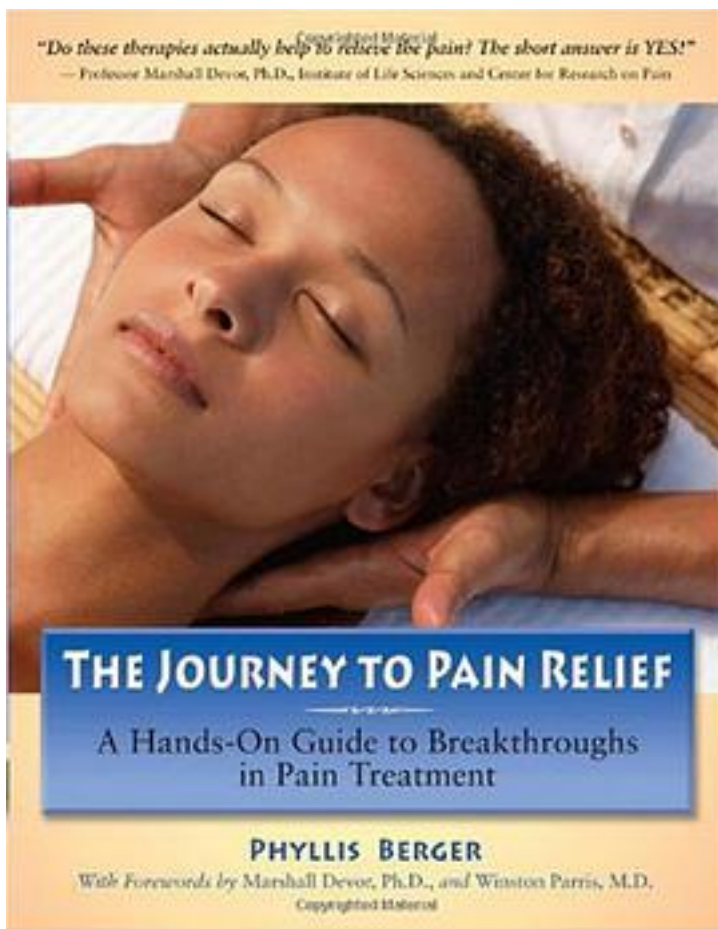


# The Journey to Pain Relief



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著者:Berger, Phyllis

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Through her extensive experience with pain clinics, author Phyllis Berger — a chronic pain sufferer herself — realized that pain relief was highly dependent on stress factors. She found relief could be more rapidly achieved by blocking pain with electrical

currents and acupuncture, relieving anxiety and releasing emotions, and increasing pain-free movements with exercises, especially enjoyable exercises that build strength and endurance. Focusing on the brain and its complex chemical interactions and electrical circuitry, The Journey to Pain Relief provides solid information, advice, and treatment suggestions to empower both the chronic pain sufferer and the pain therapist. The author authoritatively describes ways to combine a wide range of treatments that tap into the body's inherent knowledge and ability to heal, increase exercise ability, stimulate the production of helpful chemical substances in the body, and encourage the positive attitudes that will bring many more patients to that often elusive destination of pain relief and control.

作者介绍:

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