



## Healing Pain and Injury

**Maud Nerman**

Bay Tree (December 2013)

Softcover \$24.95 (384pp)

978-0-9859399-0-8

Celebrated osteopathic physician and homeopath, Maud Nerman, DO, has “discovered a magic pill that will help you heal. It is your commitment to your own healing.” For those dealing with daily, long-term pain issues and traumatic brain injury, this pill might be more appealing than semipermanent sedation through pharmaceutical measures.

Nerman offers health advice on a multitude of problems, from adjusting the cranial joints of newborns unable to breastfeed due to birth trauma to people with allergies, sexual disorders, lower-back pain, or certain neurological symptoms. Those who don't understand osteopathy's underlying concepts may balk at the seemingly miraculous healing that Nerman suggests is a normal result, but she effectively outlines why osteopathy works.

Whether or not readers become convinced they need the services of an osteopath (cranial osteopathy is not currently a DIY technique), Nerman insists that a great deal of healing can be done on one's own. The book focuses on helping readers understand their bodies and manage their pain through yoga postures, diet, and assimilation of anatomy and physiology information. Playful illustrations (picture a soda can adorned with sexy legs and stiletto heels stomping on a brain to communicate the seriousness of dietary-induced inflammation) and accurate anatomical diagrams help communicate essential concepts.

Nerman's explanations range from highly medicalized to cutesy, as when she explains treating the liver with osteopathic adjustments: “My job as an osteopathic physician is to lead the liver back home and tuck it back in its bed, where it snuggles up against the diaphragm.” The upshot: this book is fun to read, informative, and motivating.

CARRIE WALLACE (Winter 2014)

*Disclosure: This article is not an endorsement, but a review. The author of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the author for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.*