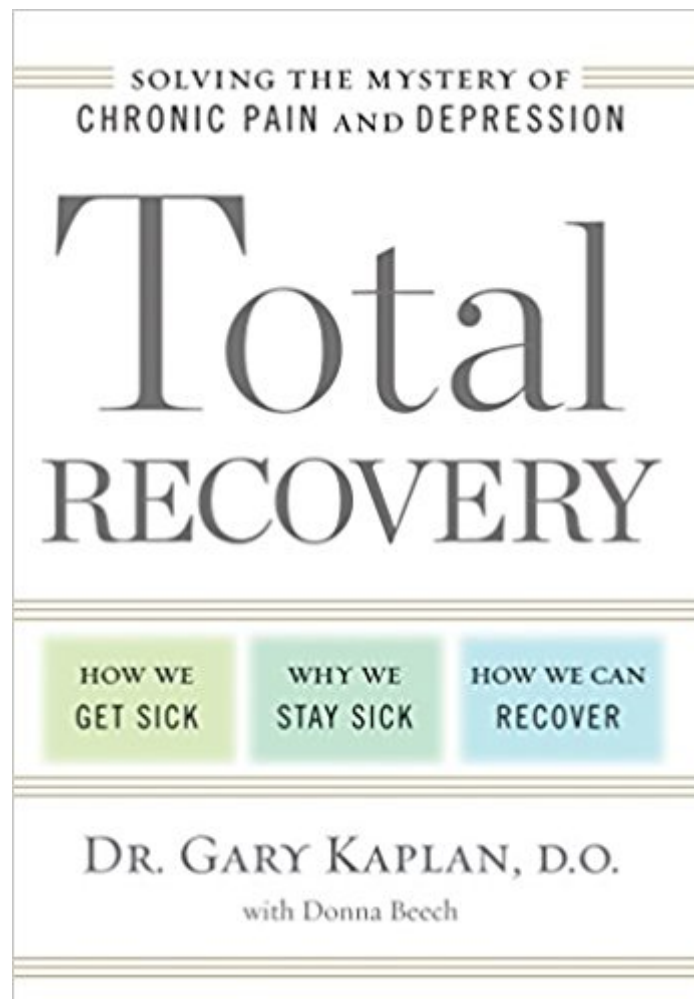




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Total Recovery: Solving The Mystery Of Chronic Pain And Depression



Synopsis

About 100 million Americans live with some form of chronic pain—more than the combined number who suffer from diabetes, heart disease, and cancer. But chronic pain has always been a mystery. It often returns at the slightest provocation, even when doctors can't find anything wrong. Oddly enough, whether the pain is physical or emotional, traumatic or slight, our brains register all pain as the same thing, and these signals can keep firing in the nervous system for months, even years. In *Total Recovery*, Dr. Gary Kaplan argues that we've been thinking about disease all wrong. Drawing on dramatic patient stories and cutting-edge research, the book reveals that chronic physical and emotional pain are two sides of the same coin. New discoveries show that disease is not the result of a single event but an accumulation of traumas. Every injury, every infection, every toxin, and every emotional blow generates the same reaction: inflammation, activated by tiny cells in the brain, called microglia. Turned on too often from too many assaults, it can have a devastating cumulative effect. Conventional treatment for these conditions is focused on symptoms, not causes, and can leave patients locked into a lifetime of pain and suffering. Dr. Kaplan's unified theory of chronic pain and depression helps us understand not only the cause of these conditions but also the issues we must address to create a pathway to healing. With this revolutionary new framework in place, we have been given the keys to recover.

Book Information

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Customer Reviews

“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.

—Mark Hyman, MD, author of the #1 New York Times bestseller, *The Blood Sugar Solution*, and chairman, the Institute for Functional Medicine

“In *Total Recovery*, Gary Kaplan offers a potentially game-changing insight: the neurological key to the inflammation that keeps patients in an endless cycle of pain and depression. If you have suffered for years without relief, this remarkable book may change your life.”

—Andrew Weil, MD, founder and director of the Arizona Center for Integrative Medicine at the University of Arizona Health Sciences Center, and author of *True Food*

“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.”

—Arthur Agatston, M.D., Medical Director of Wellness and Prevention for Baptist Health South Florida and author of *The South Beach Diet*

“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.”

—Brian Berman, MD. Professor of Family and Community Medicine and Director of the Center for Integrative Medicine, University of Maryland School of Medicine

“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 paradigm shift in understanding illness and the path to optimal health.”

—Tara Brach, Ph.D, author of *Radical Acceptance* and *True Refuge*

“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.”

—Wayne B. Jonas, MD, President and CEO, Samueli Institute, Former Director (1995-1999), Office of Alternative Medicine, National Institutes of Health

“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.”

—Woodson Merrell, MD, Chairman, Department of Integrative Medicine, Mt

Sinai Beth Israel Medical Center – “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.” – C. Norman Shealy, M.D., Ph.D. Author of Healing Bliss: Major Discoveries Along the Holistic Path

Dr. Gary Kaplan, DO, is a pioneer of integrative medicine and one of just 19 physicians board-certified in both family medicine and pain medicine and practices in McLean, VA. A clinical associate professor at Georgetown University and director of the Kaplan Center for Integrative Medicine, he has also served as a consultant to the NIH. He has been featured on Fox News, Good Morning America, NBC News, and NPR, as well as in the Washington Post, the New York Times, and the Wall Street Journal. He lives in Falls Church, VA. Donna Beech is a New York Times bestselling and award-winning collaborator whose work includes Ghost in the Wires, The Heartmath Solution, and The Everyday Advocate.

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 To 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 takes 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 has 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 became 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 pain 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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