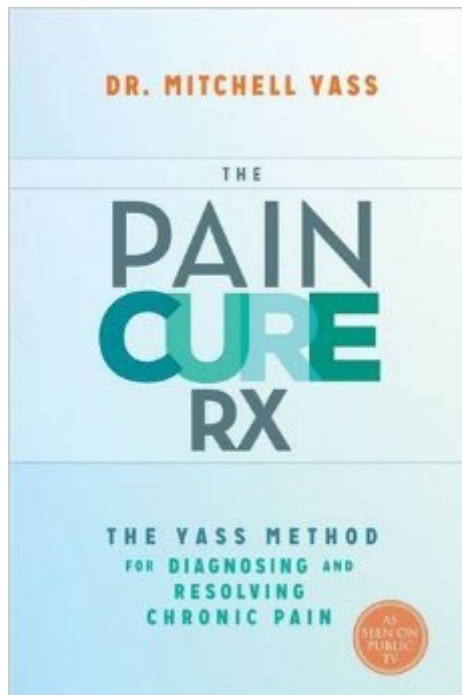


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# The Pain Cure Rx: The Yass Method For Diagnosing And Resolving Chronic Pain



## Synopsis

Are you struggling with chronic pain? You're not alone: an estimated one billion of us across the globe suffer chronic pain every day. And what Dr. Mitchell Yass has found over his 20-year career is that many of us suffer needlessly. While the current medical model for treating pain isn't helping, there is hope. The Pain Cure Rx presents an alternative model of treatment—the Yass Method—that can resolve pain quickly and effectively without surgery or medication. In the medical community today, most chronic pain is attributed to a structural problem, such as a herniated disc, a meniscal tear, or arthritis. But Dr. Yass has found that in about 90 percent of cases, the cause is actually a muscular weakness or imbalance—a condition that's easy to treat on your own. The Yass Method, developed through his work with more than 14,000 patients, focuses on finding the true source of the pain and then using simple exercises to find lifelong relief. Dr. Yass looks at the most common areas where people experience pain; lays out simple tests that examine things like range of motion, walking patterns, and posture; and teaches you to use this information, rather than invalid diagnostic tests, to determine whether your pain is muscular or structural. If it is structural, you can choose surgery, knowing that the outcome will likely be good. But if the pain is muscular, you can use the easy, step-by-step exercises and routines Dr. Yass offers to get the pain resolution you're searching for. Many of the people Dr. Yass has treated came to him as a last resort before surgery or as a follow-up after surgery that didn't resolve their pain. Many of them had been told that they would have to manage their pain with drugs for the rest of their lives, or, worse, that there was nothing left to try; they would simply have to live with the pain. This revolutionary book shows that, in most cases, this simply isn't true—and empowers you to create a pain-free life.

## Book Information

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## Customer Reviews

So I have to review this book as both a layperson and a physician who treats pain. First off the book is beautiful, crisp detailed photos and illustrations and a hard cover which was a pleasant surprise. It presents fresh eyes for patients to understand the cause of their pain and take proactive steps to help themselves. I would say that most doctors could benefit from the amount of detail presented, even I found myself making clinical notes... Ah right I forgot about that... Yup I should check Judy's hip flexor so tomorrow. So it is great as a educational book and also, as a piece of merchandise it was crafted with quality from the publisher. It Should be required reading in all pain clinics. AND THEN IT HAPPENED... Dr. Yass makes the statement that would discredit the book and display his ignorance to such a important topic, he states that if you have pain in the gluteal region and have been told it is being caused by a problem in the lumbar spine (herniated disc) the diagnosis cannot be correct because the nerves to that area come off the sacral region. Say it is not so Yass? Need I remind you compressions in the origin region of the sacral plexus (mainly L5 and S1) could be caused by a tumor or herniated disk. I mean the Superior Gluteal Nerve has it's orgins from L5. I believe you have misinformed yourself into thinking that the Lumbar Plexus contains L1-L5 but in fact L4 and L5 are considered part of the Sacral Plexus and CERTAINLY these regions DO produce Gluteal Pain, in fact a Herniated disc at L5 is the #1 cause of that pain (85% of the time as per Clinical Symposia Vol 48, Number 4 1996, Evaluation and Treatment of Low Back Pain, Vert Mooney, MD Jeffrey Saal MD, Joel Saal MD.

In The Pain Cure Yass shares his exploration into truly understanding the reason why pain occurs, following back to the original cause. Yass has been prepared to turn widely accepted beliefs on their head, in search for the truth behind pain. Rather than seek to mask the symptoms, he looks for original causes. I, like Yass, had also studied pain, and from those studies, was led to believe that this occurs always by the nerves sending signals to the brain. The most that I derived from this belief, was that pain killers are futile, requiring one to constantly increase the dose, as the body becomes accustomed to each mg you consume. In my teens and twenties, I took pain medication for every malady of my body, from headaches, to stomach aches, through to the common cold. Starting at Paracetamol, and ending with Ibuprofen and sometimes more. I also witnessed my late

father taking heavy medication on a daily basis just to get through each day. He was interested and did try acupuncture and other therapies, but it seemed that medication was pushed by doctors and made more accessible, sadly. Thus, I encourage you to read about Yass's theories and test them using his methods described in *The Pain Cure*. Through various pathways in my life, I began to consider that problems do become stored in your muscle tissue. I feel like Yass has given me full permission to hold this belief, validate it and continue to explore such. *The Pain Cure* has numerous methods for testing each part of the body, detailing conditions that may affect the muscles and structure. Photographs and diagrams assist considerably.

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