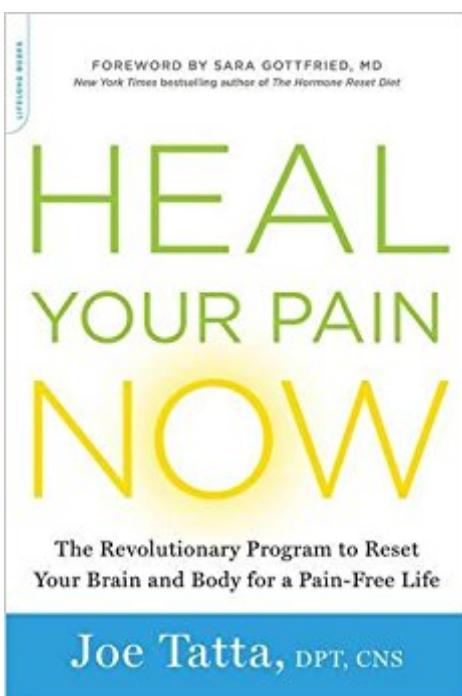


The book was found

Heal Your Pain Now: The Revolutionary Program To Reset Your Brain And Body For A Pain-Free Life



Synopsis

In Heal Your Pain Now, Dr. Joe Tatta teaches you how to regain control of your life by breaking the cycle of persistent pain. Following Dr. Tatta's program, you learn the role of the brain in pain--and how to use your brain to STOP your pain; how nutrition can eliminate the inflammation in your body, which is exacerbating your pain; and how to overcome Sedentary Syndrome and choose the best movement strategy. Dr. Tatta provides quizzes, self-assessments, meal plans, shopping lists, recipes, and exercises to support you throughout the program. If you struggle with chronic pain from an injury, autoimmune disease, or musculoskeletal pain--or are overweight and have tried everything without success--Heal Your Pain Now provides natural solutions to finally eliminate your pain and return to an active, healthy, and fulfilling life.

Customer Reviews

"This book will help people who suffer from chronic pain from conditions such as fibromyalgia, autoimmune disease, musculoskeletal injury, obesity, or any persistent pain state. Dr. Joe Tatta has written a blueprint to resolve pain using integrated, functional, medicine principles. I recommend this book and the Healing Pain Program."?Mark Hyman, MD, #1 New York Times bestselling author of The Blood Sugar Solution 10-Day Detox Diet"We've been approaching pain all wrong. The solution doesn't come in a bottle; it comes by taking control of your health. Dr. Tatta provides a simple, easy-to-implement strategy that helps you break free from pain and live the life you deserve."?JJ Virgin, New York Times bestselling author of JJ Virgin's Sugar Impact Diet and the Virgin Diet

Joe Tatta is a licensed doctor of physical therapy, certified clinical nutritionist, and functional medicine practitioner with more than seventeen years of experience in the realm of health care. He received a Bachelor of Science in Physical Therapy from SUNY Health Science Center of New York, a Doctorate of Physical Therapy from Arcadia University, and Training in Nutrition and Functional Medicine from the University of Western States. Dr. Tatta is the co-founder of Premier Physical Therapy & Wellness, one of the largest outpatient physical therapy providers in the New York tri-state area, with thirteen locations throughout Manhattan, Westchester, and Connecticut. Dr. Tatta's career has been devoted to helping people resolve pain and improve their vitality. In addition to being a licensed physical therapist, he is an Orthopedic Certified Specialist (OCS) through the American Board of Physical Therapy Specialists. He has completed additional training in parallel fields, including nutrition and functional medicine. He has taught seminars on back pain, diet, exercise, stress reduction, and other various wellness topics and trained hundreds of clinicians.

This book will be a platform and conduit to reach, educate, and heal more people than possible through traditional channels and contribute to a revolution of healing chronic conditions.

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Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adreanl Reset Diet Book 1) Leptin Reset: 14 Days to Resetting Your Leptin and Turning Your Body Into a Fat-Burning Machine (Leptin Resistance, Leptin diet, Hormone Reset Diet, ... all grain, Ketogenic Diet, Atkins Diet) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life Pain Free for Women: The Revolutionary Program for Ending Chronic Pain The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Heal th 3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights The PTSD Breakthrough: The Revolutionary, Science-Based Compass RESET Program Clean -- Expanded Edition: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes!

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