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Contact: Janet Shapiro
Janet@smithpublicity.com
856-489-8654 x320

Total Recovery:
Solving the Mystery of Chronic Pain and Depression
By
Dr. Gary Kaplan, D.O.

**GROUNDBREAKING BOOK ADDRESSES THE ROOT OF OUR
PAIN PROBLEM: A BRAIN ON FIRE**

“In Total Recovery, Gary Kaplan offers a potentially game-changing insight: the neurological key to the inflammation that keeps patients in an endless cycle of pain and depression. If you have suffered for years without relief, this remarkable book may change your life.”

- **Andrew Weil, MD, founder and director of the Arizona Center for Integrative Medicine at the University of Arizona Health Sciences Center and Author of *True Food***

Over 50 million people suffer with severe chronic pain and another 38 million people suffer with depression, generalized anxiety disorder and PTSD in the United States. Chronic pain comes in many forms — fibromyalgia, low back pain, neck pain, peripheral neuropathies, arthritis, and headaches. Lower back pain and arthritis are the two leading causes of disability in the U.S., affecting over 16 million people. Beyond suffering, the cost of chronic pain to the U.S. economy is over half a trillion dollars a year.

Enter: Gary Kaplan, D.O., the founder and medical director of the [Kaplan Center for Integrative Medicine](#), and author of *Total Recovery: Solving the Mystery of Chronic Pain and Depression* (Rodale, 2015). A pioneer and leader in the field of integrative medicine, Dr. Kaplan has made remarkable strides in his work with chronic pain patients, and is one of only 19 physicians in the country to be board-certified in both family medicine and pain medicine

In *Total Recovery*, Dr. Kaplan reveals riveting patient stories, including those of a former high-school linebacker, a teenage snowboarder, a 23-year old runner, a congressional aide to a high-powered consultant, and many more, with a single common theme: chronic pain and/or depression that had impacted not only their quality of life, but their ability to function at work, at school, or in day-to-day life. In the book, he explains that each chronic pain sufferer has a history, a “story,” with clues that can lead to treatment of their underlying problem and — ultimately — a resolution.

Dr. Kaplan states, “In the past, we thought that the inflammation was a result of depression and pain. We now know that chronic pain and depression are symptoms of an inflamed brain and, if we understand what causes the inflammation in the brain, we have an opportunity to treat the cause and not the symptoms.”

Loaded with case studies and riveting results, readers will be enlightened to:

- Inflammation inside the brain as the source of pain and depression
- How physical and emotional pain are manifestations of the same inflammation of tiny microglial cells found in the brain and spinal cord
- How every injury, infection, toxin, trauma, and emotional blow generates the same reaction from these cells
- How sleep apnea, toxins from molds, concussions, and autoimmune diseases can all cause inflammation in the brain
- Individualized integrated treatment plans which can include acupuncture, meditation, diet, exercise and medication
- How opioids like morphine, codeine, and Percocet, some of the most common medications used to treat chronic pain, can actually make it worse
- And much more!

Dr. Gary Kaplan, D.O., a pioneer of integrative medicine, is one of just 19 physicians board certified in both family medicine and pain medicine and practices in McLean, VA. A clinical associate professor at Georgetown University and director of the Kaplan Center for Integrative Medicine, he has also served as a consultant to the NIH and, in October 2013, was appointed to the Chronic Fatigue Syndrome Advisory Committee at Health and Human Services. He has discussed his work on Good Morning America, NPR, NBC News, as well as in *The New York Times*, *The Washington Post* and the *Wall Street Journal*. He resides in Falls Church, VA.

Learn more about Dr. Kaplan and *Total Recovery* at www.KaplanClinic.com and connect on [YouTube](#), [Facebook](#) and [Twitter](#).

Total Recovery: Solving the Mystery of Chronic Pain and Depression can be purchased in hard copy on [Amazon](#) and at www.KaplanClinic.com, and will be released in soft cover May 2015.

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