

One-Third Of Americans Experience Chronic Pain

Chicago: One-Third Of Americans Experience Chronic Pain, http://www.huffingtonpost.com/2011/06/30/chronic-pain-13-americans_n_887749.html (accessed January 27, 2012).

A third of all Americans -- more than 116 million people -- live with long-lasting, chronic pain, according to a new report from the Institute of Medicine. That is more than all the people who have heart disease, diabetes and cancer, combined.

Chronic pain is defined as pain lasting for 30 to 60 days, and that has an impact on personal and professional life, TIME reported. The costs of chronic pain are up to \$635 billion a year, when adding up treatment costs and money lost from decreased productivity, according to the report.

However, the costs are likely higher because the report did not factor in money spent for treating chronic pain in children and military personnel, WebMD said. Prevention and treatment of chronic pain is often "delayed, inaccessible, or inadequate" for many racial and ethnic minorities, children and women. It is also not easily obtained for people with low incomes and education, cancer patients, elderly people and people who are at the end stages of life, ABC News reported.

I have just finished writing **“Live Pain Free Without Drugs or Surgery”**. This practical, self help book is written so that the average person can achieve simple, effective pain relief in the privacy of their own home.

80% of all the pain a person experiences in their life is muscular. This simply means that some of the muscles are too short, and other are too long. In both cases, the muscles are tight and are pulling the bones out of alignment and/or compressing structures in the body.

In my book, I have given easy exercises that are suitable for almost everyone that can quickly alleviate pain. The exercises are designed to bring the muscles back into balance. These exercises only take a few minutes a day and are effective at treating pain at the cause.

Whether the pain is in the head or the foot or anything in between, there are appropriate exercises for that area of the body. The book covers the most common areas of pain and has general health tips to keep you feeling your best.

I also present a strategy on how to prevent your pain from returning. This is achieved by simply doing your everyday activities just a little bit different.

If everyone would practice the basic exercises in my book, it would be possible to cut the costs of health care in this country by half. The truth is that most of our aches and pains are self inflicted. Not on purpose of course. If we could perform our daily activities more efficiently, half of our pain would disappear.

For example, a vast deal of pain is experienced simply by reaching too far for your mouse at the computer. I have treated many people for rotator cuff and shoulder problems caused by holding the mouse incorrectly.

By bringing the mouse closer towards you with your elbow by your side, your pain could be reduced or eliminated. It is often that simple.

The exercises and tips in **“Live Pain Free Without Drugs or Surgery”** are based on my 25 years of helping people to live a pain free life. In just a few minutes a day, you too can feel better.

The book will be available March, 2012. Keep checking the website!