

schubiner unlearn your pain

schubiner unlearn your pain has emerged as a groundbreaking approach in the realm of chronic pain management, offering hope to millions who suffer from persistent pain conditions that traditional treatments often fail to resolve. This method, rooted in the principles of mind-body medicine and neuroplasticity, emphasizes retraining the brain to dissociate pain from perceived threats or emotional triggers. By understanding and applying Schubiner's techniques, individuals can potentially unlearn their pain, regain control over their lives, and break free from the cycle of chronic discomfort.

Understanding Schubiner's "Unlearn Your Pain" Method

What Is "Unlearn Your Pain"?

"Unlearn Your Pain," developed by Dr. David Schechter and Dr. Steven J. Schubiner, is a therapeutic approach centered on the idea that some chronic pain conditions are primarily driven by the brain's learned associations rather than ongoing tissue damage. The method combines psychological techniques, education, and somatic exercises to rewire neural pathways that perpetuate pain.

Key aspects include:

- Recognizing the role of emotional stress and trauma
- Addressing maladaptive thought patterns
- Using mindfulness and cognitive behavioral strategies
- Facilitating neuroplasticity to change pain responses

The Science Behind the Approach

The foundation of Schubiner's method lies in neuroplasticity—the brain's ability to reorganize itself by forming new neural connections. Chronic pain can be seen as a learned response, where the brain continues to produce pain signals even when the initial injury has healed or was never significant.

Research shows that:

- Psychological factors like stress, anxiety, and trauma can amplify pain perception
- Repeated thoughts and emotional patterns reinforce neural pathways associated with pain
- Cognitive and behavioral interventions can weaken these pathways and establish new, healthier responses

Core Principles of the "Unlearn Your Pain" Technique

1. Education and Understanding

Understanding that pain is not always directly linked to tissue damage is a crucial first step. Patients learn about the mind-body connection and how emotional and psychological factors influence pain experiences.

2. Mindfulness and Emotional Awareness

Practicing mindfulness helps individuals become aware of their thoughts, feelings, and bodily sensations without judgment. This awareness reduces emotional reactivity and helps dissociate pain from emotional triggers.

3. Cognitive Restructuring

Challenging and changing maladaptive beliefs about pain and injury can alter neural pathways. Techniques include:

- Identifying negative thought patterns
- Replacing them with positive or neutral beliefs
- Developing a sense of control and resilience

4. Somatic Techniques and Movement

Gentle movement and body awareness exercises facilitate neuroplasticity by retraining the nervous system to respond differently to stimuli.

5. Graded Exposure and Self-Management

Gradually exposing oneself to feared movements or activities can diminish fear-avoidance behaviors that maintain pain.

Steps to Unlearn Pain Based on Schubiner's Method

Implementing Schubiner's approach involves a series of structured steps:

1. Education About Pain Neurobiology
 - Understanding that pain can be a learned response
 - Recognizing the role of emotional and psychological factors
2. Mindfulness Practice
 - Daily meditation sessions
 - Body scans to increase awareness

3. Cognitive Behavioral Techniques

- Journaling thoughts and beliefs about pain
- Challenging catastrophic thinking

4. Emotional Processing

- Identifying unresolved emotional issues or traumas
- Engaging in therapies like emotional freedom technique (EFT) if necessary

5. Gradual Movement and Exposure

- Starting with gentle activities
- Increasing activity levels progressively

6. Self-Compassion and Patience

- Building resilience
- Celebrating small victories

Benefits of the "Unlearn Your Pain" Approach

For Patients

Patients undertaking Schubiner's method often experience:

- Significant reduction or complete elimination of chronic pain
- Improved mental health, including reduced anxiety and depression
- Increased sense of control over their condition
- Better quality of life and participation in daily activities
- Enhanced understanding of the mind-body connection

For Healthcare Providers

This approach offers clinicians a complementary tool to traditional pain management, emphasizing a holistic and patient-centered model that addresses psychological and emotional factors.

Scientific Evidence Supporting "Unlearn Your Pain"

Multiple studies validate the effectiveness of mind-body interventions in chronic pain management:

- A 2017 study published in *Pain* demonstrated that education combined with cognitive-behavioral therapy significantly reduced pain severity.
- Research indicates that neuroplasticity-based therapies can rewire pain-related neural pathways.
- Clinical trials involving "Unlearn Your Pain" techniques report high success rates, especially in cases where traditional treatments failed.

Common Conditions Treated with "Unlearn Your Pain"

Schubiner's method is especially effective for conditions where psychological factors play a significant role, including:

- Fibromyalgia
- Chronic back pain
- Headaches and migraines
- Myofascial pain syndrome
- Tension and stress-related pain
- Post-surgical or injury-related pain with disproportionate symptoms

How to Get Started with "Unlearn Your Pain"

If you're considering this approach, here are steps to begin:

- Consult a Qualified Therapist: Seek practitioners trained in neuroplasticity-based pain management and psychological techniques.
- Educate Yourself: Read books and resources about pain neurobiology and mind-body medicine.
- Commit to Practice: Regular mindfulness, journaling, and movement are essential.
- Track Progress: Keep a journal to monitor changes in pain levels and emotional responses.
- Build Support: Join support groups or online communities sharing similar experiences.

Conclusion

The concept of "Schubiner unlearn your pain" represents a paradigm shift in understanding and treating chronic pain. By recognizing that pain can be a learned response rooted in neural pathways strengthened by emotional and psychological factors, individuals can take proactive steps to retrain their brains. Combining education, mindfulness, cognitive restructuring, and gentle movement, this approach empowers sufferers to break free from persistent pain cycles and reclaim their lives.

Embracing Schubiner's method offers a pathway not just to pain relief but to holistic healing and emotional resilience. As science continues to uncover the remarkable capacity of neuroplasticity, unlearning pain becomes an achievable goal for many, transforming the way we perceive and manage chronic discomfort.

Keywords for SEO Optimization:

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Frequently Asked Questions

What is the core concept behind 'Unlearn Your Pain' by Dr. David Schechter?

Actually, 'Unlearn Your Pain' is authored by Dr. Fred G. Schubiner, not David Schechter. The core concept is that chronic pain can often be caused by emotional and psychological factors rather than physical injuries, and through unlearning these patterns, individuals can alleviate their pain.

How does Schubiner's approach differ from traditional pain treatments?

Schubiner's approach emphasizes psychological and emotional healing techniques, such as mind-body awareness, emotional processing, and cognitive strategies, rather than solely focusing on physical interventions like medication or surgery.

Can 'Unlearn Your Pain' help with all types of chronic pain?

While many people with various types of chronic pain have benefited from Schubiner's methods, the program is particularly effective for pain believed to be influenced by emotional or psychological factors, such as tension myositis or fibromyalgia. It's recommended to consult a healthcare professional for personalized assessment.

What are some key techniques taught in 'Unlearn Your Pain'?

The book and program teach techniques such as emotional awareness and expression, mindfulness, visualization, and cognitive restructuring to help individuals recognize and unlearn pain-related emotional patterns.

Is 'Unlearn Your Pain' backed by scientific research?

Yes, Schubiner's methods are grounded in mind-body medicine research and have been supported by clinical studies showing that psychological interventions can significantly reduce certain types of chronic pain.

How long does it typically take to see results using Schubiner's 'Unlearn Your Pain' techniques?

Results can vary depending on the individual, but many people report improvements within a few weeks of consistent practice, while others may take longer. Commitment and regular application of the techniques are key to success.

Additional Resources

Schubiner Unlearn Your Pain: A Deep Dive into Mind-Body Healing

Pain is a complex and often perplexing experience, affecting millions worldwide. For many, chronic pain persists despite traditional medical interventions, leading to frustration and a sense of helplessness. Among the emerging approaches to understanding and treating persistent pain, Dr. Steven L. Schubiner's "Unlearn Your Pain" program has gained significant attention. This method combines psychological, neurological, and behavioral strategies aimed at addressing the root causes of chronic pain that are often rooted in emotional and subconscious factors rather than structural damage. In this article, we explore the core principles of Schubiner's approach, its scientific basis, practical applications, and the broader implications for pain management.

Understanding the Core Concept: What Is "Unlearn Your Pain"?

Defining the Approach

"Unlearn Your Pain" is a therapeutic framework developed by Dr. Steven L. Schubiner, designed to help individuals recover from chronic pain that lacks an identifiable physical cause or persists beyond normal healing. Unlike conventional treatments that focus primarily on physical or structural abnormalities—such as surgery, medication, or physical therapy—Schubiner's method emphasizes the mind-body connection, positing that emotional trauma, subconscious fears, and learned responses can perpetuate pain.

The core idea is that the brain can "learn" to produce pain as a protective or subconscious response, even in the absence of ongoing tissue damage. By understanding and retraining the brain's responses, individuals can unlearn the pain and regain function and well-being.

The Scientific Foundations

Schubiner's approach draws upon a multidisciplinary body of research, including:

- Psychoneuroimmunology: How thoughts and emotions influence neurological and immune responses, potentially contributing to pain sensations.
- Brain plasticity: The brain's ability to reorganize itself, making it possible to modify pain responses through behavioral and cognitive interventions.
- Historical and clinical evidence: Cases where pain persists despite the absence of physical pathology, suggesting psychological factors play a role.

This scientific backing supports the notion that chronic pain is often a brain-based phenomenon, not merely a symptom of tissue damage.

The Psychological and Neurological Basis of Chronic Pain

Why Does Pain Persist Without Structural Damage?

Many individuals with chronic pain conditions—such as fibromyalgia, chronic back pain, or headaches—find that their pain continues long after injury has healed or no injury was ever present. This disconnect can be explained through several psychological and neurological mechanisms:

- Pain as a learned response: The brain associates certain thoughts, emotions, or behaviors with pain, reinforcing its perception even when no physical cause exists.
- Central sensitization: The nervous system becomes hyper-responsive, amplifying pain signals.
- Emotional trauma and stress: Past traumatic experiences or ongoing stress can heighten pain perception.
- Fear-avoidance behaviors: Anxiety about pain can lead to avoidance of activity, which then exacerbates disability and pain perception.

Understanding these mechanisms is crucial to appreciating how "Unlearn Your Pain" aims to address the root causes rather than just the symptoms.

The Role of the Brain in Chronic Pain

Functional neuroimaging studies have demonstrated that individuals with chronic pain often show altered activity in brain regions involved in pain processing, emotion regulation, and attention, such as:

- The prefrontal cortex
- The anterior cingulate cortex
- The amygdala
- The insula

These changes suggest that pain is not solely generated in the peripheral tissues but is heavily influenced by central nervous system activity. The goal of the Schubiner method is to recalibrate these neural pathways, reducing the brain's maladaptive pain responses.

The Components of the Schubiner Unlearn Your Pain Program

1. Education and Awareness

A foundational element involves educating individuals about the neuropsychological basis of their pain. Understanding that pain can be a brain-generated phenomenon helps reduce fear and anxiety, which can perpetuate pain sensations. This psychoeducation empowers individuals to see their pain as modifiable, rather than an unstoppable symptom.

2. Emotional Processing and Trauma Resolution

Many chronic pain cases are linked to unresolved emotional trauma, stress, or subconscious fears. The program incorporates techniques such as:

- Mindfulness and meditation: To increase awareness of emotional states.
- Expressive writing: To process past traumatic events.
- Cognitive reframing: To challenge and change negative thought patterns associated with pain.

Addressing emotional wounds reduces their influence on neural pathways that sustain pain.

3. Cognitive Behavioral Strategies

Cognitive-behavioral techniques help individuals recognize and modify maladaptive thought patterns that contribute to pain perception. For example:

- Challenging catastrophic thinking ("This pain will never end")
- Developing positive coping statements
- Gradually increasing activity levels through graded exposure

4. Visualization and Imagery Techniques

Imagery exercises are used to reprogram neural pathways. For instance:

- Visualizing pain diminishing or disappearing
- Imagining the nervous system healing
- Creating mental scenarios of movement and activity without pain

These techniques leverage brain plasticity to foster new, healthier neural responses.

5. Behavioral Activation and Gradual Exposure

Encouraging patients to gradually resume normal activities helps retrain the brain's response to movement and reduce fear-avoidance behaviors. This approach emphasizes patience and persistence, recognizing that unlearning pain is a process.

Practical Application and Program Structure

The Unlearn Your Pain program typically involves a combination of self-help strategies, guided exercises, and professional support. It can be delivered through:

- Online courses and videos
- Workbooks and exercises
- Group or individual therapy sessions

Most programs span several weeks, with participants practicing daily exercises designed to reinforce new neural pathways and emotional insights.

Evidence and Effectiveness

While individual experiences vary, numerous case studies and clinical trials have shown promising results:

- Significant reductions in pain intensity
- Improved physical function
- Decreased reliance on medications
- Enhanced emotional well-being

Research suggests that around 70-80% of participants experience meaningful relief, especially when the program is complemented with ongoing psychological support.

However, it's crucial to recognize that "Unlearn Your Pain" is not a universal cure. Its effectiveness is greatest in cases where psychological factors significantly contribute to the pain experience.

Criticisms and Limitations

Despite its promising results, the approach faces some criticisms:

- Overemphasis on psychological factors: Some critics argue that it may overlook underlying structural injuries where physical treatment is necessary.
- Placebo effects and self-selection: The importance of motivation and psychological readiness can influence outcomes.
- Lack of universal acceptance: Not all medical professionals endorse mind-body approaches, emphasizing the need for integrated treatment plans.

Moreover, unlearning pain requires active participation, patience, and often, a paradigm shift for individuals accustomed to purely biomedical models.

Implications for Future Pain Management

The "Unlearn Your Pain" approach reflects a broader shift in medicine toward a biopsychosocial model—recognizing that biological, psychological, and social factors all influence health outcomes. As neuroscience advances, therapies that target brain plasticity and emotional regulation are likely to become more integrated into standard care.

This shift encourages healthcare providers to:

- Incorporate psychological assessments in pain management
- Offer multidisciplinary treatments combining physical and mental health strategies
- Promote patient education about the brain's role in pain

In the long term, this integrative approach can lead to more effective, holistic, and sustainable pain relief solutions.

Conclusion

Schubiner Unlearn Your Pain presents a compelling paradigm shift in understanding and treating chronic pain—highlighting the power of the mind and emotional health in shaping physical sensations. By addressing the subconscious and emotional underpinnings of pain, this method offers hope to those who have struggled with persistent pain despite conventional treatments. While not a one-size-fits-all solution, its emphasis on neuroplasticity, emotional healing, and behavioral change aligns with emerging scientific evidence and represents a promising avenue in comprehensive pain management. As awareness grows and research continues, integrating mind-body strategies like Schubiner's approach could revolutionize how we approach chronic pain in the future, emphasizing healing at the neuropsychological level as much as the physical.

[Schubiner Unlearn Your Pain](#)

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AN OPEN FIELD PUBLICATION FROM MARIA SHRIVER Migraines, headaches, back pain, fibromyalgia, Lyme's Disease, auto-immune diseases, and a host of other chronic illnesses have crippled the modern American population. For the past twenty years, Dr. Howard Schubiner has been conducting clinical trials and authoring more than 100 scientific papers and lectures to get to the root cause of how to reverse these insidious illnesses. In *Unlearn Your Pain*, he shares in inspiring and step-by-step detail the program steeped in the latest neuroplasticity research that has proven most effective in treating chronic pain, anxiety, and depression. The source of much of chronic pain is neurological and the book details a revolutionary program to better health that has saved thousands from a lifetime of misery and depression. Using the latest practices in the mind-body connection, all confirmed by clinical trials and studies, Dr. Schubiner leads readers to a new understanding of how the mind affects our pain, physical and emotional, and how we can gain control over our bodies and minds to live a healthier and better life.

schubiner unlearn your pain: Summary of Howard Schubiner & Michael Betzold's Unlearn Your Pain Everest Media,, 2022-06-10T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Your pain is real, and there is a reason for it. It can be cured, but you must first find the underlying cause of it. The problem is not in your head. It's in your diagnosis. #2 Pain begins when neural pathways from the brain to the body are stimulated or fired. Over time, these pathways can become wired into the brain's circuitry. The nervous system learns to create chronic pain, even though there is no serious medical condition in the body. #3 The brain, nerves, and pain are all connected. The brain can both create and cure chronic painful conditions. The three major components of the nervous system that create the vicious cycle of pain are the nerves that send pain signals from the body to the brain, the brain itself, where those nerve signals are interpreted, and the nerves that send signals back to the body. #4 Modern medicine is typically unable to solve the problem of MBS. You will learn how to cure yourself in this program.

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schubiner unlearn your pain: The Pain Reprocessing Therapy Workbook Vanessa M. Blackstone, Olivia S. Sinaiko, 2024-11-01 Free yourself from chronic pain with this powerful, evidence-based workbook. Do you suffer from back, knee, or neck pain, migraines, arthritis, fibromyalgia, or any other condition that causes chronic discomfort? Have you searched far and wide for answers, hoping against hope to find lasting relief—only to find yourself disappointed and in pain again? This discouraging cycle can be as damaging to your quality of life as the pain itself, especially if your pain has been minimized or disregarded. If you're tired of running into roadblocks when it comes to finding real solutions, it might be time for a new approach. It's time to leverage the natural power and flexibility of your brain, so you can finally free yourself from chronic pain and take charge of your life. At the heart of this groundbreaking workbook is pain reprocessing therapy (PRT)—the most effective current treatment for chronic pain. PRT is a highly streamlined, evidence-based method that actually retrains the brain to accurately interpret sensory signals from the body, interrupting the perpetual pain cycle so you can find some relief. You'll begin by exploring the ins and outs of how pain works, with special emphasis on understanding the critical relationship between pain and fear. You'll also discover a wealth of in-the-moment tips to help you quickly recognize the aspects of life that trigger or aggravate your pain—so you can handle it quickly, healthily, and move on with less pain. If your quest for relief has led to nothing but frustration, shame, stigmatization, and endless agony, the answers found in this friendly guide will illuminate a path away from pain and toward lasting comfort and peace of mind. Go ahead, take the first step.

schubiner unlearn your pain: The Tapping Solution for Pain Relief Nick Ortner, 2016-09-06 More than 100 million Americans deal with chronic pain every day. And if you're one of them, you've probably tried all the normal solutions: doctors, injections, medications, and surgeries. While these all have a place in healing, they have fallen short in dealing with the pain epidemic. So what can you do? In *The Tapping Solution for Pain Relief*, Nick Ortner presents a startling alternative. He lays out

a step-by-step plan that teaches you how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain, stress, and tapping, he opens your eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides you on a journey that begins on the surface—tapping to address the pain itself—and moves to the deeper issues that often affect pain. With easy-to-follow tapping scripts and exercises, Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that you may not think of as associated with chronic pain, such as: •Creating personal boundaries •Dealing with toxic relationships •Clearing resistance to change •Understanding the power of a diagnosis •Working through anger There are many ways the brain and body can create, increase, and prolong pain. After reading this book, you'll not only understand what's causing your pain but also how to achieve complete and lasting relief. But let's face it; this is about more than just pain relief. It's about empowering yourself to take back your body in order to live the life you want.

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of the auto accident community. Helpful tips throughout this book and a resource section featuring the best online and community support options will aid survivors and their families with rehabilitation. Recovering from Your Car Accident will assist survivors with rebuilding their lives and discovering new ways to thrive.

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schubiner unlearn your pain: Chasing Peace Tom Rosshirt, 2025-01-21 Chasing Peace is a guide for turning emotional breakdowns into breakthroughs with the insights of modern neuroscience. It's the story of a lifelong seeker who suffered years of escalating depression and anxiety, then discovered that the latest practices from brain science offered a path to the peace he longed for. AN OPEN FIELD PUBLICATION FROM MARIA SHRIVER Tom Rosshirt, like millions of people chasing peace, put his faith in the scripture of our culture: we find peace by becoming who we want to be. So Tom aimed high, worked hard and excelled. But instead of peace, he experienced debilitating anxiety, depression, and discouraging bouts of brain fog that forced him out of his life. He was one of a rising number of people now getting sidelined by conditions doctors can't cure. Many sufferers never find their way back, but Tom got lucky. After another dead-end session with a

psychiatrist, Tom heard about self-directed neuroplasticity—a daily practice of retraining the brain based on the discovery that pain and illness often start in the brain's neural circuits, and what the brain learns, the brain can unlearn. After months of using this approach, Tom began to see an alignment between neuroplasticity and the principles of spiritual practice. Reversing the patterns that made him ill did more than make him well; it opened the path from stress to peace—from striving to be who we want to be to becoming who we are. Brimming with hope, *Chasing Peace* is for anyone who is sick of chasing peace—but might be willing to read one more book.

schubiner unlearn your pain: Do You Really Need Spine Surgery? David Hanscom MD, 2019-10-29 Deciding whether to undergo spine surgery is one of the most important choices you will ever make. Author and spine surgeon Dr. David Hanscom has observed that in this era of corporate medicine, surgical decisions are often made quickly without a complete evaluation or attempt at non-surgical rehabilitation before proceeding. The result? The majority of spine operations are unnecessary and many surgeries are performed on spines with normal, age-related conditions. When performed for a specific anatomical problem with matching symptoms, the outcomes are consistently satisfying. Conversely, when surgery is conducted to address pain without a clear source, the consequences can be unpredictable, with a high percent of patients faring poorly or becoming much worse (catastrophic). A failed spinal surgery can virtually destroy one's life. Additionally, when a patient's nervous system is fired up from stress, results are often poor. A common cry from patients is, "If I only knew how badly this could turn out, I would have never had this surgery." The depth of frustration at making the wrong decision is beyond words because there is no turning back. If you are facing a decision about spine surgery, *Do You Really Need Spine Surgery?* provides you and your medical providers important information to help make the best choice. All relevant variables are addressed and organized into a "treatment grid." With this grid, you and your health care team can determine the most effective approach and course of action, with full consideration to the potential downside of a failed spinal surgery. *Do You Really Need Spine Surgery?* gives back control of the surgical decision to you, the patient. Take it!

schubiner unlearn your pain: Sellout Victoria Bruce, 2017-06-06 The story of one citizen's fight to preserve a US stake in the future of clean energy and the elements essential to high tech industries and national defense. American technological prowess used to be unrivaled. But because of globalization, and with the blessing of the U.S. government, once proprietary materials, components and technologies are increasingly commercialized outside the U.S. Nowhere is this more dangerous than in China's monopoly of rare earth elements-materials that are essential for nearly all modern consumer goods, gadgets and weapons systems. Jim Kennedy is a retired securities portfolio manager who bought a bankrupt mining operation. The mine was rich in rare earth elements, but he soon discovered that China owned the entire global supply and manufacturing chain. Worse, no one in the federal government cared. Dismayed by this discovery, Jim made a plan to restore America's rare earth industry. His plan also allowed technology companies to manufacture rare earth dependent technologies in the United States again and develop safe, clean nuclear energy. For years, Jim lobbied Congress, the Pentagon, the White House Office of Science and Technology, and traveled the globe to gain support. Exhausted, down hundreds of thousands of dollars, and with his wife at her wits' end, at the start of 2017, Jim sat on the edge of victory, held his breath and bet it all that his government would finally do the right thing. Like Beth Macy's *Factory Man*, this is the story of one man's efforts to stem the dehumanizing tide of globalization and Washington's reckless inaction. Jim's is a fight we need to join.

schubiner unlearn your pain: Healing Pelvic Pain Peta Wright, 2023-08-29 This is a book for the one in five Australian women suffering chronic pelvic pain. For decades the biomedical model has prevailed, with many women going under the knife - often multiple times - to treat their endometriosis or being prescribed heavy-duty drugs for period pain without noticeable improvement. Women with pelvic pain who haven't been diagnosed with endometriosis suffer in silence with little support, often giving up after multiple attempts for answers and appropriate medical relief. Prominent gynaecologist and fertility specialist Dr Peta Wright makes links between

this condition and trauma-associated physical symptoms, which is now very well researched and documented. Drawing on her extensive experience working with patients, many of whom have been through the medical mill, Dr Wright makes the case for a range of other treatments not usually prescribed, including an anti-inflammatory diet, exercise, stress management, and therapeutic work focused on addressing the effects of trauma in the body. Thoroughly researched, compassionately argued and highly accessible, *Healing Pelvic Pain* aims to empower women to ask the right questions, get the right treatment, and make lifestyle changes that bring about release from pain.

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