In The Pain Cure, Dharma Singh Khalsa, M. D., and Cameron Stauth team up again to offer a comprehensive, proven program for chronic pain sufferers. Combining physical, mental, and spiritual strategies, this new program will help patients lead pain-free lives again and regain their sense of personal power and control over their lives. Dr. Khalsa's case histories show that even with the most serious conditions, success has occurred, and it is possible to return to a life of feeling great. For the millions living with chronic pain syndrome, this is truly a book that will change their lives.

Dr. Khalsa's previous book, Brain Longevity (Warner, 1997), has over 50,000 copies in print and was an Alternate Selection of Book-of-the-Month Club, Quality Paperback Book Club, One Spirit, Rodale, and Money Book Club. The Pain Cure is the first major book that will teach people how to help end chronic pain syndrome with a comprehensive, proven program of physical/mental/spiritual therapies and new approaches. A highly effective promoter, Dr. Khalsa is in constant demand for lectures and is a popular speaker at symposiums worldwide. Cameron Stauth is the author of nine critically acclaimed books, a former editor-in-chief of the Journal of Health Science, and a journalist who has written more than 100 articles for the New York Times Magazine, Prevention, Natural Health, and other publications.

My Personal Review:
The `Pain Cure' is a valuable resource empowering you with tools and information for controlling your pain and regaining your life.

It covers an enormous amount of information including nutritional therapy, physical therapies, medication...as well as mind/body exercises, meditation and strength training..... A total holistic approach bringing Eastern & Western medicine together.
During times of pain it is easy to want to hide away & I found comfort & encouragement during my time of need.

Thankfully this combined technique is becoming a more recognizable form of treatment by doctors of today.

I would highly recommend this book for anyone who suffers from pain.

Life Is Too Short .....Regain & Enjoy Your Life!

For More 5 Star Customer Reviews and Lowest Price:
The Pain Cure: The Proven Medical Program That Helps End Your Chronic Pain by Cameron Stauth - 5 Star Customer Reviews and Lowest Price!