



## Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain Now

By Jacob Teitelbaum

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**Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain Now** By Jacob Teitelbaum

**The bestselling author of *From Fatigued to Fantastic* shows chronic pain sufferers how to treat the underlying causes of pain and regain health and vitality**

Pain Free 1-2-3 demonstrates the four critical components for healing tissue: getting optimum nutrition and sleep, correcting hormonal levels, and eliminating the factors that put stress on the body. Dr. Jacob Teitelbaum provides more than 100 treatments combining both natural and prescription approaches to guide you on how to aid the body in healing, locate the source of their pain, and tailor treatments for maximum effect.

“An excellent and powerfully effective part of the standard of practice for treatment of people who suffer from fibromyalgia and myofascial pain syndrome.” --*The Journal of the American Academy of Pain Management*

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### **Editorial Review**

From the Back Cover

#### **Conquer your pain and take back your life!**

“Jacob Teitelbaum again breaks new ground with his characteristic insightfulness and compassion for patients. The result is a book that offers practical solutions to heal the underlying conditions that cause pain.”

--Mary Shomon, *New York Times* bestselling author of *Living Well with Hypothyroidism*

“An amazing book on pain management by a world-renowned expert! You can once again enjoy and love life to its fullest.”

--Marc Darrow, M.D., Assistant Clinical Professor, UCLA School of Medicine

Finally, here is a proven step-by-step program to get rid of the aches and pains that wreak havoc on your life. For years, Dr. Jacob Teitelbaum suffered from chronic fatigue and fibromyalgia pain until he learned how to effectively treat it. Based on this firsthand knowledge and his thirty years of experience as a pain specialist, *Pain Free 1-2-3* provides more than one hundred treatments along with advice on customizing and combining safe and effective natural, alternative, and pharmaceutical remedies.

Dr. Teitelbaum shows you how to:

- Address what is critical for healing and tissue repair-optimum nutrition and sleep, correcting hormone levels, and eliminating stress
- Create a new, comprehensive, and integrated approach to pain relief
- Treat fatigue, depression, anxiety, and other problems related to pain

Haven't you suffered enough? It's time to say goodbye to pain forever!

Find much-needed relief from:

- Myofascial and fibromyalgia pain
- Acid reflux and indigestion
- Back pain
- Headaches
- Cancer pain and discomfort
- Menstrual cramps and much more

About the Author

**Jacob Teitelbaum, M.D.**, is the medical director of the Center for Effective CFS/Fibromyalgia Therapies in Annapolis, Maryland.

## **Users Review**

### **From reader reviews:**

#### **Norman Brown:**

Do you have favorite book? Should you have, what is your favorite's book? E-book is very important thing for us to learn everything in the world. Each e-book has different aim or even goal; it means that book has different type. Some people feel enjoy to spend their time for you to read a book. They are really reading whatever they acquire because their hobby will be reading a book. How about the person who don't like looking at a book? Sometime, man or woman feel need book if they found difficult problem or exercise. Well, probably you should have this Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain Now.

#### **Melvin Groth:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their free time with their family, or their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Can be reading a book may be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the guide untitled Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain Now can be excellent book to read. May be it could be best activity to you.

#### **Barbra Poole:**

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#### **Dina Hirsch:**

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