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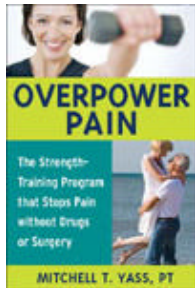
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Review: Overpower Pain

Posted by under [Healthy You](#)



More than 75 million people in the U.S. alone suffer from chronic pain. Most would prefer a natural approach to relieving, or even eliminating their pain, rather than the risky surgeries or addictive drugs that are often prescribed. This is the audience for [Overpower Pain: The Strength-Training Program that Stops Pain without Drugs or Surgery](#), a new book by physical therapist Mitchell T. Yass.



After treating more than 10,000 patients, Yass has determined that the cause of most pain is muscle weakness or imbalance, even if the patient has other medical conditions such as arthritis, a herniated disc, or stenosis. Based on this conclusion, he wrote *Overpower Pain*, which describes the causes and symptoms of pain in various parts of the body and outlines the best exercises for strengthening weakened muscles. A glossary and workout charts are also included.

Overpower Pain is an excellent book for anyone interested in a natural approach to pain control. It's important to note, however, that most of the exercises require gym equipment and aren't suited for the typical do-it-at-home routine. And, always, be sure to consult a medical professional before undertaking any form of new exercise routine, particularly if you have any health concerns.

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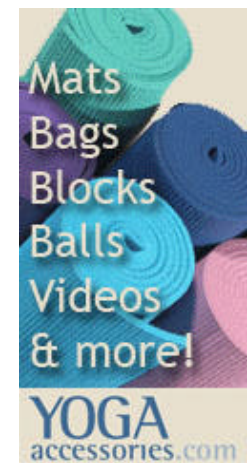
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