ForeWord Reviews

HEALTH & FITNESS

Naturally Pain Free: Prevent and Treat Chronic and Acute Pains—Naturally
Letha Hadady
Sourcebooks
978-1-4022-6531-0
(Jul 1, 2012)

Pain occurs in many forms, from chronic back issues to emotional trauma, and unfortunately, many people struggle with remedies and short-term solutions. In her work as an alternative medicine expert, author Letha Hadady (*Asian Health Secrets, Healthy Beauty*) has seen numerous clients who've relied on addictive prescription drugs, alcohol, and over-the-counter pain pills to treat their symptoms, without examining the potential causes of their pain.

"Different pains require specific, individualized prevention and treatment in order to reduce reoccurrence and complications," she writes. Although that might seem like an insurmountable task to someone who isn't medically trained, Hadady proves an excellent advisor, giving strategies that are straightforward, easy to understand, affordable, and potent.

Since not every remedy will work for every person, she provides a slew of alternatives that have helped her own clients, focusing on exercises, herbs, and treatments. Particularly helpful are her thoughts on causes of pain, including sports injuries, backaches, computer-related ailments, toothaches, nerve issues, and heart troubles. By understanding the roots of pain we can prevent it more easily and thus achieve a sense of clarity and calm.

With her authoritative-yet-friendly writing style, Hadady manages to convey an enormous amount of information in a way that's easily digested. She empowers readers, encouraging them to take control of their health issues in a way they may not have done before. Her personable tone gives a level of reassurance that makes many passages seem like a very long letter from a well-informed friend.

Even for those who don't face chronic pain issues, Hadady's guidance can be invaluable for honing a sense of communication with and understanding of one's own body. By ignoring the subtle clues we're given every day, it's easy to get out of balance, she believes, but it's also simple to tune in and create awareness. "Our ultimate goal is to restore body and mind to the state of wellness we had before the injury, accident, or pain that we now suffer," she writes. "It is to create comfort."

Finding that comfort and preventing pain can go a long way toward developing a calmer,

more harmonious life that enhances relationships and boosts a sense of overall well-being. It's an admirable goal, and Hadady's gentle advice can put anyone on the path toward achieving it.

Elizabeth Millard