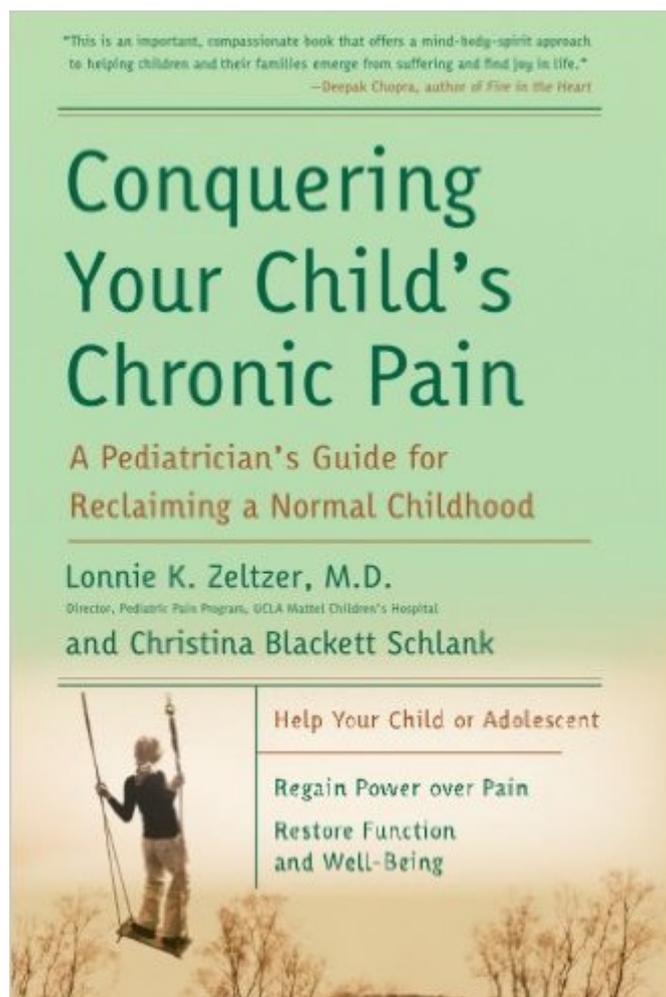


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# Conquering Your Child's Chronic Pain: A Pediatrician's Guide For Reclaiming A Normal Childhood



## Synopsis

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.

## Book Information

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## Customer Reviews

We came across this book after my adolescent daughter had been hospitalized twice and completely disabled from migraines that started when she hit puberty. We'd crossed the country to get her the best available treatment for migraines, without much improvement. By the time we read this book, we'd exhausted all the medical options available to us and were completely desperate. Its

very reasonable methods for dealing with chronic pain changed her, and therefore our, lives. We gave up looking for the most high powered doctors and found local doctors with experience in dealing with chronic pain who were in synch with the methods discussed in the book. (E.g., children with chronic pain need to function to get better, since pain is a product of the conscious mind; medications can help, but aren't a silver bullet; yoga and biofeedback can help children cope.) One year later my daughter, although not pain free, is much, much better, and enjoying life again. She's back in school on a regular basis, has a normal social life again, and is generally back to living her life.

For all parents struggling with a child in chronic pain, this book is superb! Dr. Zeltzer has written a supportive and thorough book that encompasses all types of treatment options....medicine, alternative therapies, etc. The book is easy to read and supports us all through this difficult experience, giving us information and a wonderful resource to discuss specific issues with our own doctors. Another value to this book is that you, as a parent, will feel validated, as will your child....that your child's pain is real and there ARE things your family can do to better manage it and to help him/her deal with this. As an added bonus, she lists every pediatric pain management clinic and other resources for more information. The book is written for the lay person...without the usual medical jargon...all parents with a child in pain can read and find amazing value in this!

My daughter has Crohn's Disease and has been coping with a flare for over a year now. My husband and I have watched her spiral down, gradually cutting out pieces of her life and becoming more and more homebound. We always would push her to function as much as possible and she would try but, in the end, this only served to increase her anxiety about her pain and her ability (or lack thereof) to cope with it. Finally, after deciding to keep my daughter at home so that she would qualify for a school tutor, I found this book. Now, I understand that anxiety and worry physiologically "turns up the volume" on pain. It's real pain, but it's something that she can learn to have some control over and reduce. This book has helped me to pull various professionals into my daughter's life (talk therapist, biofeedback therapist, Iyengar yoga instructor) that are helping her to build the coping skills that she so desperately needed. Additionally, we have changed the structure of her day at home to give her more responsibility/control for her well being and to gradually increase her confidence with being an active person again. It's working!! She still has pain but her ability to function with it has been improving noticeably!

I myself am a fifteen year old girl dealing with numerous chronic pain issues. My mother the same, and my brother who may not be so bad now had it horrible as a child. So after so many years of visiting one doctor after the other and trying so many types of medicines that it gave me a headache just to sit down and try to remember them all, I got hopeless. I felt as if nothing would work and no one could tell me otherwise. My mother gave me this book and I let it sit there and collect dust for weeks despite being the avid reader that I am. Last night I finally got the nerve to read it since I couldn't sleep and my head was pounding. I must say that it was enlightening, tear bringing, and one of the most uplifting things I have read in years. I could say that after only the first ten pages that I read. I'd recommend this to anyone who has children or teenagers with chronic pain, and maybe even those teens themselves. It doesn't seem to improve your physical pain right away, but the emotional pain of not knowing what to do and feeling hopeless sure does lesson and that's a blessing in and of itself.

My 10 yr old son is a patient of Dr. Zeltzer, the author of this book. We had been through a nightmare ordeal because of my son's chronic stomach pain. Seen numerous doctors, tried mind altering meds. Everthing changed after our appt. with her clinic. Another patient told me about the book and it soon became clear that this author is one of the doctors who is both brilliant and compassionate, a rare thing for most doctors. This is a thorough comprehensive book that changed the direction of my son's health issues. I would recommend this book to anyone who has a child who is suffering some kind of chronic illness.

This book is a great resource for anyone with chronic pain, not just children. It provides good insight and understanding of issues. It also gives some excellent techniques to try for calming symptoms without medication. If you are reading this then someone you know is probably in pain and can benefit from this book. Do them a favor and buy it and use it.

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