

Learn what you need to know to help resolve your chronic pain problems and have a real discussion with your doctors.

CHEATING MOTHER NATURE

What You Need To Know To Beat Chronic Pain

A new tell-all book by

William D. Charschan D.C., C.C.S.P.

Medical Director, USA Track and Field New Jersey

Blog Author, www.hackoffice.com

www.NJHealthandBeauty.com Health Provider

Blog Author, www.NJRunningDoc.com

Blog Author, www.PainInApartment.com

**LOOK INSIDE FOR 7 THINGS YOU
WILL LEARN FROM THIS BOOK**

William D. Charschan D.C.C.C.S.P.

Cheating Mother Nature: What You Need To Know To Beat Chronic Pain



[continue reading](#)

Start feeling better. More than one and a half billion people suffering from chronic discomfort don't have to. You'll find out the popular myth and startling truth about fibromyalgia, why carpal tunnel syndrome is normally a misdiagnosis for most people, the real problem and the get rid of, sixty-eight joint healthy foods, and nine basic at-home joint-saving exercises complete with diagrams." -Warren We." -Professor Brian Rothbart DPM, www. More specifically, the form of the foot (in many cases) will regulate how the body will function. It really is about resolving and stopping chronic pain. Chronic pain affects more folks than malignancy, diabetes and heart disease combined and most doctors still don't understand the cause. Author BIO Dr. Charschan lives and methods in central NJ. He has treated thousands of patients of all ages, including professional celebrity athletes. He is the medical director of USA Monitor and Field New Jersey, maintains a popular blog addressing health care issues and has a mean guitar for his New Jersey band, "Midlife Crisis." Professional reviews "There is no doubt in my mind (after over forty years of research and clinical practice) that function comes after form. This is not about pain administration. Your expertly written publication and your clinical knowledge are confirmations of this paradigm. If you are completed reading, you should have the data and tools to successfully have a discussion together with your doctor. Hammer, DC, MS, DABCO <http://www.com> "Dr. Charschan difficulties both sufferers and doctors to believe "out of the package." He stresses the overlooked concept that patients should seek out doctors of "function" rather than doctors of "symptoms" and educates the patient to pick a health care provider who knows plenty of to examine for dysfunction rather than relying on an x-ray or MRI to create a diagnosis. Finally, here is a publication that identifies the sources of chronic pain and explains how to prevent and treat it in ways anyone can understand.curingchronicpain.fascialmanipulationworkshops.com



[continue reading](#)

An expert chiropractor's take on health care and our musculoskeletal system William Charschan makes a solid, clear case for folks to consider going to a chiropractor for body pains in locations like the lower back again, shoulders, hands and feet instead of always just accepting what major care physicians mention and therefore taking pills. This book discusses the medical industrial complicated as being out for people's money with their detriment. As an individual its great to utilize someone who is so passionate and knowledgeable and confident in what they do and leverage their talents and capabilities to help you. We credit this reserve for helping me dig further and to research more by myself. By just treating the symptom instead of treating the "mechanical aberration," doctors are not properly helping sufferers. As a chiropractor, William Charschan shares his many experiences with patients. A positive, forward-thinking guide to chronic pain mgmt & C's "out of the box" vision has practical applications to "wounded warriors" of most ages. It boils down to position, gait, and "an asymmetry of the structures surrounding the pelvis." Reading "Cheating Mother Nature" is like spending time with an extremely smart medical professional who's posting with you his candid and honest views about healthcare today. He covers topics like fibromyalgia, scoliosis, and carpal tunnel syndrome, as well as shares a listing of well balanced meals you can consume for healthful joints and, at the end of the book, several exercises that you can do on your personal to save lots of your joints/feel good. He'll repeatedly let you know that the way we're built affects just how our body works. the condition of our HC system. This book has opened mymind to the need for correct body framework.. It is the best way to end the book, once the readers understand the cause of the problems it give us something specific to accomplish inspired by your explanations of the problems. Dr. I fully buy into the doctor's look at of our deeply flawed medical system, which relies so greatly upon prescription drugs to mask the issue, instead of behavioral change to fix the problem. I do recommend this reserve to anyone worried about or about chronic pain management & avoidance. I received a duplicate of this book in exchange for an unbiased review. Great resource for chronic back pain sufferers I have problems with chronic back pain and found this publication in my own internet travels. To my nice surprise thisbook by Dr. This will be the ultimate check of his method of healing. Charschan for your understanding. It is just going to be a matter of time I'm certain of it. I really want to avoid surgery at all costs so Ibegan looking to educate myself about anything regarding healing chronic back pain. There are plenty of valuable insights that made me begin to question the direction my current doctors areleaning. Even more meds and surgeries certainly are a route I'm refusing to venture towards. Because of my reading this reserve I have sought out someone who specializes in the GrastonTechnique, and also have made some amazing improvement. I am in my 6th session presently. At issue, though, is normally that doctors aren't addressing the root of complications. But, most importantly, it offers you with case studies to assist you understand your pain. Many thanks for putting your lifestyle's workon paper, I'm extremely grateful. My back discomfort has been reduced by factors. I have problems with chronic pain which reserve, while ... Charschan insights into treating the problems. Charschan's issues about the medical establishment & During the past I was just treating my symptoms and it became evident my doctors are going to push forsurgery. Finding the reason behind the pain not just treating the symptoms Dr. but webpages 183 through 302 started shedding the light on the specifics of Dr. chiropractors. As I finished the book, I made the decision to seek out Dr. Sadly, the pictures are very small (1 in .) with sparse descriptions. I was starting to question if the book will continue to talk about what's wrong rather than tell me what is right... Charschan is normally a a chiropractic doctor with the backdrop in engineering. I suffer from chronic pain which book, while not a remedy all, was a definite mind changer and the data will be applied to my every day life. His major insight is that body is a mechanical structure and may be the strongest when it has complete symmetry. When it is not the structures have to compensate which leads to a variety of problems. The doctor explains the way the body compensates, and what issues that causes, and lastly what he will to address the issues in his practice. The most valuable section of the book if you ask me was the last 5 pages, which contains specific excercises that can help

address various issues. I wanted something specific I can put to use to control my pain, as I have a history of back complications which include two surgeries, and that section gave it to me. The first 182 pages of the book are somewhat repetitive and discuss the shortcomings of our medical system, insurance companies, and the medical establishment. Doctor, that section is certainly a genuine treasure! Overall, I found the publication valuable and would recommend it. I'd have loved to see large photos therefore the positions are even more clear and more detailed explanations. That is a forward-thinking, positive book, with some useful guidance for all those dealing with chronic pain, and the ones looking to prevent pain. On another publication make sure you make it a more prominent portion of the book. Overall, I would recommend this book to all of us who suffer daily from musculoskeletal pain in the hopes that it will save you from the hazards of unnecessary medical procedures. Dr. This was a fantastic, eye-opening consideration of the state of the current . C's focus on gait mechanics and body design to be eye-opening and intensely logical. The publication was well written and extremely informative. Although I really do not have confidence in miracles, I felt that there was something extremely profound in Dr... As an engineer myself and understanding the difference between a good fix (the cause) and a poor fix (masking the symptoms) I totally have confidence in the correctness of the approach to health. Charschan in person and am now his individual. Charschan gleaned some important information and has become among my best purchases to date on the subject. I would suggest this reserve to anyone who's tired of going after remedies which ultimately fail. Dr. If your parents have back problems, you do too. He was recommended to me by my main care physician at the . C's basic approach to pursuing the reason for the problem and avoiding unneeded surgical procedures.. I am a patient of Dr. Everything you don't find on his card or his site, is certainly his interest for his craft. He was recommended if you ask me by my primary care doctor at the Summit Medical Group in North Jersey. I have been having some back again pain and vestibular issues for five months or more. In person he's remarkable. I feel I have finally found a person who can really make a difference. In just 5 visits I've gotten better results than three months of physical therapy. Dr. Unlike anyone I've ever met and I've attended see various people over the years from Tokyo to Miami to NYC to LA. Charschan's. After trying a lot of things, physical therapy, cortisol injections, vestibular physical therapy, medicine, massage, Reiki nothing at all was assisting. Charschan's business card says he's a "body mechanic" and that is probably the best description. The author details how we've become a chemically dependent society trained to take drugs to relieve symptoms. I believe he was provided a gift. Charschan's office. There are so many choices when it comes to health. When you are uncomfortable or in pain you are offered many selections. Charschan was successfully telling the tale of my entire life as a once proud, former marathon runner who got suffered more information on injuries over the years (ankle, leg, hip, back, and shoulder to name a few) I came across Dr... This was a fantastic, eye-opening consideration of the existing healthcare system. It reveals the reality about your doctor and the treatment they offer from the symptoms you explain. This ultimately led me to a fresh practitioner who is more in line with Dr Charschan's function. Furthermore, it outlines particular treatment programs, exercises, and also foods to eat to help alleviate your pain. Ali Julia review An Excellent Read I discovered this book lately and go through it cover to cover. Effective Results I've read the book and We are fortunate to live in a world of Dr. He takes tremendous satisfaction in offering his skills. I've experienced chronic knee pain, calf tightness, and several other problems. Dr. Charschan teaches me how to identify the sources of the pain, rather than basically address the symptoms. Along with his approach, I've experienced more improvement than I have with many acupuncturists, traditional physical therapists, & This engineering background led him to a summary that in order to repair someone's medical issue one needs to get the trigger of it rather than simply address the symptoms of the problem. I am learning how to maintain the improvements. It has significantly improved my standard of living. BTW, mine is not an Amazon "verified purchase" because I purchased the publication at Dr. I've much more flexibility in my neck, hips, and ankles. I am aware when

my body needs more than traditional stretching to sort out pain or tension. With opioid addiction rising to horrific amounts in this country, because of gross over-medication and subsequent addiction, it's refreshing to find an entirely different take on pain management. Thank you Dr. typical procedures can audio heavy-handed. Please make an effort to tolerate this--this is merely how his passion for helping people heal is normally expressed. I am now able to walk a lot more than 2 blocks. Charschan's office



[continue reading](#)

download free Cheating Mother Nature: What You Need To Know To Beat Chronic Pain djvu

download Cheating Mother Nature: What You Need To Know To Beat Chronic Pain e-book

[download free Searching the Far Horizon: A One Year Journey of Discovery from a Boy with Asperger's Syndrome e-book](#)

[download Healing Autism Naturally ebook](#)

[download free Alzheimer's: A Mother-Daughter Journey djvu](#)