



# **Total Recovery: Solving the Mystery of Chronic Pain and Depression**

*Gary Kaplan , Donna Beech*

[Download now](#)

[Read Online](#) 

# Total Recovery: Solving the Mystery of Chronic Pain and Depression

*Gary Kaplan , Donna Beech*

## **Total Recovery: Solving the Mystery of Chronic Pain and Depression** Gary Kaplan , Donna Beech

About 100 million Americans live with some form of chronic pain—more than the combined number who suffer from diabetes, heart disease, and cancer. But chronic pain has always been a mystery. It often returns at the slightest provocation, even when doctors can't find anything wrong. Oddly enough, whether the pain is physical or emotional, traumatic or slight, our brains register all pain as the same thing, and these signals can keep firing in the nervous system for months, even years.

In *Total Recovery*, Dr. Gary Kaplan argues that we've been thinking about disease all wrong. Drawing on dramatic patient stories and cutting-edge research, the book reveals that chronic physical and emotional pain are two sides of the same coin. New discoveries show that disease is not the result of a single event but an accumulation of traumas. Every injury, every infection, every toxin, and every emotional blow generates the same reaction: inflammation, activated by tiny cells in the brain, called microglia. Turned on too often from too many assaults, it can have a devastating cumulative effect.

Conventional treatment for these conditions is focused on symptoms, not causes, and can leave patients locked into a lifetime of pain and suffering. Dr. Kaplan's unified theory of chronic pain and depression helps us understand not only the cause of these conditions but also the issues we must address to create a pathway to healing. With this revolutionary new framework in place, we have been given the keys to recover.

## **Total Recovery: Solving the Mystery of Chronic Pain and Depression Details**

Date : Published May 6th 2014 by Rodale Books

ISBN : 9781623362751

Author : Gary Kaplan , Donna Beech

Format : Hardcover 272 pages

Genre : Health, Nonfiction, Self Help, Psychology, Audiobook

 [Download Total Recovery: Solving the Mystery of Chronic Pain and ...pdf](#)

 [Read Online Total Recovery: Solving the Mystery of Chronic Pain a ...pdf](#)

**Download and Read Free Online Total Recovery: Solving the Mystery of Chronic Pain and Depression**  
**Gary Kaplan , Donna Beech**

---

# **From Reader Review Total Recovery: Solving the Mystery of Chronic Pain and Depression for online ebook**

## **Alanna Jane says**

As someone who has suffered from chronic pain and other associated nasties, but also with a scientific background, this book absolutely blew my mind.

Not only do I now want to revamp my healing protocols, but for the first time in years, I actually think I can get better! I have long suspected that my multiple past traumas contributed to my overall decline in some way, and reading this book sounded a lot like hearing a 'truth' that I have long been searching. It makes so much sense!!

I'm sure that continuing research will refine this theory, and eventually make healing more accessible. For now though, I have a new path to follow that I believe in, and I feel more hopeful than I have in years!!

I highly recommend this book to anyone with these chronic conditions, and ALL healing professionals, regardless of your particular focus.

---

## **Dittmorelin says**

Very informative. Integrative medicine is so much better than taking meds to relieve the symptoms. Let's find out the real cause of the pain and deal with it in order to get rid of it.

---

## **Dustin Hartley says**

I read the first 35 pages and then skimmed the rest -- don't bother reading this. It's quite clearly a bunch of flim-flam. I ran into a few good bits and pieces, but they're definitely not worth reading the rest of the book for!

---

## **Katherine Reece says**

Fascinating! Helps you understand how the body works.

---

## **Angel Graham says**

I received an ARC from Net Galley to review honestly.

Wowza! I had so many light bulb moments while reading this.

I have been in such pain for so long, and really thought it was something I just have to deal with. Dr. Kaplan shows that there is another way.

A way that will take you to the sicker side of things as your body lets go of the toxins within, which hold us back from healing. This book is not a, you will be better in X days, but more of a "there is hope, but you have to work for it, and need the right people helping you get there."

I will be making changes in how my health is managed in 2014, as a result of reading this book. Most of my Dr.s are within the same clinic to start with, now to get us all on the same page, together, including me.

The book appears to have a new title, The Pain Solution.

---

### **Heather says**

Dr. Kaplan explains fascinating new research connecting chronic pain, depression, and a number of other conditions. He makes me want to find a new doctor who practices integrative medicine. He recommends that we all demand physicians be rewarded for spending more time with patients.

---

### **Tori Miller says**

Until I read this book, it never made sense to me how I could continue to have daily problems from what seemed to be a very minor car accident 7 years later. This explained clearly how that can happen. His ideas made a lot of sense. As far as getting better though, it felt like his suggestions would require access to a really good functional medicine doctor which isn't easily available.

---

### **Ashley (JaffaCaffa) says**

Despite some parts being repetitive and the listing of every side-effect, this book has been a godsend. It's the most accurate and helpful book I have read regarding chronic pain, especially for CRPS/fibromyalgia and the depression/gastrointestinal problems that normally go hand in hand. There are also several stories of people's experiences with doctors, medicine, surgeries, and natural therapies. Obviously everyone reacts differently but it's nice seeing different connections and learning from other people's mistakes sort to speak, makes you think twice before trying something new and asking questions. There was also a lot of positivity towards healthy, natural options to lessen the pain, some of which I plan on looking into.

I learned that drug researchers only test men and children, women are not part of the equation. I personally get knocked for a loop by every medication I touch and will almost always get the "normal" side effects, but often one or two of the severe side effects as well. Most people with chronic pain are hypersensitive anyways, so knowing that there are different side effects for women as well as different recommended doses is *very important* and should be talked about more. I *always* take less than recommended and ease myself up if my body reacts okay, but doctors have always argued with me and not understood why I have to take less. I'm really happy that this book touches upon all perspectives and tells it how it is. It talks about similar things with blood tests and lab results, how everyone needs different tests done specific to them. This all leads back to the doctors needing to care about the patients enough to talk to them, learn their medical history and ask

the proper questions.

I wrote a post a while ago, explaining my experience with CRPS mostly for my relatives because they just didn't understand, thought I was lying all the time to get out of seeing them (even though family has always been the closest thing to my heart..just goes to show you how difficult invisible illness are to truly see). I wanted to tell them (bluntly so that I hoped I could get through to them, it's not a big lie or an excuse) a gist of what I go through on an average day.

**My post:** <https://justpaste.it/ik1w>

Most of these people listed in the book have very similar experiences and pain levels that I do, and it was almost a relief to see that I'm not alone, and yet I cried so many times reading this because it absolutely broke my heart that so many people have to go through this.

I'm actually finally taking the plunge and getting off of all my pain meds starting today. I've had major side effects from all of them, more recently heart racing/hurting/pulse of 150-200 on top of all the "normal ones". Learning about the long-term affects of the meds on my intestines really put the puzzle pieces together, while terrifying me at the same time as I've been experiencing every thing they mentioned. If you're experiencing intestinal inflammation and bleeding, I would definitely encourage you to pick this book up, it made me realise how unbelievably destructive constant use of NSAIDs and opioids can be. Everyone tells you to stop, but never honestly explain *why*.

Some things that have helped me get relief: Diet (getting rid of dairy and gluten making the biggest difference), CranioSacral Therapy, Acupressure, and Physical Therapy. I just hit my one year anniversary of no wheelchair this February 2015! Pushing through the agony and doing the exercises (even just walking and using one lb weights) did so much for me. I went from being unable to get out of bed by myself and in a wheelchair, to being able to lift weights and do a little yoga and pilates. I also saw several hypnotists and therapists until I found two who were able to help me immensely, getting my depression and panic attacks (that I got *because* of the RSD, not the other way around) under control. I urge everyone suffering with chronic pain to try and keep pushing yourself just a little bit everyday, the changes will come over time as long as you don't give up.

Some quotes that hit close to home:

"Drugs had helped relieve Emily's pain, but they also had left her with sleep disturbance, nutritional absorption issues, immunological stress, and heighten sensitivity to pain—not to mention their emotional impact."

"What bothers me most is the way people look at you as if you're making it out to be worse than it is—as if I enjoy not being able to play with my kids or hold down a job."

---

## Christina says

Upside: The overall message of this book is one that is much needed by the medical community and its patients - it explores how seemingly small injuries and insults can cause the body to have seemingly outsized reactions which are often (along with the patients) disregarded by the medical community because the symptoms don't "make sense".  
Downside: The author thinks a lot of himself and often seems to use the book

to push business to his clinic.

---

### **Sara says**

Fascinating research and game plan as to how to relieve chronic pain and depression - the author digs into the actual biological cause, connects dots that other physicians haven't been able to make, and provides a game plan as to how to help your body heal.

---

### **Linda says**

This is not a perfect book, but it is an essential look at new research and ideas on how to change the way we treat not only chronic pain and depression, but all the illness that are now linked together. I recommend it highly.

---

### **PennsyLady (Bev) says**

7 audio discs

This was a very interesting read.

I found it's geared to help you rethink disease.."not as a single event but an accumulations of traumas." The patient is studied with a personal comprehensive approach, involving the integration of medical traditions.

Emotional, physical, infective and environmental considerations allow focus on causes, not symptoms.

A holistic approach, a treatment of mind and body can "create a pathway to healing" and help discourage a lock into a lifetime of pain and suffering.

The following thought, from Kaplan's book is definitely worth considering:

"Every injury, every infection, every toxin, and every emotional blow generates the same reaction: inflammation, activated by tiny cells in the brain, called microglia. Turned on too often from too many assaults, it can have a devastating cumulative effect."

After the audio read, I found it deserving of further study and now own a hardcover copy. Since we're all acquainted with the experience of pain, I recommend it as a worthwhile read.

4 ★

---

### **Heidi says**

Interesting read. I kept thinking he must be a quack but checking his references I found links to research from NIH, BMJ, and more. Kaplan is also on the faculty at Georgetown University Medical School, which

said something to me about the validity of his approach. Most valuable to me was the section on NSAIDs and other painkillers and their role in keeping pain signals active - completely contrary to what other doctors have told me about using them. I was also interested to learn that there is a gene marker associated with certain kinds of environmental sensitivities that present as physical pain. Overall, it was just helpful to know that there are others out there who deal with these challenges and that it is considerably more complex than simply having another surgery or taking a pill.

---

### **Beth says**

Both informative and accessible to the public, this book offers stories, symptoms and suggestions for dealing with a variety of chronic-pain issues. As the title indicates, the author also covers the strong mental/physical pain connection, and the cumulative effect of years of abuse and/or trauma on a person's health.

Very helpful for anyone suffering (or has a loved one suffering) long-term pain along with depression or other psychological issues.

---

### **Sueper says**

A good book for anyone with chronic pain. Mostly case studies, from his practice/center, but gives an idea of how real techniques and approaches can be used to treat chronic pain and central nervous system (CNS) inflammation. I would have liked to have seen more about genetics/epigenetics, and more background/references for the bases of the microglia theory that he regularly references. He does quote "The Other Brain", which is another great book (more scientific and technical than this one), specifically about glia and the CNS. I listened to the audio version, but was glad to see that he includes a list of treatments and physicians in the book. I especially appreciated the background/history of his own involvement in getting the much needed clinical trials for acupuncture funded by NIH.

---