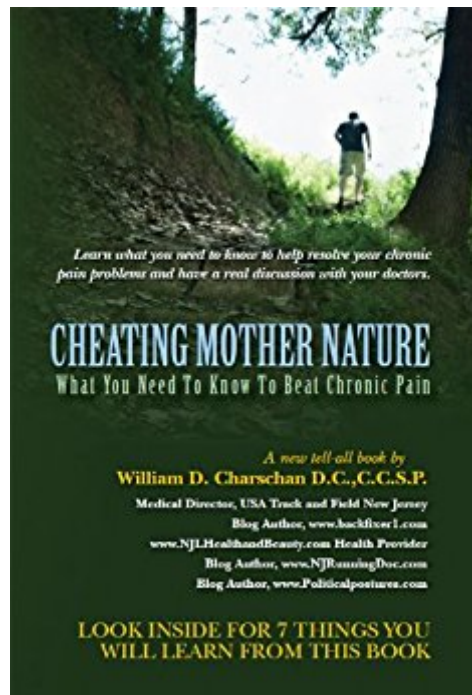




The book was found

Cheating Mother Nature



Synopsis

Start feeling better. More than one and a half billion people suffering from chronic pain don't have to. Chronic pain affects more people than cancer, diabetes and heart disease combined and most doctors still don't understand the cause. Finally, here is a book that identifies the causes of chronic pain and explains how to prevent and treat it in a way anyone can understand. When you are finished reading, you will have the knowledge and tools to successfully have a discussion with your doctor. This is not about pain management. It is about resolving and preventing chronic pain. You'll learn the popular myth and startling truth about fibromyalgia, why carpal tunnel syndrome is a misdiagnosis for most people, the real problem and the cure, sixty-eight joint healthy foods, and nine simple at-home joint-saving exercises complete with diagrams. Author BIODr. Charschan lives and practices in central New Jersey. He has treated thousands of patients of all ages, including professional celebrity athletes. He is the medical director of USA Track and Field New Jersey, maintains a popular blog addressing health care issues and plays a mean guitar for his New Jersey band, "Midlife Crisis."

Book Information

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Customer Reviews

I was looking for a book that would help give me some relief from my chronic back pain. My work schedule has me on my feet for ten hours a night four nights a week. This means I take over-the-counter pain medication, wear a back support belt and use muscle relief cream so that I can make it through my ten hour shift. When I found "Cheating Mother Nature: What You Need to Know To Beat Chronic Pain" on Amazon I knew I needed to read this book to see if I could find some useful information that would help my painful back. Dr. Charschan in this book teaches the reader how to identify the source of the chronic pain. I was simply addressing the symptoms of my pain which was never going to give me long term relief. Your body operates best when it's in complete symmetry. I realized that my back pain was the result of my body compensating because of a naturally occurring asymmetry. Symmetry allows for equally distributed forces through the pelvis and the rest of the spine. This symmetry allows the muscles to coordinate movement which results in better overall function. The doctors I have seen in the past have always pushed for surgery and I thank God that I found this book before ever having surgery. I started doing the lower back & core strengthening exercises in this book and no more back pain which means no more over-the-counter pain medication, support belt or smelly muscle relief cream. If you have chronic pain then do yourself a favor and read this book. I highly recommend this book and I wish I could give it six stars instead of five stars!

William Charschan makes a strong, clear case for people to consider going to a chiropractor for body pains in places like the lower back, shoulders, hands and feet rather than always just accepting what primary care physicians say and thus taking pills. This book talks about the medical industrial complex as being out for people's money to their detriment. The author details how we've become a chemically dependent society trained to take drugs to relieve symptoms. At issue, though, is that doctors aren't getting to the root of problems. By only treating the symptom rather than treating the "mechanical aberration," doctors are not properly helping patients. As a chiropractor, William Charschan shares his many experiences with patients. He'll repeatedly tell you that the way we're built affects the way our body works. If your parents have back problems, chances are you do too. It comes down to posture, gait, and "an asymmetry of the structures surrounding the pelvis." Reading "Cheating Mother Nature" is like spending time with a very smart medical professional who is sharing with you his candid and honest opinions about healthcare today. He covers topics like fibromyalgia, scoliosis, and carpal tunnel syndrome, as well as shares a list of healthy foods you can eat for healthy joints and, at the end of the book, several exercises you can do on your own to save your joints/feel good.

I suffer from chronic back pain and found this book in my internet travels. To my pleasant surprise this book by Dr. Charschan gleaned some important information and has become one of my best purchases to date on the subject. In the past I was just treating my symptoms and it became evident my doctors are going to push for surgery. It is just going to be a matter of time. I'm sure of it. I really want to avoid surgery at all costs so I began looking to educate myself about anything to do with healing chronic back pain. There are many valuable insights that made me start to question the direction my current doctors are leaning. More meds and surgeries are a path I'm refusing to venture towards. This book has opened my mind to the importance of correct body structure. As a result of my reading this book I have sought out someone who specializes in the Graston Technique, and have made some amazing progress. I am in my 6th session currently. I credit this book for helping me dig further and to research more on my own. This eventually led me to a new practitioner who is more in line with Dr. Charschan's work. Thank you for putting your life's work on paper, I'm very grateful. My back pain has been reduced by factors.

This is a forward-thinking, positive book, with some useful guidance for those dealing with chronic pain, and those looking to prevent pain. With opioid addiction rising to horrific levels in this country, thanks to gross over-medication and subsequent addiction, it's refreshing to see an entirely different view on pain management. I fully agree with the doctor's view of our deeply flawed medical system, which relies so heavily upon prescription medication to mask the problem, rather than behavioral change to fix the problem. I do recommend this book to anyone concerned with or about chronic pain management & prevention. I received a copy of this book in exchange for an unbiased review.

As I have been researching more holistic and natural ways of medicine, I came across *Cheating Mother Nature*. It's an interesting take on modern medicinal ways and how healthcare seems to only be treating the symptoms instead of the underlying cause. Our bodies are one complete system and bringing it back to normal or balance is the key to maintaining good health. I like that this novel was easy to understand but very informative. It really makes you think about what we as a society and healthcare providers could do differently. I highly recommend this novel to anyone that has chronic ailments and conditions.

I suffer from chronic pain and this book, while not a cure all, was a definite mind changer and the

knowledge will be applied to my every day life. Thank you Dr. Charschan for your knowledge.

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