



Total Recovery: Breaking the Cycle of Chronic Pain and Depression

Gary Kaplan, Donna Beech

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Why can't I get better? Did my doctors miss something? How can I recover?

According to Dr. Gary Kaplan, conventional thinking about the nature of chronic pain and depression is essentially flawed. Although physicians continue to diagnose conditions like migraines, fibromyalgia, chronic fatigue, chronic back pain, depression, anxiety, and PTSD, a growing body of research shows that these are in fact symptoms of something else--a deep-rooted inflammation in the brain. This inflammation can affect the nervous system for months--even years--to devastating effect.

In *Total Recovery*, Dr. Kaplan demonstrates that it is possible to quiet the inflammatory state at the root of chronic pain and depression, and lays out a revolutionary new medical approach to ending your suffering and reclaiming your health.

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Total Recovery: Breaking the Cycle of Chronic Pain and Depression can be one of your beginning books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort that will put every word into delight arrangement in writing Total Recovery: Breaking the Cycle of Chronic Pain and Depression however doesn't forget the main level, giving the reader the hottest as well as based confirm resource facts that maybe you can be certainly one of it. This great information can certainly draw you into fresh stage of crucial contemplating.

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