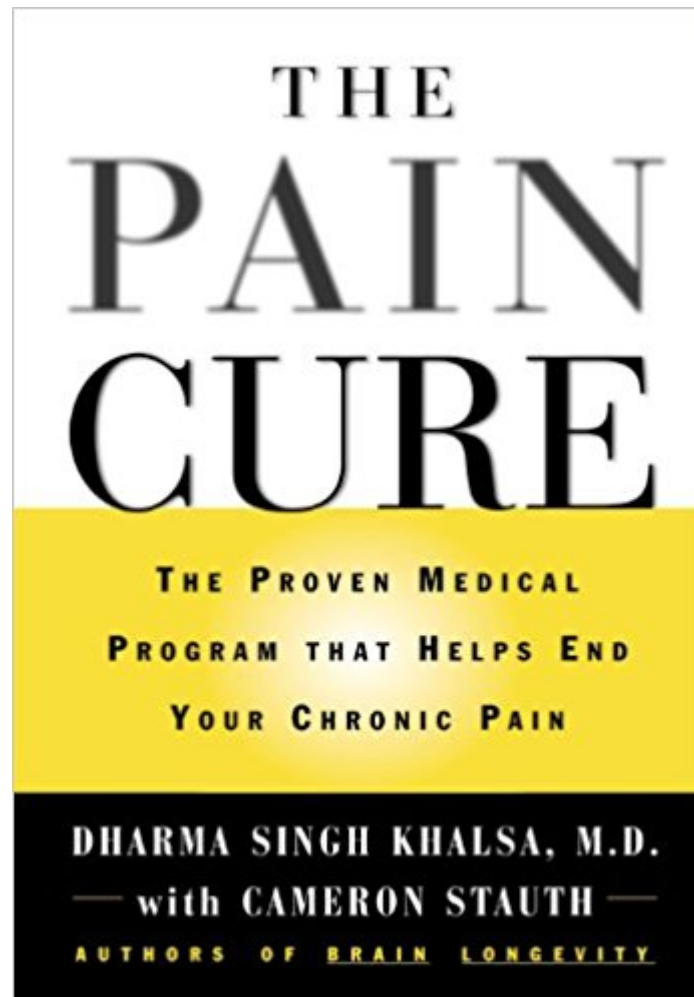


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# The Pain Cure: The Proven Medical Program That Helps End Your Chronic Pain



## Synopsis

From the authors of "Brain Longevity" comes a groundbreaking book to help the 80 million desperate Americans who suffer from chronic pain.

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #1,147,856 in Books (See Top 100 in Books) #142 in [Books > Parenting & Relationships > Family Health](#) #149 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #1124 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

I have had two neck fusions and also suffer from fibromyalgia. I found Khalsa's book extremely helpful and easy-to-read. He offers well-rounded advice for chronic pain sufferers. The most helpful aspect of the book for me was his explanation of the causes of chronic pain and how we can help to control it. I was so glad to get an explanation of the causes of chronic pain, as most doctors do not take the time to explain this. Just by gaining an understanding of how the "pain cycle" works, I was able to relax and found that my pain level has decreased. The author also includes a multitude of ways to relieve and rise above the pain, such as exercises, yoga, nutrition, acupuncture, medications (both pharmaceutical and natural), and meditations and spiritual healing. This book is a helpful, holistic approach to chronic pain management. Included is an appendix with resources for further reading and places to obtain vitamins and various products suggested in the book. I find it to be an encouraging and valuable resource.

I have been a chronic pain patient for 10 years. I cried when I read the opening chapter of this book because someone FINALLY understood how I felt and what I was going through. This book has made a difference in my life. I now understand the pain process and how my body handles it. I have

learned strategies for coping and living a fuller life. This is the third copy of the book I have bought for a friend who needed it as well. Everyone who either suffers from chronic pain or has someone close to them who does, needs to read this book.

I have Crohn's disease and several complications thereof. I have been searching for hope and answers for years. This book has been one of the most helpful, empowering things to come along for me. It doesn't claim to have all the answers but instead humbly offers an enormous amount of information and "tools" for controlling pain. I have found it very comprehensive and enlightening and would love to talk about it with other readers. If interested please contact me!

This book is the answer to my prayers!! It is so well written I found it more to be like a best selling novel that I just couldn't put down! Dr. Khalsa's theory of bringing Eastern & Western medicine together not only should be used to treat chronic pain, but practiced with all types of medical treatments. After reading this book I immediately went for treatment with Dr. Khalsa. Seeing his true dedication in helping people understand the way to use the tools necessary to help ourselves was just the precise information I was looking for, for many years. I can't thank you enough Dr. Khalsa, for what you and your knowledgeable staff have taught me. I highly recommend this book to everyone looking not for a quick temporary remedy (Western medicine) but the way to change our lives and to bring our mind, bodies, and souls together.

At 18 years old, I had never known what it was like to walk without being in pain. The doctors knew of no cure. I was lost in a depression so deep. I had no hope. I cried when I read the first chapter of The Pain Cure. For the first time someone could put into words what the pain I felt was. It explained to me why I hurt, and what I could do about it. And from this I have sought the route so I can 'endure my pain without suffering from it.' Last week I did the three mile M.S. walk with my high school. I am doing things in my life that never would have been possible if I had not have undergone the awakening that I have. This book has saved my life, and sent me on a new path.

I suffer from fibromyalgia. I found this book to be full of practical and useful information on how to cope with FMS, and hopefully, reduce its effects. Dr. Khalsa writes in a easy to read and informative way. He appears to really care about people and improving their health. I strongly believe in the mind/body connection and that, along with diet and medication, a sense of hope and determination can help to heal.

The 'Pain Cure' is a valuable resource empowering you with tools and information for controlling your pain and regaining your life. It covers an enormous amount of information including nutritional therapy, physical therapies, medication...as well as mind/body exercises, meditation and strength training..... A total holistic approach bringing Eastern & Western medicine together. During times of pain it is easy to want to hide away & I found comfort & encouragement during my time of need. Thankfully this combined technique is becoming a more recognizable form of treatment by doctors of today. I would highly recommend this book for anyone who suffers from pain. Life Is Too Short .....Regain & Enjoy Your Life!

As a sufferer of fibromyalgia I have found this book's suggested treatments incredibly valuable. Yes there are a lot of supplements he recommends, but I was desperate enough to try virtually all at once and have found myself with more energy, stamina and strength, and way less pain, than I have had in years!! I am even beginning to have dream sleep for the first time in years! Being a Christian I replaced his Buddhist meditations with Christian ones, but that was the only significant change I made. I had the energy to enjoy my daughter's wedding and I am even well enough to be planning an overseas trip. I would HIGHLY recommend this book to all fibromyalgia sufferers!

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