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Solving The
Mystery Of
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Total Recovery: Solving the Mystery of Chronic Pain and Depression.

About 100 million Americans live with some form of chronic

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pain—more than the combined number who suffer from diabetes, heart disease, and cancer. But chronic pain has always been a mystery.

Total Recovery: Solving the Mystery of Chronic Pain and

...

“Gary Kaplan is the Sherlock Holmes of chronic pain. In Total Recovery, he describes how to uncover the

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underlying causes of chronic pain and, how by correcting them, seemingly hopeless patients can move toward health. It is a 'must read' at every pain center, by every pain physician and for every patient with chronic pain."

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In Total Recovery, Dr.

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Gary Kaplan argues that we've been thinking about disease all wrong. Drawing on dramatic patient stories and cutting-edge research, the book reveals that chronic physical and emotional pain are two sides of the same coin. New discoveries show that disease is not the result of a single event but an accumulation of traumas.

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The Mystery Of **Total Recovery : Solving the Mystery of Chronic Pain and**

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...
Total Recovery does a very thorough job of connecting childhood trauma and stresses to diseases and disabilities that show up decades later. One of the most important chapters offers suggestions on day to day practices, including nutrritional supplements, exercise

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and meditation, that
can help to reverse the
inflammation related to
debilitating diseases
and depression.

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the Mystery of Chronic
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Gary Kaplan, D.O., with
Donna Beecher; Read
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Total Recovery
(Hardcover) Solving
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By Gary Kaplan, Donna
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9781623362751,
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(5/19/2015) CD-Audio

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Dr. Gary Kaplan,
Doctor of Osteopathy
and author of Total
Recovery: Solving the
Mystery of Chronic Pain
and Depression tells us
the medical
establishment's
thinking about disease
is all wrong. Current
research is revealing
the neurological
connection between

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Integrative Medicine,
and author of Total
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and Depression
(Rodale, 2015). A
pioneer and leader in
the field of integrative
medicine, Dr. Kaplan

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has made remarkable
strides in his work with
chronic pain patients,
and is one of only 19

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Total Recovery does a
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Total Recovery is a
radical rethink of how

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we get sick, why we stay sick and how we can recover. Millions of us suffer from chronic pain. It can return at the slightest provocation and its cause is often a mystery to doctors. In Total Recovery, Dr Gary Kaplan argues that we've been thinking about disease all wrong.

Total Recovery: Solving the Mystery

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But chronic pain has

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Total Recovery: Solving the Mystery of Chronic Pain and Depression Gary Kaplan

Total recovery : solving the mystery of chronic pain and depression : how we get sick, how we stay sick, how we can recover. [Gary Kaplan; Donna Beech] -- Chronic pain has always been a mystery. For the more than 100 million Americans who suffer

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from it, chronic pain
often returns at the
slightest provocation,
even when doctors
can't find anything ...

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In Total Recovery, Dr.
Kaplan demonstrates
that it is possible to
quiet the inflammatory
state at the root of
chronic pain and
depression, and lays

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[Gary Kaplan; Donna
Beech] -- Millions of us
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solving the mystery

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Although Total
Recovery is full of
technical information,
the reader is carried
along through a series
of fascinating case
studies, in a style
which I suspect may
owe a great deal to
Donna Beech [Medical
Writer and
Collaborator], If so we

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owe her a debt of
gratitude in ...

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...

— Gary Kaplan, Total
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and Depression. 1
likes. Like “The brain
perceives emotional
pain more quickly than
it does physical pain. If
a loved one dies
unexpectedly, your

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nervous system immediately responds. Adrenaline, noradrenaline, and cortisol surge into your bloodstream, binding to your heart ...

Gary Kaplan (Author of Total Recovery)

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