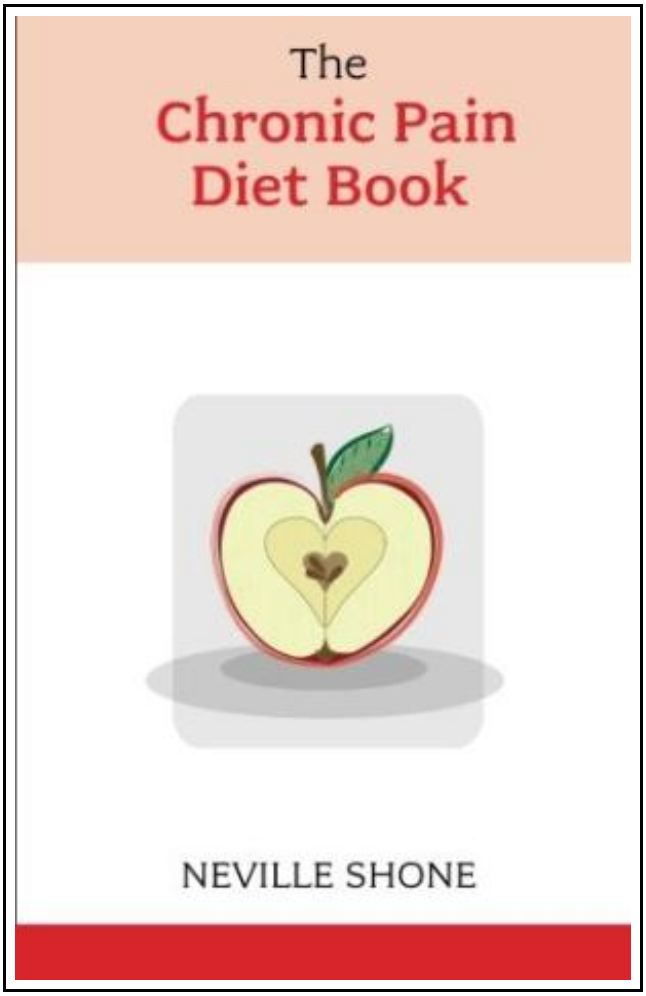
The Chronic Pain Diet Book



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Reviews

The best book i actually read through. I have got read and so i am sure that i am going to going to read through yet again yet again down the road. You can expect to like the way the author compose this pdf.
(Ludie Willms)

THE CHRONIC PAIN DIET BOOK

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SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, The Chronic Pain Diet Book, Neville Shone, Chronic pain affects more than 8.5 million people in the UK and costs the economy 18 billion pounds a year in lost work days; while an estimated 30 per cent, or up to 70 million people, also suffer in the US, where it's said to be the most costly health problem. Yet, according to one study, two out of three people say that their medication is not always adequate, while 96 per cent of GPs believe there is significant room for improving treatment. Another survey found that a half to two-thirds of people with chronic pain are less able or unable to exercise, enjoy normal sleep, perform household chores, attend social activities, drive a car, or walk; while a quarter find that relationships with family and friends are strained or broken. Neck pain, back pain, arthritis, allergies and depression are listed as the top five chronic health problems. This book is the fruit of 15 years research into the link between food sensitivities and chronic pain. It looks at how certain foods may result in inflammation, water retention, oedema, fatigue and muscle weakness, all aggravating the pain. It also suggests a combination of foods which not only reduce the pain but lead to an unparalleled level of health and activity. The topics covered include: food as an emotional subject, rooted in culture and habits; parents, children, and food; chronic pain defined; what it means to be sensitive, intolerant or allergic to food; stress; role of foods to heal and prevent problems and illnesses; dealing with inflammation, water retention, sleeplessness; and, recipes to get you started; eating out.

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