



# Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life

*Joe Tatta*

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## **Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life**

Joe Tatta

In *Heal Your Pain Now*, Dr. Joe Tatta teaches you how to regain control of your life by breaking the cycle of persistent pain. Following Dr. Tatta's program, you learn the role of the brain in pain--and how to use your brain to STOP your pain; how nutrition can eliminate the inflammation in your body, which is exacerbating your pain; and how to overcome Sedentary Syndrome and choose the best movement strategy. Dr. Tatta provides quizzes, self-assessments, meal plans, shopping lists, recipes, and exercises to support you throughout the program. If you struggle with chronic pain from an injury, autoimmune disease, or musculoskeletal pain--or are overweight and have tried everything without success--*Heal Your Pain Now* provides natural solutions to finally eliminate your pain and return to an active, healthy, and fulfilling life.

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