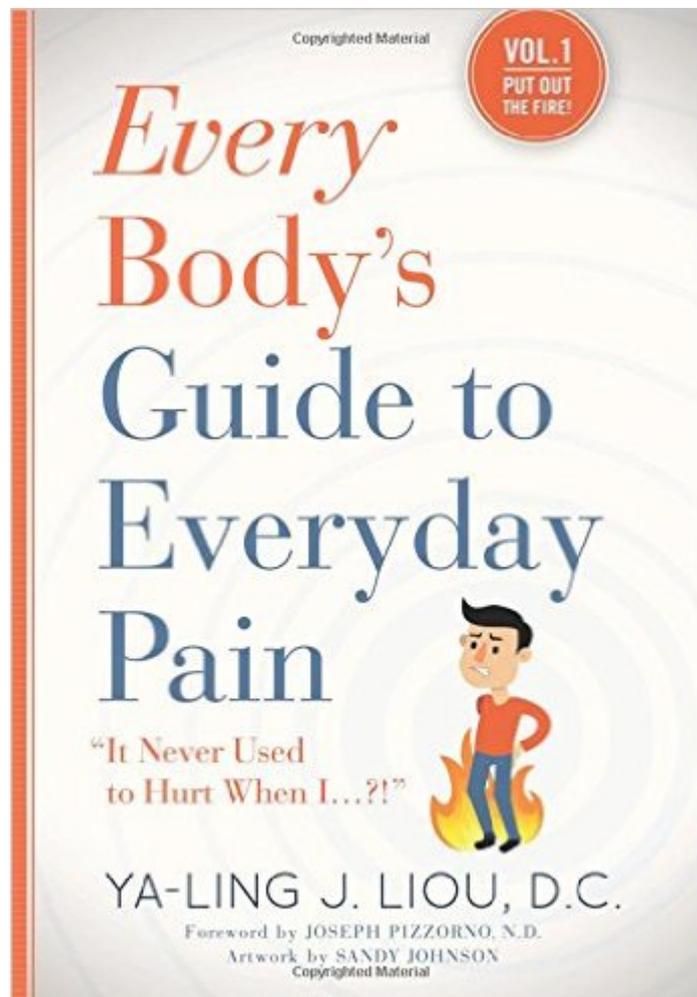


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# Every Body's Guide To Everyday Pain



## Synopsis

Persistent pain affects one-fifth of adults in the U.S., according to a National Health Interview Survey. But those burning pains or stabbing pinches that seemingly come out of nowhere and plague day-to-day life are sending out an important warning signal. Something needs to change -- now. Author Ya-Ling Liou, DC, sheds light on why pain develops, how to make it stop, and how to keep it from reoccurring in her new book, *Every Body's Guide to Everyday Pain* (Return to Health Press, 2015). Liou warns that people need to take action when pain first flares up, before it becomes entrenched. Liou applies her 20 years' experience as both a chiropractic physician and teacher to transform complicated anatomical processes into easily understood concepts. Using cartoon-style illustrations and accessible analogies, she helps readers grasp the interplay between mechanical, chemical and emotional causes of pain. Liou compares pain caused by inflammation to "the body on fire," and guides readers through the processes of "cooling the fire" and "fire-proofing the body." Witnessing the frustration and desperation of patients coming to her, often after exhausting both mainstream and alternative health care options, compelled Liou to give those in pain the means to move beyond their pursuit of the quick fix, and begin thinking "big picture." She assures readers, "Our pain makes sense," and inspires confidence that, by tapping into the body's innate commonsense, everyone can experience a more pain-free existence. *Every Body's Guide to Everyday Pain* leads readers through an investigation that pinpoints the sources of pain, and how best to rehabilitate their over-stressed bodies. Liou reveals ways to deal with:

- Mechanical stresses, such as daily repetitive movements, and ways to identify risks that can result in the strain of over-worked muscles and ligaments;
- Chemical stresses, such as internal and external (environmental) irritants that cause inflammation, and the three ways to aid the body in flushing them away;
- Emotional stresses, including poor self-image, and how befriending your body through knowledge and awareness can shift your outlook and help alleviate everyday pain.

Liou clearly spells out the functions of the systems involved in pain so that people can become their own experts on healing what ails them. Her invaluable advice, based on sound medical science, offers hope to people who have been living with chronic pain.

## Book Information

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## Customer Reviews

I love this book! Dr. Liou has created a unique way to communicate on a topic that affects most people today, pain. This isn't an easy topic for consumption and many books push quick-fix rubbish, but reading the book is like listening to a knowledgeable and trusted friend over a cup of tea. And if you're a visual person like me, it's like looking at your pain selfies - past, present, and future - this is what my pain looks like, this is why I hurt, this is what I can do to slow down and prevent the pain. Dr. Liou has written a really good book, about pain! Incredible. My perspective is one who experienced acute pain after a back injury, began healing, then fell into a life of chronic pain that stumped me. I couldn't exercise it away although I was fit and knowledgeable about my body, so how was I suddenly someone with a "bad back"? Section 1 Why Does it Hurt is the most impactful for me, especially Mechanical Triggers, it not only speaks to me, I can see my injury's journey! - prolonged imbalance - and the Buddha figure calling to workers addressing over compensating muscles, leading to adhesions. Ah ha! The section on posture is fascinating! Section 2 How Do I Make it Stop is such a refreshing change to my exercise-centric regime, I now have companion guidance to further mitigate pain, so simple so why haven't I seen this before? Section 3 How Do I Keep it From Happening Again is worthy of being its own pull-out booklet. Read it, study it, and do it! The Visual Guide in particular is so useful - take your new x-ray vision of your pain and key into how to move about correctly.

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