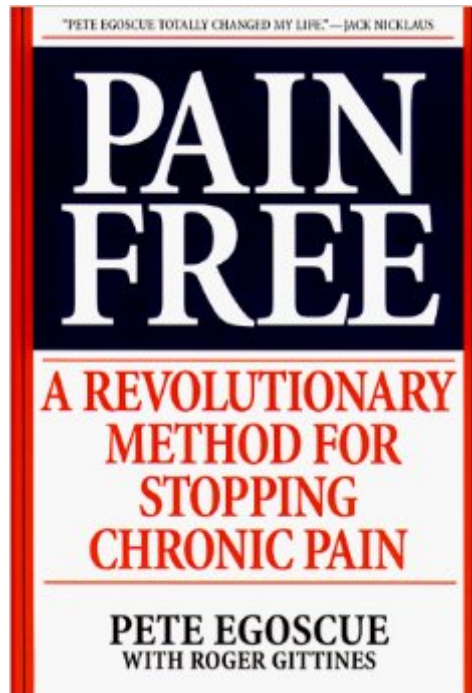


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# Pain Free: A Revolutionary Method For Stopping Chronic Pain



## Synopsis

Pain Free shows readers how they can readily self-diagnose, treat and eliminate agonizing conditions such as stiff necks, sore shoulders and elbows, aching backs, hips and knees, shin splints, twisted ankles, and a variety of foot problems. Even many symptoms of arthritis can be eased, along with TMJ, severe migraine headaches, asthma attacks, and repetitive stress injuries. In this natural, head to foot guide to musculoskeletal pain, Pete Egoscue demonstrates that the body is designed to maintain and renew itself through adequate and correct motion, and then leads the reader through brief sequences of motioncises matched to each pain symptom, combatting the root cause of the pain: motion starvation. Each chapter covers a portion of the body vulnerable to chronic pain, leading the reader through the movements that ultimately solve the pain problem, without resorting to drugs, traumatic surgery or expensive physical therapy.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (1,103 customer reviews)

Best Sellers Rank: #241,981 in Books (See Top 100 in Books) #47 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #78 in [Books > Medical Books > Pharmacology > Pain Medicine](#) #321 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

Pain Free is the simplest, most direct explanation of the Egoscue Method available...if you'd like to save hundreds if not thousands of dollars over therapy, get this book. Pete Egoscue deserves enormous credit for introducing the concept that structural integration - aka postural alignment - is the primary method for relieving all kinds of chronic pain. Western medicine is fantastic at combating "acute" problems (broken bone, heart attack), but has not traditionally been so great at tackling "chronic" problems... something that I think postural alignment really addresses much more effectively than most western physical therapy. I personally thought so highly of the Egoscue

Method that after I bought and read this book I went to get treated at an Egoscue clinic (where I think they correctly diagnosed my problem), I bought his two other books, took the P3 seminar to get their lowest certification, and referred my dad and a good friend to Egoscue for their problems. I would say that the biggest criticism I have of Egoscue is the time required to do the "e-cises"... these can literally demand 30-45 minutes PER DAY to apply appropriately. Also, Egoscue's depiction of the ideal posture, which I originally accepted as gospel because I had no comparison, I have since come to think of as slightly flawed. I prefer Esther Gokhale's "8 Steps to a Pain Free Back" for two reasons: 1. It takes MUCH less time - you simply learn the Gokhale method and then integrate it all the time without separate exercises. 2. Instead of trying to figure out from an engineering perspective what's best for the body as Egoscue has done, Gokhale went out to indigenous peoples with very low incidences of chronic pain and simply observed what they were doing...

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