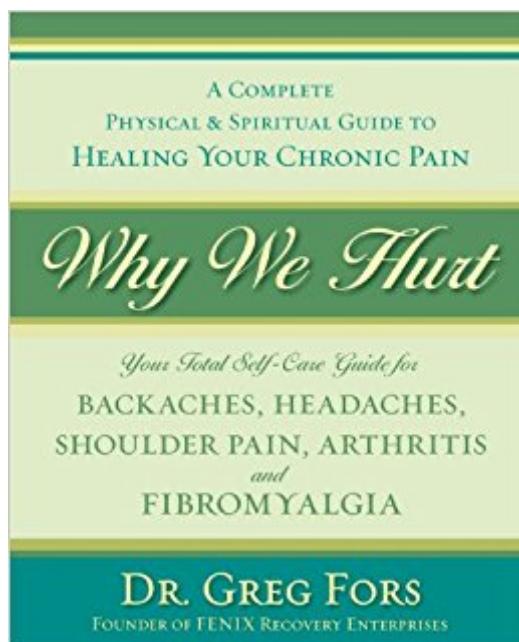


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Why We Hurt: A Complete Physical & Spiritual Guide To Healing Your Chronic Pain



Synopsis

After seeing his teenage daughter disabled with fibromyalgia, Dr. Fors was compelled to return to academia to find answers for those whose lives are frustrated by chronic pain. In this health and wellness book, Dr. Fors describes the development of chronic pain as a result of our lifestyle of convenience and the roadblocks put in place from our modern approach to healing. He discovered the primary culprits behind chronic pain are not only our diet and lifestyle choices but also the environmental toxins in our food, air, water, and cosmetics, as well as our own perceptions that lead to psychological stress. In this comprehensive, metaphysical approach to healing from the inside out, Dr. Fors dispels common misconceptions about conventional and alternative therapies and explains how the whole person must be treated—body, mind, and spirit. He prescribes a "triangle of healing," with practical physical, nutritional, and spiritual solutions. This science-based alternative approach includes sound dietary recommendations, use of supplements, suggestions for healthy living, and proper detoxification strategies for living in a toxic world. Dr. Fors includes an entire section on self-administered therapy for myofascial trigger points, with diagrams and instructions relating to specific pain conditions. Most importantly, this approach puts you in charge of your health.

Book Information

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Customer Reviews

Starred Review. This compassionate investigation into the multiple factors leading to pain disorders and the conditions associated with them should be required reading for health-care providers,

patients with chronic pain and their families. According to neurologist Fors, patients with such disorders, from back pain and arthritis to chronic fatigue and fibromyalgia, frequently experience allergies, headaches, digestive problems, anxiety and depression, leading many physicians to equate chronic pain with chronic patient rather than hunt for a constellation of cause and effect. Fors identifies primary culprits: the typical American diet, laden with sugar and saturated fats and low on nutrient-dense whole grains, fruits, vegetables, nuts and fish; anti-inflammatory medications (NSAIDS); environmental toxins; and physical and psychological stress. By making positive lifestyle changes, Fors says, even patients who are suffering most severely will decrease their pain enough to then release neuromyofascial lesions (NMLs, or pain-causing trigger points) that have formed in the fascia (connective tissue) that encases muscle tissue and connects muscles to the rest of the body. In an extensive section on self-care, Fors instructs readers on how to manipulate NMLs; subsections with diagrams map trigger-point locations in specific areas of the body. (Dec.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Dr. Fors' book, *Why We Hurt* is the most detailed, thoroughly peer-reviewed and evidenced-based guide for understanding the biochemical, physical and spiritual roles in sickness and in health available to date. It is written for both the practitioner and the 'walking wounded,' providing information addressing the cause and treatment of chronic pain in its many forms. I whole-heartedly recommend it!" -- Thomas F. Bergmann, D.C., F.I.C.C. "Finally! A holistic, comprehensive book that not only understands pain but shows you what to do to alleviate it. Dr. Fors sets out a thorough program--physical, nutritional and spiritual--that guides the reader through the layers of healing. *Why We Hurt* is a godsend to all of us who have suffered with chronic pain. This book should be on the shelf of every massage therapist in the country and in the hands of all their clients." -- Mary Swander, L.M.T., author of *The Desert Pilgrim: En Route to Mysticism and Miracles*"*Why We Hurt* is an excellent, well-organized and understandable complete guide to a science-based natural approach to chronic pain. It inspires people not to just seek pain relief, but to heal their pain. It is not only an excellent self-help book for anyone who suffers from chronic pain, but a primary reference guide for the health care professional for understanding and treating the neurological and metabolic causes of chronic pain. *Why We Hurt* certainly has my heartiest recommendation." -- W. Karl Parker BA DC FICC FACC

Really helpful, informative book. Gives a way to trace joint and muscle pain to it's root cause and then gives ways to treat that. Fantastic! I highly recommend reading this book when the doctor can

find nothing wrong but you are experiencing real discomfort and pain.

Excellent material here. The supplement recommendations work, but you do have to take at the quite high dosages recommended to get the effect. Very helpful on trigger points. Author touts his "board" for treating trigger points for a significant part of the book. After a while I got one and it is indeed very effective and one of the only ways to self treat.

Full of great information in an easy to understand format. Makes perfect sense.

Very helpful Text. Answers a lot of questions that Doctors don't have time to answer or maybe just not sure. A lot of pain comes from the muscles and nervous tissues. This book covers that plus how nutrition, vitamins and exercise can help.

This book is a must have for Fibromyalgia patients. I bought this book before I met the doctor and started going to him. It's full of great information that most of my medical doctors never told me and I don't think even knew of. He is a great doctor, this book is written well and it arrived in great shape and was packaged well. On time. :) Happy girl.

I am enjoying this book more than I thought. It does tend to read like a textbook sometimes but I don't mind at all. I have a medical background so enjoy the in-depth explanation behind the theories. Don't know if others would appreciate it though. If you are suffering from Fibromyalgia you may want to read it. Good luck!

Information to help you heal yourself and eliminate pain through lifestyle changes, diet, vitamins, and supplements instead of covering up your pain with negative side-effect producing medications.

I appreciate the way a doctor is explaining why doctors aren't explaining "why" we hurt, but are instead giving out pain pills and other artificial ways of hiding pain. Dr. Fors also gives lots of helpful information on how to eliminate pain.

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Why We Hurt: A Complete Physical & Spiritual Guide to Healing Your Chronic Pain The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS &

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