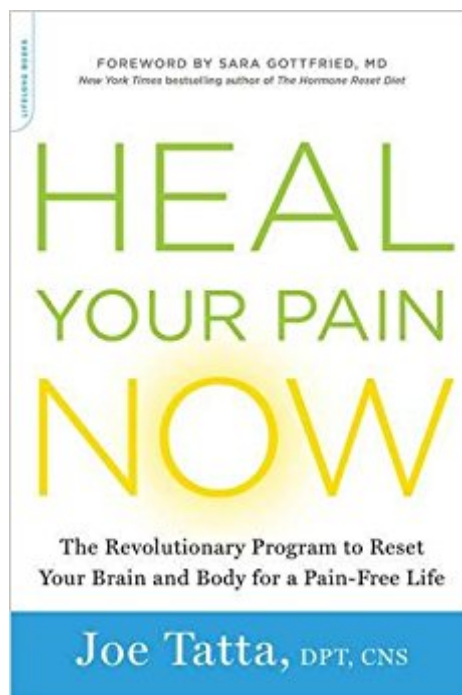




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# Heal Your Pain Now: The Revolutionary Program To Reset Your Brain And Body For A Pain-Free Life



## 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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