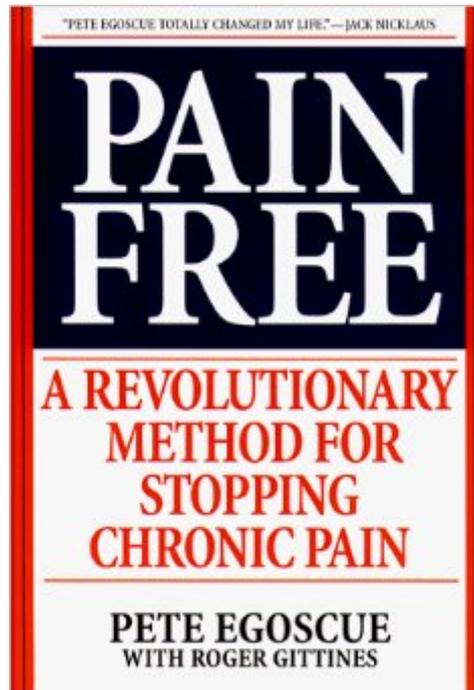


The book was found

Pain Free: A Revolutionary Method For Stopping Chronic Pain



Synopsis

Pain Free shows readers how they can readily self-diagnose, treat and eliminate agonizing conditions such as stiff necks, sore shoulders and elbows, aching backs, hips and knees, shin splints, twisted ankles, and a variety of foot problems. Even many symptoms of arthritis can be eased, along with TMJ, severe migraine headaches, asthma attacks, and repetitive stress injuries. In this natural, head to foot guide to musculoskeletal pain, Pete Egoscue demonstrates that the body is designed to maintain and renew itself through adequate and correct motion, and then leads the reader through brief sequences of motioncises matched to each pain symptom, combatting the root cause of the pain: motion starvation. Each chapter covers a portion of the body vulnerable to chronic pain, leading the reader through the movements that ultimately solve the pain problem, without resorting to drugs, traumatic surgery or expensive physical therapy.

Book Information

Hardcover: 320 pages

Publisher: Bantam (March 2, 1998)

Language: English

ISBN-10: 0553106309

ISBN-13: 978-0553106305

Product Dimensions: 1.2 x 6.2 x 9.5 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (1,103 customer reviews)

Best Sellers Rank: #241,981 in Books (See Top 100 in Books) #47 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #78 in [Books > Medical Books > Pharmacology > Pain Medicine](#) #321 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

Pain Free is the simplest, most direct explanation of the Egoscue Method available...if you'd like to save hundreds if not thousands of dollars over therapy, get this book. Pete Egoscue deserves enormous credit for introducing the concept that structural integration - aka postural alignment - is the primary method for relieving all kinds of chronic pain. Western medicine is fantastic at combating "acute" problems (broken bone, heart attack), but has not traditionally been so great at tackling "chronic" problems... something that I think postural alignment really addresses much more effectively than most western physical therapy. I personally thought so highly of the Egoscue

Method that after I bought and read this book I went to get treated at an Egoscue clinic (where I think they correctly diagnosed my problem), I bought his two other books, took the P3 seminar to get their lowest certification, and referred my dad and a good friend to Egoscue for their problems. I would say that the biggest criticism I have of Egoscue is the time required to do the "e-cises"... these can literally demand 30-45 minutes PER DAY to apply appropriately. Also, Egoscue's depiction of the ideal posture, which I originally accepted as gospel because I had no comparison, I have since come to think of as slightly flawed. I prefer Esther Gokhale's "8 Steps to a Pain Free Back" for two reasons: 1. It takes MUCH less time - you simply learn the Gokhale method and then integrate it all the time without separate exercises. 2. Instead of trying to figure out from an engineering perspective what's best for the body as Egoscue has done, Gokhale went out to indigenous peoples with very low incidences of chronic pain and simply observed what they were doing...

[Download to continue reading...](#)

Pain Free ,A Revolutionary Method for Stopping Chronic Pain 2000 publication Pain Free: A Revolutionary Method For Stopping Chronic Pain The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Pain Free for Women: The Revolutionary Program for Ending Chronic Pain Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs The Pain Cure Rx: The Yass Method for Diagnosing and Resolving Chronic Pain Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness 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 & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with

Chronic Pain (Inflammation Mastery & Functional Inflammation) The 3-Day Herpes Cure - A Proven Natural Method to Stopping Outbreaks From Ever Happening Again Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain IBS--Free at Last!: A Revolutionary, New Step-by-Step Method for Those Who Have Tried Everything. Control IBS Symptoms by Limiting FODMAPS Carbohydrates in Your Diet.

[Dmca](#)