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A GAME-CHANGING LOOK AT THE WAY WE VIEW AND TREAT CHRONIC PAIN AND DEPRESSION

“With cutting edge science and clinical expertise, Gary Kaplan has identified the source of the inflammation that keeps patients in an endless cycle of pain and depression. He offers profound insight into the way our life experiences have a cumulative effect on our health. I highly recommend this book to anyone who has suffered without relief or wants a deeper insight into how our bodies work.”

- **Mark Hyman, MD, author of the #1 *New York Times* bestseller, *The Blood Sugar Solution*, and chairman, the Institute for Functional Medicine**

“In *Total Recovery*, Gary Kaplan offers a potentially game-changing insight: the neurological key to the inflammation that keeps patients in a perpetual 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***

Where do you go when you’ve been suffering from inexplicable pain, have seen countless specialists, undergone every test imaginable, and still have no answers? Dr. Gary Kaplan, a pioneer of integrative medicine, helps such individuals on a daily basis. Patients of every age with serious, unresolved, and perplexing chronic pain have been turning to Kaplan and his clinic to uncover the source of their stress and restore them to health. In his new, game-changing book **TOTAL RECOVERY: Solving the Mystery of Chronic Pain and Depression - How We Get Sick, Why We Stay Sick, and How We Can Recover**, Dr. Kaplan (co-written with Donna Beech) reveals his one-point-of-origin approach: seemingly unrelated symptoms of chronic pain and depression actually have a single, neurological basis.

Over 100 million Americans live with some form of chronic pain, the kind of pain that has baffled the medical community until now. In ***Total Recovery*** Dr. Kaplan draws on dramatic patient stories and cutting-edge research to reveal that physical pain and emotional pain are manifestations of the same inflammation, brought on by tiny microglial cells found in the brain and spinal cord. Every injury, infection, toxin, trauma, and emotional blow generates the same reaction from the microglia: inflammation. If the microglia react too often, they become hyper-reactive, which leads to chronic pain. Dr. Kaplan understands that each chronic pain sufferer has a history and a story with clues that can lead to treatment of the underlying problem to bring relief, rather than continually chasing the symptoms, leaving the cause unresolved and the patient in distress.

Dr. Kaplan takes the reader through his own story of discovery with tough-to-crack and fascinating case studies of real-life chronic pain sufferers, including:

- The otherwise healthy, high-powered consultant who suddenly began to suffer from memory lapses (lapses so intense that she one day found herself addressing a board room of executives, with no idea how she got there), daily headaches and chronic fatigue.

- The ambitious congressional aide whose migraines and anxiety attacks became so debilitating she could barely get up for work.
- The teenage snowboarder who, after a fall in which he injured his knee developed total body pain, became chronically fatigued with daily headaches and depression for years.
- The 23-year-old athlete and aspiring physician who developed a minor knee injury while out running one day that developed into chronic generalized pain.

In his groundbreaking new book, Dr. Kaplan argues that by shutting down inflammation at its source – inside the brain – we can FINALLY have success with diverse and chronic conditions such as fibromyalgia, migraines, osteoarthritis, back pain, neuropathy, depression, post-traumatic stress disorder, anxiety disorders, irritable bowel syndrome, and many more. He also includes information on learning to identify and assess how sleep quality, physical and psychological traumas, infections, use of antibiotics, and nutritional and gastrointestinal issues may be contributing to our chronic pain; plus advice on how to recover more quickly when we do suffer from inflammation.

Dr. Gary Kaplan, DO, 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 also has 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 lives in Falls Church, VA.

Donna Beech is a *New York Times* bestselling and award-winning collaborator whose work includes *The Ghosts in the Wires*, *The Heartmath Solution* and *The Everyday Advocate*.

TOTAL RECOVERY is a timely, fascinating, and much-needed book that is sure to change the way we look at chronic pain forever.

For more information visit: <http://www.kaplanclinic.com/books/total-recovery/>

TOTAL RECOVERY: Solving the Mystery of Chronic Pain and Depression

By Gary Kaplan, MD with Donna Beech

On sale: May 6, 2014 | \$26.99 | 250 pages | Hardcover | ISBN: 978-1-62336-275-1



Key points of TOTAL RECOVERY:

Trauma is cumulative...

A girl is raped at 12 years old. At 18 she gets whiplash in a car accident. By 30 fibromyalgia keeps her in constant pain. New discoveries about the brain prove that these traumas are related. She can be cured of pain, but only if she addresses all of them. Emotional and physical pain are cumulative. When assaults to the body are left unresolved, we now know they're building up to something bigger.

The Secret Tally In Your Brain...

Bad backs, migraines, achy joints and depression are common examples of chronic pain. Most doctors will prescribe a pill that helps a little, then tell you to put up with it. A new discovery about the nature of pain changes all that. Now we know that every time the body experiences pain – emotional or physical – the brain keeps a tally. When it reaches its limit, neural inflammation kicks in, turning on the switch to chronic pain. The good news is, it can be turned off again.

When Doctors Miss the Point ...

Alan used to play basketball every Saturday with his friends. When Dr. Kaplan first saw him as a patient, he was 32 years old and in constant pain. He could barely sit in a chair for 20 minutes, much less dribble a ball around the court. With little sleep and poor digestion, he felt tired and anxious all the time. Seeing symptoms they could treat, doctors gave him antidepressants and ADHD meds. But Alan was getting worse. Like most people who present a host of symptoms, there was an underlying cause behind them all. When doctors only treat the symptoms, they're missing the point.

There is Good Evidence that Chronic Pain Can Result in a Permanent Disability...

Cognitive behavioral therapies and relaxation techniques are being used to alleviate some "mystery" symptoms with no identifiable causes. Headaches, fatigue, nausea, abdominal and back pain, and dizziness are being addressed with yoga, medication, journaling, and deep breathing to make painful symptoms less bothersome or disturbing. Although employing holistic remedies in place of potent pharmaceuticals with sometimes-serious complications is a positive step, we are *still* failing to treat the root cause. Why are we training people to ignore what their bodies are telling them?

Medication Overuse Headache...

Habitual use of almost any analgesic — Tylenol, Advil, Motrin — can cause the hypersensitization of a number of pain receptors. The end result is increased pain.