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Smart Ways to stretch, exercise, and strengthen the muscles in your back.

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**Ms. Mohammed Sheeba Kauser, Mr.
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Gupta makes the empowering argument that there are effective options for relief that you can start practicing today to greatly reduce your chances of suffering pain tomorrow. The significance of reducing and even eliminating pain cannot be overstated. Gupta shows how pain carries an enormous amount of physical, social, and emotional baggage, which is in part why it has been so hard to treat and too often ignored. It can also present in infinite ways. Yet both patients and practitioners labor under the mistaken idea that most pain problems can be fixed with a drug or procedure. It turns out we have tremendous agency in choosing how we'll respond. The brain creates pain, but it also has the capacity to reduce or even eliminate it. There is more evidence than ever about the benefits of sleep, diet, and nutrition, mindfulness-based pain management (MBPM), myofascial and other hands-on treatments, as well as yoga, specialized psychotherapies, and even social prescriptions, prompting more doctors than ever to focus on these solutions. Gupta runs the gamut of conventional and complementary approaches, including the technique known as Mobilization Exercise Analgesia Treatment, foam rolling, acupuncture, trigger point injections, and vital prehabilitation before any operation. He shares how to make sense of all those over-the-counter pills, patches, and pain products, as well as drugs advertised on television or prescribed by your doctors. He covers psychedelics, supplements, and CBD. And he highlights insights from some of the nation's leading pain scientists and specialists, plus stories of challenge and triumph over pain by those with lived experience. Gupta sorts through them all with his *Pain Smart Guide to a Pain Smart Life*. With expert guidance and a wealth of science-backed strategies, *It Doesn't Have to Hurt* is your ultimate resource for reclaiming your life from chronic pain and unlocking a future of lasting relief starting today.

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