

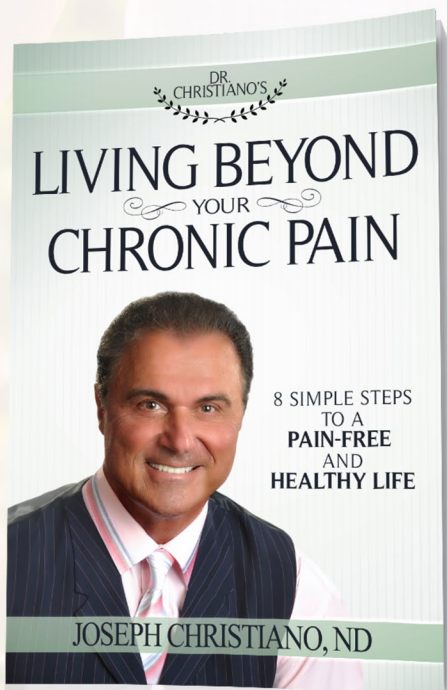
Market research indicates that more than 1.5 billion people worldwide suffer from chronic pain.

You are not alone!
Help is on its way.

Living Beyond
Your Chronic
Pain
Joseph Christiano, ND

press kit

Book Summary



Market research indicates that more than 1.5 billion people worldwide suffer from chronic pain.

Synopsis

Living Beyond Your Chronic Pain is your daily “go-to” guide on breaking free from your prison of chronic pain.

Chronic pain has become an epidemic, with over 100 million Americans suffering from this debilitating condition on a day-to-day basis.

Dr. Joseph Christiano shares out of his personal struggle with chronic pain, turning his years of suffering into a message of hope for you to experience a pain-free life.

Living Beyond Your Chronic Pain will show you:

- Solutions and answers to many common questions associated with chronic pain.
- The dangerous side effects of managing your pain with medications.
- How to walk through emotional struggles that come with chronic pain.
- Remedies and tips from contributing doctors, with expertise ranging from natural healing practices to pain management therapy to neurosurgical procedures.
- The possibility of living pain-free through practicing blood-type nutrition.

Product Information

Title: Living Beyond Your Chronic Pain: 8 Simple Steps to a Pain-Free and Healthy Life

Author: Joseph Christiano, ND

Publisher: Destiny Image

Release Date: September 16, 2014

Format: 6 x 9, 224 pages, Trade Paper

Retail Price: \$16.99

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Sales Copy: “Pain does not need to rule your life anymore!”

Other Resources

Body Redesigning
www.bodyredesigning.com

Dump The Junk America

Interview Resources

Interview Topics

- What is Blood-Type Nutrition?
- Link between chronic pain and mental wellness.
- Managing pain naturally vs. with medications.
- Strategies for Anti-Aging.

Interview Questions

- How does one's blood-type have anything to do with one's diet? What's the connection?
- At what point in your personal history of chronic pain did you begin to question standard treatment options?
- If I could make one change today—what would you recommend?

Contact Information

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Author Profile

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Joseph Christiano, a naturopathic doctor and certified nutritionist, has spent forty years developing individualized diet and exercise programs for Hollywood celebrities. Trainer of Miss America, Miss USA and Mrs. America pageant winners, Joseph is a former Mr. Florida and award-winner in the Mr. America bodybuilding championships. Often seen on television promoting health and wellness to millions, he has authored several books including *Bloodtypes*, *Bodytypes*, and *You, Never Go Back*, and *My Body, God's Temple*. As founder of Dump the Junk America, Dr. Joe has developed a nationwide campaign for helping kids with obesity and related illnesses and poor academics.