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Nota di contenuto	Intro -- Title Page -- Copyright -- Contents -- Introduction -- A Little Theory -- How Do We Feel Pain? -- How Are Nociceptors Activated? -- Where Is Pain Located? -- How Common Is Pain? -- Is Pain Subjective? -- Is Pain Genetic? -- Pain Throughout History -- How and When Does Pain Become Chronic? -- Psychological Consequences Associated with Chronic Pain -- Chronic Pain and Depression -- The Socioeconomic Impact of Pain -- The Role of Psychology in Pain Treatment -- Cognitive-Behavioral Therapy to Treat Pain -- Insomnia -- The Placebo Effect -- Pain Clinics -- When Should You Visit a Pain Clinic? -- Pharmacological Treatment of Pain -- The World Health Organization's Pain Ladder -- Interventional Treatments Performed in Pain Clinics -- Homeopathy and Chronic Pain -- Natural Solutions to Common Pains -- Pain in Rheumatic Diseases -- Headaches -- Abdominal Pain -- Sore Throat -- Premenstrual Syndrome (PMS) -- Menstrual Pain/Dysmenorrhea -- Breast Tenderness -- Oral Pain -- Pain During Pregnancy and Childbirth -- Fibromyalgia -- Back Pain -- Cervical Pain -- Ear Pain -- Nerve or Neuropathic Pain -- Cancer Pain -- Post-Surgical Pain -- Chronic Pelvic Pain -- Vulvodynia -- Shoulder Pain -- Osteoporosis -- Tennis Elbow (Lateral Epicondylitis) -- Phantom Limb -- Nerve Entrapment -- Bibliography.

Pain is a part of life. It interferes with our plans, threatens our state of being, and affects our relationships with others. Since antiquity, people have searched for remedies to mitigate and prevent pain. Even now, in 2016, one of modern medicine's greatest challenges is treating chronic pain. Despite great advances in this field, it is still considered a major health problem. Most people will suffer pain at some point from common problems, injuries, or illnesses, which will affect their ability to perform routine activities as well as their long-term health. Many patients are not completely alleviated by the usual treatments they receive. With that in mind, this practical guide clearly and effectively addresses topics such as: How pain functions How to alleviate chronic pain Alternative therapies for pain relief Habits that can prevent pain Natural solutions for common pains Benefits and side effects of common pain relief drugs This guide will walk you through detailed descriptions of a variety of painful conditions, from headaches and stomachaches to phantom limb and neurological issues. You will also learn about a wide range of therapies and treatments for these conditions, including massage, yoga, hydrotherapy, aromatherapy, diet, and herbal remedies, among others.
