



## The Truth about Chronic Pain Treatments: The Best and Worst Strategies for Becoming Pain Free

By Cindy Perlin Lcsw

Morning Light Books, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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. 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 is keeping you from getting the care you need and deserve. It s a comprehensive guide to avoiding the treatments that don t work or are likely to cause harm and selecting the therapies that are most likely to promote healing. Here are some things you will learn about in The Truth About Chronic Pain Treatments Prescription opioids like hydrocodone and oxycodone are highly addictive, even for medical patients taking them as directed. Pain patients who take opioids have more pain, more disability and lower quality of life than similar patients who don t take opioids. Nonsteroidal anti-inflammatory...

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