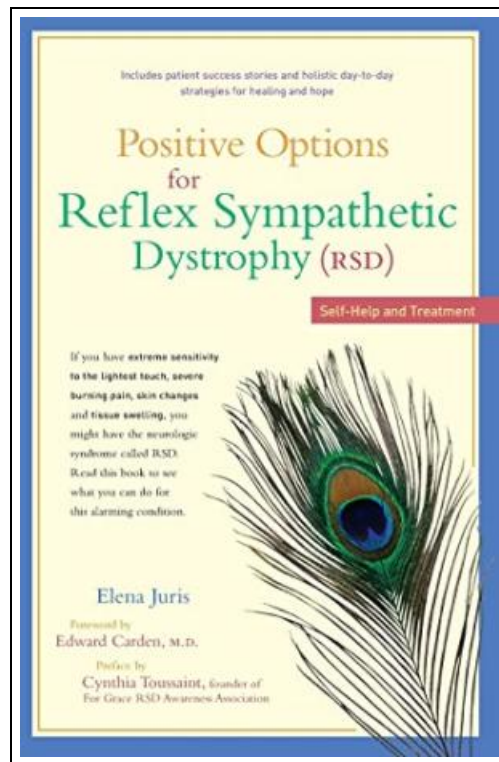


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Hunter House. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.4in. x 5.4in. x 0.6in. Imagine that the mere breeze of an air conditioner could send you into excruciating pain. For those who suffer from Reflex Sympathetic Dystrophy (RSD) this form of crippling nerve pain is a chronic reality. With symptoms including swelling, stiffness, skin discoloration, and chronic burning pain, RSD is an underdiagnosed and undertreated syndrome that often leaves its victims bedridden. This book provides self-help techniques, focusing on complementary therapies and holistic strategies that can be crucial in maximizing the potential for healing from RSD. Interviews with chronic pain specialist Nelson Hendler, M. D. and occupational therapist and neurological acupuncturist Sheri Barnes offer medical insights into mind-body dynamics, holistic neurological healing and RSD pain reduction through acupuncture and changing ones reactions to pain. Readers will gather hope from patient testimonies and learn techniques to transform the pain and discomfort of RSD. A separate chapter for family and friends describes what they can do to help. Resources list adaptive home and office equipment and how to participate in support groups, find doctors and therapists, and find out about experimental treatments for RSD. RSD is a newly recognized disease and few trade books about it exist. It is also known as Complex Regional Pain Syndrome. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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