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Paindemic: A Practical and Holistic Look at Chronic Pain, the Medical System, and the antiPAIN Lifestyle (Non-Fiction)

Melissa Cady D.O.

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Are you suffering from chronic pain?
Do you feel that everyone, including your physician, thinks you are crazy?
Are your loved ones and friends tired of hearing you complain?
Are you becoming more depressed and anxious because of your pain?
Do you find that you are isolating yourself from others?
Are you sick of taking pain medications?
Do you question whether injections or surgery are right for you?
Is the medical system frustrating you or letting you down?
Are you searching for a better way to address your pain?

Answering yes to any of these questions means you are part of the very serious pain epidemic in our society. You are not alone! Millions are suffering. The United States is the most advanced society in the world; yet, the majority of pain medications, procedures, and surgeries are not solving this *Paindemic*.

Paindemic will open your eyes to what you should know. Too many unnecessary and risky interventions are being done with little benefit and at great expense. It's time to gain a better perspective to guide you down a more rational path to address and improve chronic pain, even low back pain. Ignorance is not bliss. What you don't know about your pain could hurt you.

"Paindemic is a brutally honest portrayal of our current sick care medical model. No other book gives you such an in-depth and thought-provoking overview of how pain should be assessed and treated. Dr. Cady has truly outdone herself!"?Jamie L. Guyden, MD, Integrative Medicine Physician

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Shirley Kier:

Have you spare time for the day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a move, shopping, or went to often the Mall. How about open or even read a book eligible Paindemic: A Practical and Holistic Look at Chronic Pain, the Medical System, and the antiPAIN Lifestyle (Non-Fiction)? Maybe it is being best activity for you. You already know beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with it is opinion or you have other opinion?

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A lot of people always spent all their free time to vacation or go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a guide. The book Paindemic: A Practical and Holistic Look at Chronic Pain, the Medical System, and the antiPAIN Lifestyle (Non-Fiction) it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book out of your smart phone. The price is not very costly but this book possesses high quality.

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Is it a person who having spare time after that spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This Paindemic: A Practical and Holistic Look at Chronic Pain, the Medical System, and the antiPAIN Lifestyle (Non-Fiction) can be the solution, oh how comes? A fresh book you know. You are consequently out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these publications have than the others?

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