



## Aches and Gains: A Comprehensive Guide to Overcoming Your Pain

*Paul Christo*

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Pain is often treatable but doctors, medical professionals, and patients don't understand the intricacies of chronic pain. Millions who suffer from pain become hopeless. With *Aches and Gains*, Dr. Paul Christo, a Johns Hopkins physician and leading pain specialist sheds new light on what it means to live with and overcome chronic pain. Dr. Christo shares celebrity interviews, including Naomi Judd, Lisa Swayze, Montel Williams, Ally Hilfiger, and Clay Walker, from his Sirius XM radio show *Aches and Gains*®, and stories from patients who have found a way to overcome the pain that once controlled their lives. Offering traditional, integrative, and innovative methods of easing pain, the book is a life-changing tool for anyone associated with pain including pain sufferers themselves, doctors, nurses, medical professionals, and caregivers.

Features a foreword by renowned talk show host Montel Williams.

## **Aches and Gains: A Comprehensive Guide to Overcoming Your Pain Details**

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## **From Reader Review Aches and Gains: A Comprehensive Guide to Overcoming Your Pain for online ebook**

### **Sara Kiplinger says**

This was fairly informative, but I was disappointed that my specific autoimmune disorder, scleroderma, was not mentioned at all. I was expecting more from the stories from the celebrities that were featured as well.

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### **Wanda C says**

Dr. Paul Christo offers insights for serious consideration such as the latest treatment options available, and how to determine the best way to find treatment. Included are stories illustrating how patients overcame their pain and the methods they used. This book would be a great supplement to PDR books. It is a great reference book.

Based on a five-star rating, I give it five stars!

- 1) Buy from the author in the future? Yes
- 2) Did it keep me intrigued? Yes
- 3) Story line adventurous, mysterious, and believable? Yes
- 4) Would I recommend to a family member/friend? Yes
- 5) Did my idea of the book based on the cover remain the same after I read the book? Yes, the cover reminds me of an aspirin.

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### **Gina says**

I received this book as a First Read. It's a comprehensive guide to every pain one may experience: headaches, joints and soft tissue pain, arthritis pain, neuropathic pain, pelvic and sexual pain, infant pain, sports injuries, skeletal pain, workplace injuries, postsurgical pain, disease related pain, cancer pain, and autoimmune pain. It helps you understand the pain and treatments and offers suggested reading and resources for the different kinds of pain. The book also reviews different medical and integrative therapies for pain such as medications, weight control, diet, exercise, sleep, pain relieving devices, hypnosis, acupuncture, holistic medicine, herbal remedies, aromatherapy, music therapy, chakra healing, and yoga. The book is well organized.

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### **Stacy says**

This book was written by the son of one of my mom's friends, which is how I learned about it. It's a good reference book. I've tried some of the suggestions for pain I've been experiencing, and they have helped.

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## **Hayley says**

This review was originally posted on my blog: <https://rathertoofondofbooks.com/>

I hadn't heard of this book before I spotted it on NetGalley but I was immediately intrigued by it and so requested it. I suffer from severe chronic pain due to a spinal cord injury and have spent the last couple of years working with my medical team to manage my pain in a better way so Aches and Gains was a book that appealed to me.

Aches and Gains covers a broad spectrum of conditions that cause pain, and how to treat them so some of it was not relevant to me but all of the book was still interesting as it's helpful to learn how various kinds of pain can be helped by certain treatments. I was pleased to find a mention of my condition in this book with an overview and suggestions of how to manage the particular type of pain that I suffer from. I've done a lot of research into the neuropathic pain I suffer from, and have had help from various specialists and can honestly say that most of what I learnt is reinforced in this book. It's important to consider a holistic approach to managing pain – to look at how stress and how the mind can affect how the body reacts to pain, as well as looking at the most up-to-date medical interventions that may help too. The book is written in an easy-to-follow way, and it's a book that can be read cover-to-cover or you can use it as a reference guide for specific painful medical conditions.

Aches and Gains feels like reassurance in book form. The easy style of writing that makes it easy to get your head around, even when struggling with pain. The celebrity interviews that are interspersed at relevant points throughout the book are interesting too because it's always helpful to read about the experience of someone who has been through something similar to you.

This is definitely a book that I will be keeping hold of and will re-read the parts relevant to my health before my next pain clinic appointment so I can discuss some of the treatment possibilities.

Aches and Gains is a book that gives hope that there might still be an unexplored avenue that could help with the pain you might be in, and that is worth such a lot. I highly recommend this book to anyone who is suffering from chronic pain, or to anyone who cares for someone who is suffering with pain. Not all of the book will be directly relevant to you but it's an easy-to-use guide to a whole range of conditions and it seemed to me that there would be something useful to anyone who picks the book up.

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## **Diane S ? says**

Another book read in my never ending quest for pain relief that doesn't include medications nor pan pills with their many nasty side effects. This book covers many types of pain and the conditions that cause them. As all didn't apply to me I skipped around. I can't say that this offered anything new or different from others I have read, but it did reinforce the importance of diet. This is definitely an area I can improve on, making more of an effort to avoid the foods that cause inflammation.

He does examine and offer cases of real people who have been successful with various alternative treatments, many of which I have unsuccessfully tried. He mentions hypnosis, which I tried twice, I seem to be resistant to hypnosis, go figure. At the time I had great hopes for that alternative.

He does mention additional reading resources which I may or may not pursue, and of course his own website. He is a renowned physician so he has sent and dealt with much.

ARC from Netgalley.

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### **Sara Smith says**

I received a free copy of this book through the Goodreads Giveaways program.

I thought this was a very comprehensive book. It covered many types of pain with different areas of the body as well as every possible treatment: Western & Eastern medicine that you can think of. It's a handy guide to have around the house to deal with current and future pain.

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### **Rita says**

I won a copy of "Aches and Gains: A Comprehensive Guide to Overcoming Your Pain" from Good Reads. This is a very thorough book discussing different types of pain and different ways to treat each type. It discusses self treatment, medications, alternative treatments, and new options.

I would strongly recommend this book to anyone suffering from chronic pain. It is very informative. It is also easy to read.

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### **Gail says**

I'm not quite sure who this book is for--It is too general to deliver much information for those suffering from specific pain conditions. I suppose if you are looking for this type of information, it saves some Googling and or looking through many other books, but much of material in the book appears to be readily available from other sources. Although I can't be sure, the celebrity stories also appear to be derived from secondary sources rather than the author having done personal interviews with them. This is one to check out from the public library.

Full Disclosure--Net Galley and the publisher provided me with a digital ARC of this book. This is my honest review.

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### **Paul Franco says**

If you want to know why the author wrote this book, here's his reason: "As a physician, nothing is more frustrating than watching your patients suffer and feeling like you can't do anything about it."

Amid long stories about celebrities like Patrick Swayze, JFK, and Elvis, used to illustrate particular chapters, there's brief explanations about various illnesses and injuries, followed by several treatments, with emphasis on unconventional methods. Of course some chapters are going to be more important to each reader than others, so it's easy to skip a few that you might have no interest in. For instance, when I was reading one of the chapters toward the end I was wondering if stem cells would be included, and a few pages later it was

(and it turned out to be much more involved than a simple injection, and painful!). At the same time I passed over subchapters that featured diseases I'd never heard of and wasn't likely to get. Because everything but the kitchen sink is included, it gets boring quickly. Listing every medicine doesn't help. At this point it becomes more of a reference book in case it does become relevant to you.

There's suggested further reading after each chapter, as well as episodes from the author's podcast. I tried a few, but like this book it was long and rambling. I do have to say it got better as it went along. Though there's still plenty that went over my head with the not-well-enough-explained medical terms, I did feel like I ended up grasping more than other such "for the masses" medical books. Maybe it was the word use, maybe it was the tone. Perhaps the experience he has from the podcast makes him seem more approachable here too. Still could have been better, though.

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### **Debbie says**

The book was easy to read & understand. It was full of information that my husband (a chronic pain sufferer) and I had not heard before. Will use this book as a reference as we navigate pain management. Would recommend it to anyone suffering with chronic pain.

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### **Cat says**

Not bad, just not what I had hoped for. The book has lots of info on ailments that cause pain and how to treat the pain. I am sure many people will read the book and find some relief for their own, or their loved ones, pain.

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