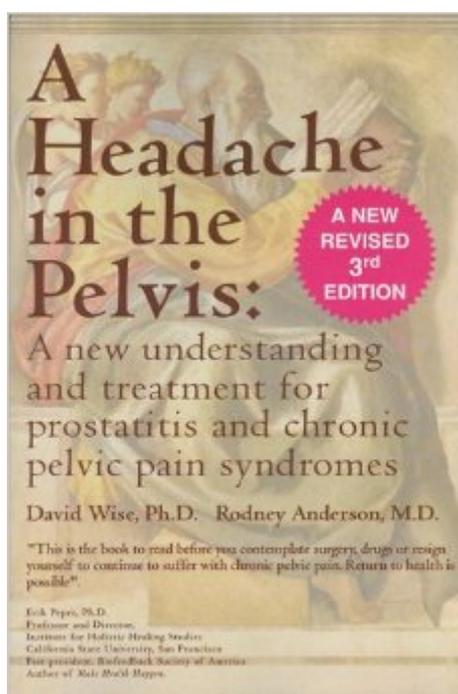


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# A Headache In The Pelvis: A New Understanding And Treatment For Prostatitis And Chronic Pelvic Pain Syndromes, 3rd Edition



## Synopsis

A Headache in the Pelvis describes the Stanford Protocol, a new and revolutionary treatment for prostatitis and other chronic pelvic pain syndromes that was developed at Stanford University Medical Center in the department of Urology. The book describes the details of the Stanford Protocol.

## Book Information

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## Customer Reviews

The book is written to help you understand why the pain in your pelvis can be such a pain. The only thing that I found rather disappointing was that they waited to till 3/4 of the way thru the book before they let you know that you should really come to their clinic for a week to help solve your problem. Although it really implies that this is a self help book it is a advertisement for their clinic in addition. A book called the Pelvic Pain Solution by Dayne Herren gives you the same information but is a simplified form. He also has a relaxation disk which I use 2 times a day to wind down and relax. This is a key solution to both this book and his.

I must read for anyone that thinks they may have pelvic issues. This will give you more answers than any doctor out there will. Helped me tons! Am well on my way to recovery, in big part to this book.

This is a critical book for any man or woman who has pelvic pain. As a Physical Therapist who treats patients with the kinds of conditions described in the book, I suggest that patients seeing me for pelvic pain read this book. It is the first popular book to give the big picture of what most

idiopathic pelvic pain is, how mind and body are involved in it and explains simply what has to be done to help resolve it. It is an empowering book. I think that the Stanford Protocol described in *A Headache in the Pelvis* is clearly the most effective treatment that exists for the kind of pelvic pain described in the book.

I am a healthy male in my 40's when I began to suffer the worst pain I have ever felt. I went to numerous urologists who mis-diagnosed me on several occasions (The Hospitalist told me I had prostate cancer!). They pumped me with 3 different types of antibiotics in 3 months and even performed two minor, but VERY painful surgical procedures. I was hospitalized 4 times over the course of 4 months and was living on pain medicine. Following the last surgery, the last urologist I saw (I switched docs 3 times) told me I would need to learn to "live with the pain". I couldn't attend my kid's sporting events, I had no sex life, going to work was incredibly difficult - in fact I was basically just existing. It absolutely blows my mind that the urology field doesn't recognize this syndrome more willingly. And then my wife found Dr. Wise's book and I realized I had hope. It has been 9 months since any serious symptoms or pain - I have my life back and can return to being a normal husband and father. I don't know where I would be if not for his book.

Drs. Wise and Anderson's *"A Headache in The Pelvis"* is a remarkable book outlining a pioneering new treatment for a number of widespread forms of pelvic pain. These conditions, which the authors refer to as a "headache in the pelvis", have often been routinely misdiagnosed and ineffectively treated, and have affected millions of men and women from all corners of this good globe. This is a book that describes a method to treat this condition for which the authors have published far better results than conventional treatments. The protocol of *"A Headache in the Pelvis"* was developed by these Stanford researchers, one of whom suffered from pelvic pain for many years and this method came out of his search to finally help himself. It is very unusual for those in the healing profession to offer a treatment that comes from the ancient injunction for the physician to heal thyself. And this is what makes the book so compelling. The book describes this method in an easy to understand and well outlined format suitable for the least sophisticated reader. It is organized with easily referenced sections that take the reader, step by step, through the origins of the condition, the history of other treatments and finally to details of the treatment. If the journey of healing pelvic pain is a thousand miles long, and begins with a single step, then buying this book is clearly the first.

This is an inspiring book. As a psychiatrist and physician educator interested in the body/mind

connection, I have been looking for clinical applications of meditation and awareness training in the field of medicine. Despite very sophisticated studies proving the benefits of meditation and relaxation exercises, very few clinicians seem to be writing about their direct work with patients. This book is an inspiring example of how these new principles can be used for treating chronic pelvic pain syndromes. The success rate reported in the medical literature of these Stanford researchers is very exciting. I was very appreciative of the author's personal disclosure. As healers and clinicians heal themselves, they bring a special sensitivity to their work. These authors' sensitivity and respect for the deep suffering in their clients' lives pervades the book, and makes it unique among mind-body medicine books. I enthusiastically recommend this book for caring clinicians as well as people in pain looking for relief from their suffering.

I started reading this book, looking for my situation. I didn't find it, but the mind-body connection they wrote about rang a bell with me; I had been having sometimes excruciating pelvic (actually penile[in the corona]) pain; I had already taken a class that hoped to relieve pain via resolving past traumas using intensive short term therapy to rescript traumatic outcomes and role play the preferred outcome. The thinking is that this breaks the pain/fear brain-body neurological feedback loop that keeps the pain present. That was taking some time and the book was taking more time. I visited a local "clinical hypnotherapist" who works in pain management with cancer patients at a local hospital. I was willing to give it a try. After one visit, ONE VISIT, my pain was reduced by 80-90%. I practiced self-hypnosis several times per day for 2-3 minutes and listened to a custom-made CD that the hypnotherapist made during our first visit. At the second visit 3 weeks later I told her what I didn't like about the CD and made suggestions. She cut a second CD that I listen to as I fall asleep every night. I practice self-hypnosis 2-3 times a day. My pain is not erased but it is much reduced. I had been struggling for 30 years with this pain and I am grateful and impressed by the sudden and profound results of working with a hypnotherapist. She told me to come back only if I needed to.

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