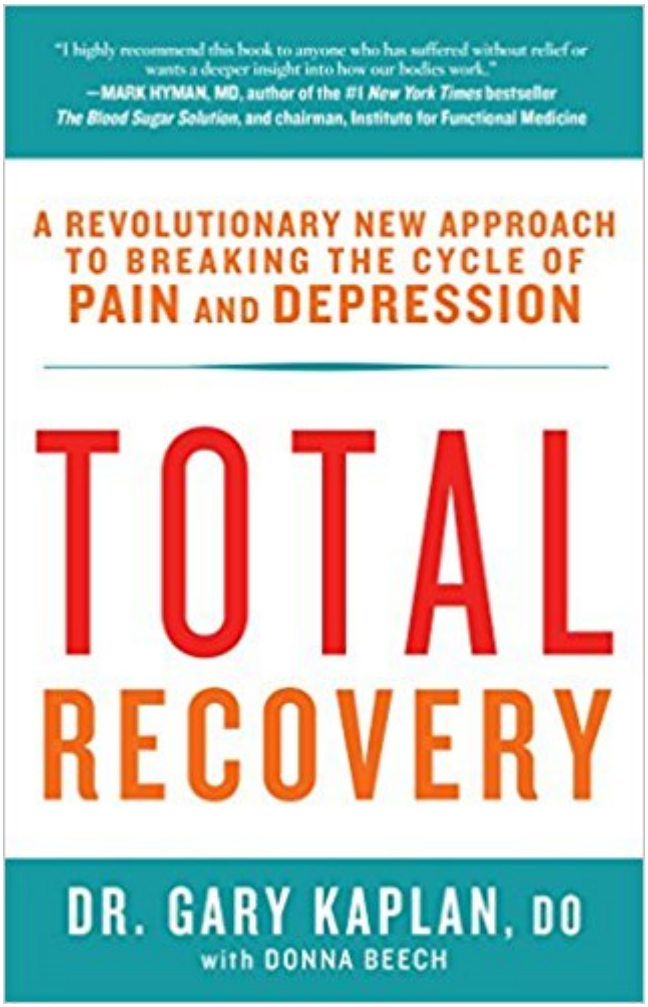
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Total Recovery: Breaking The Cycle Of Chronic Pain And Depression



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Synopsis

Why can’t I get better?Did my doctors miss something?How can I recover? According to Dr. Gary Kaplan, conventional thinking about the nature of chronic pain and depression is essentially flawed. Although physicians continue to diagnose conditions like migraines, fibromyalgia, chronic fatigue, chronic back pain, depression, anxiety, and PTSD, a growing body of research shows that these are in fact symptoms of something else - a deep-rooted inflammation in the brain. This inflammation can affect the nervous system for months-even years-to devastating effect.In Total Recovery, Dr. Kaplan demonstrates that it is possible to quiet the inflammatory state at the root of chronic pain and depression, and lays out a revolutionary new medical approach to ending your suffering and reclaiming your health. Join the Initiative to Find a Cure for Chronic Pain and Depression. Visit kaplanclinic.com to learn more.

Book Information

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Customer Reviews

Ã¢â ¬Å“With cutting edge science and clinical expertise, Gary Kaplan has identified the source of the inflammation that keeps patients in an endless cycle of pain and depression. He offers profound insight into the way our life experiences have a cumulative effect on our health. I highly recommend this book to anyone who has suffered without relief or wants a deeper insight into how our bodies work.Ã¢â ¬Â• Ã¢â ¬â ¢Mark Hyman, M.D., author of the #1 New York Times bestseller, The Blood Sugar Solution, and chairman, the Institute for Functional MedicineÃ¢â ¬Å“In Total Recovery, Gary Kaplan offers a potentially game-changing insight: the neurological key to the inflammation that

keeps patients in a perpetual cycle of pain and depression. If you have suffered for years without relief, this remarkable book may change your life.Ã¢â ¬Â• Ã¢â ¬â ¢Andrew Weil, M.D., founder and director of the Arizona Center for Integrative Medicine at the University of Arizona Health Sciences Center, and author of True FoodÃ¢â ¬Å“This fascinating book reads like a detective novel, but it's not fiction. Gary Kaplan is a thoughtful integrative doctor willing to spend hours-even years-getting to the bottom of his patients' chronic pain and illness. What he has learned could help you.Ã¢â ¬Â• Ã¢â ¬â ¢Arthur Agatston, M.D., Medical Director of Wellness and Prevention for Baptist Health South Florida and author of The South Beach DietÃ¢â ¬Å“Dr. Kaplan's book draws on his decades of research and clinical practice offering us paradigm-shifting insights into the causes of chronic pain. I highly recommend this book to the millions of people who live with pain and are seeking new answers.Ã¢â ¬Â• Ã¢â ¬â ¢Brian Berman, M.D., Professor of Family and Community Medicine and Director of the Center for Integrative Medicine, University of Maryland School of MedicineÃ¢â ¬Å“This book reads like a riveting detective story, in which case study after case study leads to one of the most compelling findings in recent medical history. By unveiling and responding to the real culprit in chronic pain, Dr. Kaplan's Total Recovery represents a radical shift in understanding illness and the path to optimal health.Ã¢â ¬Â• Ã¢â ¬â ¢Tara Brach, Ph.D., author of Radical Acceptance and True RefugeÃ¢â ¬Å“Gary Kaplan is the Sherlock Holmes of chronic pain. In Total Recovery, he describes how to uncover the underlying causes of chronic pain and, how by correcting them, seemingly hopeless patients can move toward health. It is a "must read" at every pain center, by every pain physician and for every patient with chronic pain.Ã¢â ¬Â• Ã¢â ¬â ¢Wayne B. Jonas, M.D., President and CEO, Samueli Institute, Former Director (1995-1999), Office of Alternative Medicine, National Institutes of HealthÃ¢â ¬Å“Dr. Gary Kaplan is so good at seeing the whole person-looking for clues among seemingly disconnected events, as well as health issues that are frequently ignored in conventional Western medical practice. His highlighting of the role of the brain's microglia in predisposing patients' bodies and emotions to over-react to seeming small new traumas is fascinating. This is an excellent work for healthcare providers and patients alike.Ã¢â ¬Â• Ã¢â ¬â ¢Woodson Merrell, M.D., Chairman, Department of Integrative Medicine, Mt Sinai Beth Israel Medical CenterÃ¢â ¬Å“Despite 42 years of holistic success in managing chronic pain and depression, conventional medicine remains in the Dark Ages in relation to this major problem! What the patient needs is a "Real Doctor," exemplified here in Dr. Kaplan's essential book for patients and physicians. Read and heed his outstanding advice.Ã¢â ¬Â• Ã¢â ¬â ¢C. Norman Shealy, M.D., Ph.D., President, Holos Energy Medicine Education, Professor Emeritus of Energy Medicine, President Emeritus, Holos University Graduate Seminary

Gary Kaplan, D.O. is a clinical associate professor at Georgetown University, director of the Kaplan Center for Integrative Medicine, and author of Total Recovery: A Revolutionary New Approach to Breaking the Cycle of Pain and Depression (Rodale, 2014). Founder of the Foundation for Total Recovery, his work has been featured in TIME magazine, the Wall Street Journal, Fox News 5, ABC’s Good Morning America, CNN News, and NPR’s Diane Rehm Show. He writes a regular column for MindBodyGreen and US News and World Report, and can also be found on Facebook and Twitter. For more information, visit http://www.kaplanclinic.com.

This is one of the best "health books" I have ever read. I have never highlighted a book so much. I did purchase the kindle version, but I would recommend purchasing the book. I found myself wanting to refer back to areas I had already read. In addition, the end of the book Dr. Kaplan lists good reference information.As someone who has been diagnosed with an autoimmune disease and feels like my immune system fails me - I felt as if Dr. Kaplan wrote this book for me. Dr. Kaplan combines western and eastern forms of medical practice. Rather than continue to prescribe meds to treat the symptoms, he was determined to get to the root of the cause.I have always believed inflammation was a definite problem of many of my medical issues and after reading this book, Dr. Kaplan confirmed this. Since reading the book, I have searched the National Holistic Medical Assoc to find a health care provider in my area that can address my needs much like Dr. Kaplan. I will also know what questions to ask thanks to Dr. Kaplan.If there is anyone who suffers from depression, chronic pain and/or an autoimmune illness - I would highly recommend reading this. This book brought tears to my eyes as I felt Dr. Kaplan wrote this book specifically for me - that he had me in mind! I have never read a book that has made me feel this way. I have had chronic pain for 8 yrs and I feel this book gave me a place to start.

As another reviewer mentioned, this was not a how to book but a "Look how many degrees I have and how many cool people I have met" book. the author does a good job of covering the statistics regarding health care and disease in this country over and over again, redundantly, ad nauseum, but fails completely when it comes to the How Too part of the book.What he suggests has been recommended in thousands of magazine articles.

This book is well researched and documented on the causes of chronic pain. The reader gets a full understanding of why fibromyalgia is an issue and how it take years of negatives to finally break the

nervous system to a life of chronic pain. If you have Chronic Fatigue or Fibromyalgia, get this book!

This is one of the best books on chronic pain and how it works that I have ever read. I seldom leave reviews, but this is a must read for those with chronic pain. I have had fibromyalgia for over 20 years and it have helped me understand the issues of trying to figure out what causes chronic pain. The idea of a cumulative "hit" explained my life very well and is one of the few sane answers as to why some people just do not get better after a health crisis. I better understand the complex issues of pain meds and the pain cycle and have actually decided to try some new fibro meds after some scary side effects 10 years ago from a few.

This book consolidates in one source the summary of current knowledge of the relationships between inflammation of the nervous system, intestinal health, and chronic pain. I have been a patient of Dr. Kaplan for 6 years with various issues. His application of the techniques and ideas given in this book have improved my quality of life greatly from what it was before I become a patient of his. Read the book as it has a lot to offer.

I bought the Kindle version of this book and read it in a couple of hours, skipping to the heart of the book. Dr. Kaplan’s conclusions made a lot of sense based on what I’ve observed in my parents and their siblings and in my own episodes of feeling blue. It’s reassuring to know that there is a connection between physical pain, emotional trauma and the blue feelings along the spectrum of depression. The stories of his patients’ previous experiences with the medical establishment also match what I’ve seen in family members with doctors who aren’t interested in figuring out what’s going on. After reading this book, I feel empowered about the future of my health and relieved that I don’t have to follow in my family’s footsteps into pain and disability.

As a long-time patient of Dr. Kaplan’s, I was in awe reading through the mechanics of his approach to healing. I can absolutely vouch that Dr. Kaplan’s techniques work, and can give those suffering from chronic pain a new life. If you’ve ever been told that it’s all in your head, or you just have to learn to live with it, or that nothing more can be done...read this book. Now. Dr. Kaplan’s conversational style is respectful and easy to read - no jargon here! - and it will change your life.

I have dealt with chronic pain for the last 15 years (painful bladder syndrome & migraines). My doctors have been able to treat the symptoms but not the cause. Only in the past year I have

discovered alternative practices that have begun to help alleviate my paid and ending to get better. Many of these alternative way are described in this book. It's helped me understand where I am and how I can get better. I highly recommended this book to anyone with chronic pain who has lost hope. You just might find some here.

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