



## Chronic Pain Relief with Dr. James Dillard (DVD)

*Dr. James Dillard*

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## **Chronic Pain Relief with Dr. James Dillard (DVD)** Dr. James Dillard

Dr. James Dillard - a medical doctor, licensed chiropractor, acupuncturist, and author - knows a great deal about chronic pain. Not only does he treat chronic pain patients every day, but he suffered with this debilitating condition himself as a young man.

In *Chronic Pain Relief with Dr. James Dillard*, the doctor helps you make informed choices about your health care by presenting a complementary approach of alternative and conventional medicine for pain relief.

Dr. Dillard presents the new options that are available to manage pain. He explores the risks and benefits of conventional medical treatments and helps demystify the complementary approaches to healing such as massage, acupuncture, yoga and biofeedback.

You learn how to accurately assess pain and build an appropriate strategy that will help relieve it. He explains how to keep a "pain diary," an essential tool in identifying the things that can trigger pain during the day. Plus, how to choose the types of professionals that you might want on your "pain team."

With his easy and engaging style, Dr. Dillard will inspire you to find your personal path to pain relief.

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