



Conquering Your Child's Chronic Pain

Lonnie K. Zeltzer M.D.

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From a renowned expert in the field, a parent's guide to managing their child's chronic pain—to give back normal life to the 1 in 5 children for whom pain is a serious problem. A child's chronic pain undermines school performance and social and emotional health, erodes finances, and devastates the family.

This book reveals what parents can do to alleviate their child's pain on a daily basis. Dr. Zeltzer's clinic is renowned for treatment of pediatric pain stemming from headaches, arthritis, irritable bowel syndrome; fibromyalgia, and more, via a multidisciplinary approach including specialists in psychiatry, hypnotherapy, yoga, acupuncture, biofeedback, and others. Based on more than 30 years study, Dr. Zeltzer offers ways to take control of the pain and ultimately become pain-free. She explains how to tell if the pain has become chronic, soothe the nervous system, reactivate the body's natural pain control mechanisms, which medications are most effective, breathing, muscle relaxation and visualization techniques, how to reduce parents' guilt and much more.

It is never too late to treat pain in children, no matter how long it has lasted, says Dr. Zeltzer. Her book offers help and hope to families desperately in need.

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