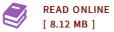


The Chronic Pain Diet Book

By Neville Shone

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 twothirds 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...



Reviews

This pdf is definitely not easy to get started on studying but quite entertaining to read through. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding. -- Ms. Fatima Erdman

Good e book and useful one. It really is simplistic but shocks in the 50 % of your book. Your way of life period will probably be convert the instant you total reading this ebook. -- Myah Williamson

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