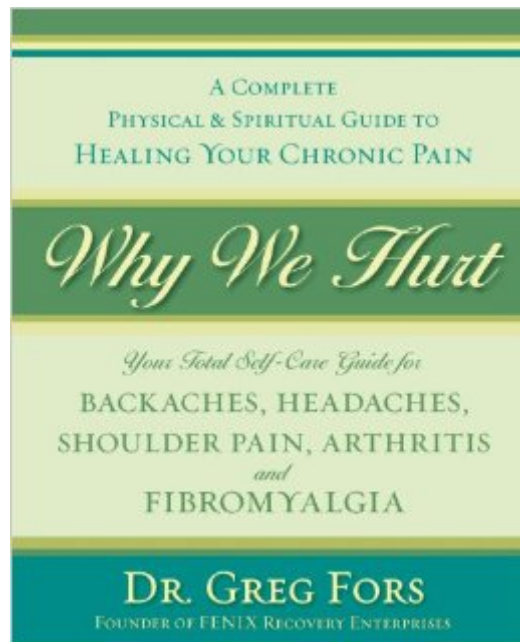


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# Why We Hurt: A Complete Physical & Spiritual Guide To Healing Your Chronic Pain



## Synopsis

After seeing his teenage daughter disabled with fibromyalgia, Dr. Fors was compelled to return to academia to find answers for those whose lives are frustrated by chronic pain. In this health and wellness book, Dr. Fors describes the development of chronic pain as a result of our lifestyle of convenience and the roadblocks put in place from our modern approach to healing. He discovered the primary culprits behind chronic pain are not only our diet and lifestyle choices but also the environmental toxins in our food, air, water, and cosmetics, as well as our own perceptions that lead to psychological stress. In this comprehensive, metaphysical approach to healing from the inside out, Dr. Fors dispels common misconceptions about conventional and alternative therapies and explains how the whole person must be treated—body, mind, and spirit. He prescribes a "triangle of healing," with practical physical, nutritional, and spiritual solutions. This science-based alternative approach includes sound dietary recommendations, use of supplements, suggestions for healthy living, and proper detoxification strategies for living in a toxic world. Dr. Fors includes an entire section on self-administered therapy for myofascial trigger points, with diagrams and instructions relating to specific pain conditions. Most importantly, this approach puts you in charge of your health.

## Book Information

Paperback: 432 pages

Publisher: Llewellyn Publications (December 8, 2007)

Language: English

ISBN-10: 0738710652

ISBN-13: 978-1616843052

Product Dimensions: 7.5 x 0.9 x 9.2 inches

Shipping Weight: 1.9 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #780,511 in Books (See Top 100 in Books) #107 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #816 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) #13558 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

## Customer Reviews

Great book. Easy to understand. I am a nurse but it does not take any medical knowledge to understand the material. He explains how the body works and how things can go wrong and cause

chronic pain and many of the other symptoms people complain about. He goes on to explain alternative ways to treat the problems (not using medications that a lot of people are sensitive to). Also gives a great resource chapter at the end of the book where you can get the treatments he talks about.

This is an excellent book for people with fibromyalgia and myofascial pain. The techniques really do work if you are willing to apply them. If your trigger points are extremely sensitive and cannot even be touched lightly, however, the suggested methods of myofascial release will probably not be practical. Book is very well-written, and very helpful.

Without a doubt - this is one of the best books I have read in regards to dealing with chronic pain and going deeper than traditional medical viewpoints. Dr. Fors does a great job of not only explaining the science behind his research, but also providing a spiritual approach to manging what you put into your body. We've all heard about bad things like high fructose corn syrup, saturated fats, etc. - but when you grasp the scope of just how much we are poisoning ourselves with processed foods and pharmaceutical panaceas, you will be shocked at how much effect that has on your chronic pain. It is very hard to make dietary changes, but once you read this, you can't help but to be terrified at just how bad the average human diet is. I consider myself to be an educated consumer, but this book really forced me to take stock in how my habits have contributed to my chronic pain. You will learn about supplements and trigger points, and a host of other things - but nothing will be more important than the realization that you have to want to change and sacrifice some things short-term to get to lasting healing. This will be the best \$20 you've ever spent on a book if you care about your body and your pain.

Excellent material here. The supplement recommendations work, but you do have to take at the quite high dosages recommended to get the effect. Very helpful on trigger points. Author touts his "board" for treating trigger points for a significant part of the book. After a while I got one and it is indeed very effective and one of the only ways to self treat.

Really helpful, informative book. Gives a way to trace joint and muscle pain to it's root cause and then gives ways to treat that. Fantastic! I highly recommend reading this book when the doctor can find nothing wrong but you are experiencing real discomfort and pain.

I am enjoying this book more than I thought. It does tend to read like a textbook sometimes but I don't mind at all. I have a medical background so enjoy the in-depth explanation behind the theories. Don't know if others would appreciate it though. If you are suffering from Fibromyalgia you may want to read it. Good luck!

This book is a must have for Fibromyalgia patients. I bought this book before I met the doctor and started going to him. It's full of great information that most of my medical doctors never told me and I don't think even knew of. He is a great doctor, this book is written well and it arrived in great shape and was packaged well. On time. :) Happy girl.

The food items list is too small. I am sure there are hundreds of things to eat which have the same healing properties. Many tests to be carried out and the ceuticles to consume are beyond the reach of people like us. Can't you give guidelines for 'common people' with moderate means to follow in their mundane living styles rather than give tips on living in a cocoon and affluence? Dr. Bal Jog India

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