

RESOURCES

1. Exercise Resources

- a. Bob & Brad Physical Therapists (www.bobandbrad.com)
- b. Yoga with Adriene (www.yogawithadriene.com)
- c. Kino Yoga, www.youtube.com/user/KinoYoga
- d. Taiflow www.taiflow.com
- e. Yoga by Candace,
www.youtube.com/user/YOGABYCANDACE

2. Websites

a. Mind–Body

- i. <https://palousemindfulness.com/> (Free MBSR Course)
- ii. www.umassmed.edu/cfm/stress-reduction (Online mindfulness course)
- iii. <https://www.mindbodymedicine.com/> (Dr Schechter’s site)
- iv. Duke Integrative Mindfulness Based Stress Reduction Program
- v. Mindfulness-Based Chronic Pain Management (MBCPM) <http://www.neuronovacentre.com>
- vi. Heart Math Institute

- vii. University of Pennsylvania Positive Psychology Center
 - viii. www.Research.EFTuniverse.com (evidence supporting EFT)
 - b. **www.EWG.org**
 - c. **Biofeedback**
 - i. Biofeedback Certification International Alliance (BCIA) has searchable database of certified providers on their website: www.bcia.org; also a source for provider listing: www.aapb.org
3. **Books and Resources**
- a. **Mind-Body Syndrome Books**
 - i. *Mind Body Prescription* by Dr. John Sarno
 - ii. *Healing Back Pain* by Dr. Sarno
 - iii. *The MindBody Workbook* by Dr. Schechter
 - iv. *Unlearn Your Pain* by Howard Schubiner
 - v. *The Body Keeps the Score* by Bessel van der Kolk MD
 - vi. *Tapping Solution for Pain Relief* by Nick Ortner
 - b. **Nutrition Books**
 - i. *Your Body in Balance* by Neal Barnard, MD
 - ii. *The Adrenal Reset Diet* by Alan Christianson
 - iii. *8 Weeks to Optimum Health* by Andrew Weil, MD
 - iv. *Your Nutrition Solution to Inflammation* by Kimberly Tessmer
 - v. *Eat to Live* by Joel Fuhrman, MD

- vi. *Food: What the Heck Should I Eat?* by Mark Hyman, MD
 - vii. *Grain Brain* by David Perlmutter, MD
 - viii. *Inflammation Spectrum* by Dr. Will Cole
 - ix. *The Microbiome Solution* by Robynne Chutkan, MD
 - x. *Clean Gut* by Alejandro Junger, MD
 - xi. *No Grain, No Pain* by Peter Osborne
 - xii. *The Gut Balance Revolution* by Gerard E. Mullin, MD
 - xiii. *The Elimination Diet* by Tom Malterre
 - xiv. <https://www.pcrm.org/>
 - xv. www.nutrition.gov
 - xvi. www.eatright.org
 - xvii. www.choosemyplate.gov
 - xviii. www.health.harvard.edu/glycemic
- c. **Physical Pain Books**
- i. *Back Mechanic* by Stuart McGill
 - ii. *Treat Your Own Back* by Robin A. McKenzie
- d. **Resources for Supplements/Herbs/Botanicals**
- i. <https://www.nutrition.gov/topics/dietary-supplements/herbal-supplements>
 - ii. <https://www.nal.usda.gov/fnic/herbal-information>
 - iii. National Medicines Database
(<https://naturalmedicines.therapeuticresearch.com/>)

- iv. www.consumerlab.com
- v. <https://www.nccih.nih.gov/>

4. **Helpful Apps**

- a. Cronometer—Nutrition Tracker
- b. Curable health app
- c. Pocket Yoga
- d. Headspace
- e. Biozen (Android)
- f. Calm (Android, iOS)
- g. Gratitude Journal (iOS)
- h. Inner Balance (iOS)
- i. 21-Day Vegan KickStart (free)—Diet
- j. UPRIGHT GO posture analysis app

5. **Find a Practitioner**

Below you will find a list of organizations that can help guide you to find a practitioner. Please do your research to fully investigate the qualifications and training of whomever you choose.

- a. Institute of Functional Medicine: www.ifm.org/find-a-practitioner/
- b. Consortium of Academic Health Centers for Integrative Medicine www.imconsortium.org
- c. American Board of Anesthesiology to find board-certified interventional pain physicians <http://www.theaba.org>
- d. Certified acupuncturists: <https://directory.nccaom.org/>

- e. Mind-body syndrome providers:
https://www.tmswiki.org/ppd/Find_a_TMS_Doctor_or_Therapist
- f. Myofascial Release Therapists
 - i. John F. Barnes therapists (Barnes' therapy):
<http://mfrtherapists.com/>
 - ii. Dr. Ida Rolf therapists (rolfing):
https://mms.rolf.org/members/directory/search_rolf_FAR.php
- g. Feldenkrais
 - i. www.feldenkrais.com/

ABOUT THE AUTHOR

Dr. Sheetal DeCaria is double board certified in anesthesia and pain management by the American Board of Anesthesiology. Raised in the Midwest, Dr. DeCaria attended medical school at Wayne State University in Detroit, Michigan. She then completed her anesthesia residency at the University of Chicago and interventional pain fellowship at Northwestern University. After completing her fellowship, Dr. DeCaria was on faculty at the University of Chicago, where she taught dozens of physicians in training. During this time, she pursued further education in integrative medicine, including a year-long Faculty Scholars Program at the Northwestern Osher Center for Integrative Medicine.

Since then, she has completed additional coursework through the Institute for Functional Medicine, the Academy of Integrative Pain Management, and the American Academy of Anti-Aging Medicine. In addition to serving as a medical expert for various media outlets, she has authored numerous textbook chapters and peer-reviewed publications, presented at national conferences, and serves as an expert peer reviewer for a top-tier national pain medicine journal.

In 2018, Dr. DeCaria decided to leave her academic position at the University of Chicago to open her own practice in the north suburbs of Chicago, Illinois. Her practice is split into two parts, similar to this book. Her insurance-based pain clinic is Revitalize Medical Center, and her functional medicine practice, which uses programs to optimize long-term health, is Revitalize Wellness Center. If you would like to learn more, please visit www.drdecaria.com or www.revitalizemedcenter.com.

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INTRODUCTION

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CHAPTER 1: THE 21ST CENTURY CHRONIC PAIN EPIDEMIC

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² <https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm>

³ “When Doctors Struggle with Suicide, Their Profession Often Fails Them.” NPR.org.

CHAPTER 3: PHYSICAL PAIN SYNDROME: UNDERSTANDING YOUR DIAGNOSIS

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