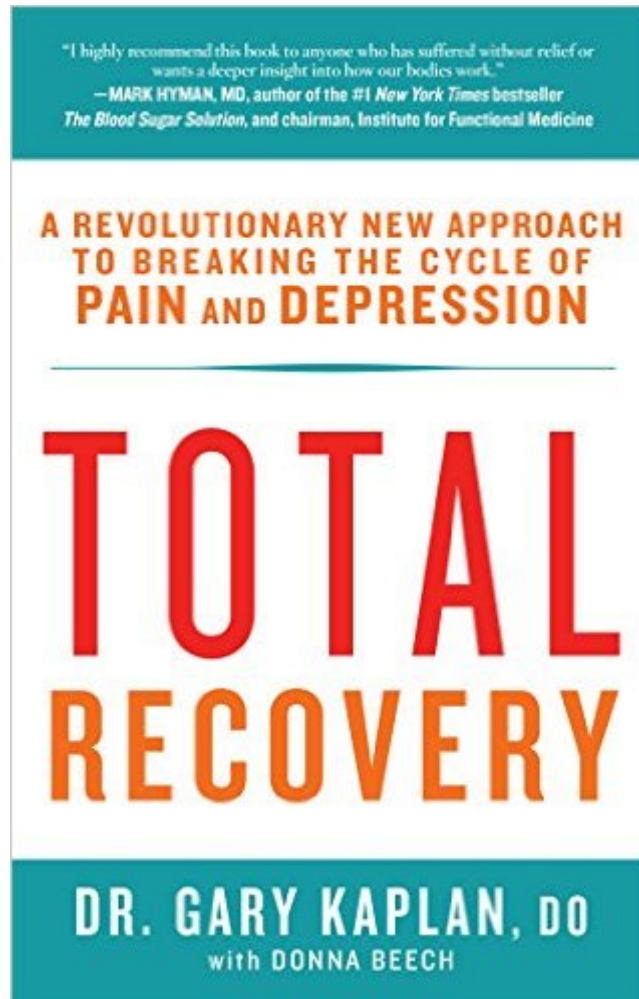


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# Total Recovery: Breaking The Cycle Of Chronic Pain And Depression



## Synopsis

Why can't I get better? Did my doctors miss something? How can I recover? According to Dr. Gary Kaplan, conventional thinking about the nature of chronic pain and depression is essentially flawed. Although physicians continue to diagnose conditions like migraines, fibromyalgia, chronic fatigue, chronic back pain, depression, anxiety, and PTSD, a growing body of research shows that these are in fact symptoms of something else - a deep-rooted inflammation in the brain. This inflammation can affect the nervous system for months-even years-to devastating effect. In *Total Recovery*, Dr. Kaplan demonstrates that it is possible to quiet the inflammatory state at the root of chronic pain and depression, and lays out a revolutionary new medical approach to ending your suffering and reclaiming your health. Join the Initiative to Find a Cure for Chronic Pain and Depression. Visit [kaplanclinic.com](http://kaplanclinic.com) to learn more.

## Book Information

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## Customer Reviews

I gave this book 2 stars because I am a researcher, and the content is fascinating. However, 95% of this book is one long name-dropping trail and felt like a lengthy advertisement for Dr. Kaplan's clinic. This book is saturated with repeated mention of universities, residencies, and doctors Dr. Kaplan has associated (rubbed elbows) with throughout his career--but never in direct reference to 'total recovery' of the patient or reader. More pages are devoted to Dr. Kaplan's discussion of his decision to study osteopathy as opposed to neurology (again, with numerous residencies and advisors and medical schools referenced) than actually address any relevant/useful information for the reader.

There is a rushed chapter toward the end that briefly mentions various vitamin supplements, exercise, and food choices (i.e., green tea and dark chocolate), and acupuncture is discussed haphazardly throughout--and that's the full extent what the reader can walk away with to apply. I bought this book after reading its advertisement in Women's Health Magazine; unfortunately, the 3-page magazine article effectively summed up what the entire book has to offer and I am out almost \$30. As an autobiography, this an interesting commentary on the deficits in western medicine and its focus on treating symptoms vs healing/treating the cause. However, while all of the 'facts' Dr. Kaplan provides are interesting and convincing, it's still too early in the research process for these positive outcomes to be conclusive ('too early' yet Dr. Kaplan reviews decades of his work and research?). I was looking for discussion and application of integrative medicine to address recovery from physical and emotional disorders (as the book was advertised), but that apparently does not fall within the scope of this book after all. If Dr.

This book literally saved my life! I have been complaining to my personal doctor about not feeling well with a strange 'buzzing' sensation in my head since last October. He ordered numerous blood tests over the months to no avail as they all showed I was in perfect health. But I was losing focus at work and taking long 3-4 hour naps every afternoon and the buzzing got worse. It was like something turned a switch on in my brain and it would not turn off. He put me on a low dose of anti-anxiety med Paxil which made me feel dopey and happy all day but did nothing for the buzz. Finally he suggested I go see a neurologist in February. She told me that it was all in my head and that if I doubled the dose of Paxil and stopped thinking about the buzz it would go away by itself! It was hard to believe someone wasted so much time going to med school and residency just to come up with an answer like that. But I was desperate so tried doubling the dose. Now I was really dopey and very happy all day. And the buzz was still there. A friend found an article in Prevention magazine by Dr. Kaplan, "The Burning Brain". It was right on the money describing what I have been living with. I was planning on scheduling an appointment with Dr. Kaplan but it was a 4 hour drive and I am in the middle of a large project. On his website he was promoting this book "Total Recovery" coming out in just a few weeks so I preordered the book. I just got the book about two weeks ago and read it in 3 days. I realized Dr. Kaplan's way of thinking about health was exactly what I needed. In it he describes patients presenting with strange symptoms going from doctor to doctor to no avail. With him it was a matter of finding the right questions to ask to find the underlying problem.

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