

## AVAILABLE FOR INTERVIEWS

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### Interview A Pioneer and Leader in the Field of Integrative Medicine on: **THE UNDERLYING NEUROINFLAMMATORY CAUSE OF CHRONIC PAIN AND DEPRESSION**

Tens of millions of people suffer with chronic pain and depression in the United States alone. “We’ve been thinking about chronic pain and depression all wrong,” says Gary Kaplan, D.O. “Medically, we’re unable to help the overwhelming majority of these people because we’re treating the symptoms and not the disease.”

He has served on the Boards of the American Holistic Medical Association and the American Academy of Medical Acupuncture, as President of the Medical Acupuncture Research Foundation, and has represented Georgetown University School of Medicine as a founding member of the Consortium of Academic Health Centers for Integrative Medicine.

As the founder and medical director of the Kaplan Center for Integrative Medicine, Dr. Kaplan’s strategy has always been to treat the whole person, not the symptoms. He points out, “As a medical scientist, I was convinced that, when patients in chronic pain had a history of emotional, physical, and infectious assaults, all of those assaults must somehow be working together.” The question, “What was the underlying mechanism?,” plagued him.

Through decades of clinical research and practice, he established exactly what that mechanism is -- a prolonged inflammation in the brain - the result of multiple illnesses and traumas accumulated over time, which ultimately manifest as chronic pain and depression. Dr. Kaplan explores what’s going on when the brain becomes inflamed, as well as effective treatment protocols for lasting recovery in his book, *Total Recovery: A Revolutionary New Approach to Breaking the Cycle of Pain and Depression* (Rodale, 2015).

“The current medical approach practiced at our best medical institutions is able to help less than 20% of the 20 million people in the U.S afflicted with chronic pain and depression occurring at the same time,” adds Kaplan. “Our scientific breakthroughs are providing us with a completely new way of thinking about chronic pain and depression with entirely new treatment approaches as well the potential to prevent these devastating conditions from occurring.”

In a one-of-a kind -- and potentially life-changing -- interview, Dr. Kaplan will share his research and discuss:

- How this new understanding of chronic pain and depression offers hope to those suffering from these conditions
- What you can do for yourself to prevent chronic pain and depression
- His unique integrated approach to health care
- The anti-inflammatory diet and its critical part in solving your pain
- The roles exercise, meditation and acupuncture play as part of the treatment

- How mold toxicity, Lyme disease, bacterial overgrowth and yeast overgrowth in the gut can cause chronic pain and depression
- Use of prolotherapy to treat joint pain
- How opioids like morphine, codeine, and Percocet, some of the most common medications used to treat chronic pain, can actually make it worse

**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.**

*Total Recovery: A Revolutionary New Approach to Breaking the Cycle of Pain and Depression* can be purchased on [Amazon](#) and all major bookstores. You can learn more about Dr. Kaplan and *Total Recovery* at [www.KaplanClinic.com](http://www.KaplanClinic.com) and connect on [YouTube](#), [Facebook](#) and [Twitter](#).

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