



The Pain Antidote: The Proven Program to Help You Stop Suffering from Chronic Pain, Avoid Addiction to Painkillers--and Reclaim Your Life

Mel Pohl, Katherine Ketcham

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Chronic pain is not a life sentence

If you are one of the 100 million people who suffer from chronic pain, you may be feeling hopeless and helpless, relying on endless medications that don't work, feeling worse and worse. But there is hope—and help. The innovative program at the acclaimed Las Vegas Recovery Center, at which Dr. Mel Pohl is Medical Director, has helped thousands of sufferers to reduce chronic pain *without* the use of painkillers. *The Pain Antidote* shares this program's concrete tools and strategies, offering:

Cutting-edge research on how pain affects your brain
How your emotions affect your experience of pain
A comprehensive program, including a four-week Jump Start plan
Pain-reducing gentle exercises and health-supporting foods
And much more.

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