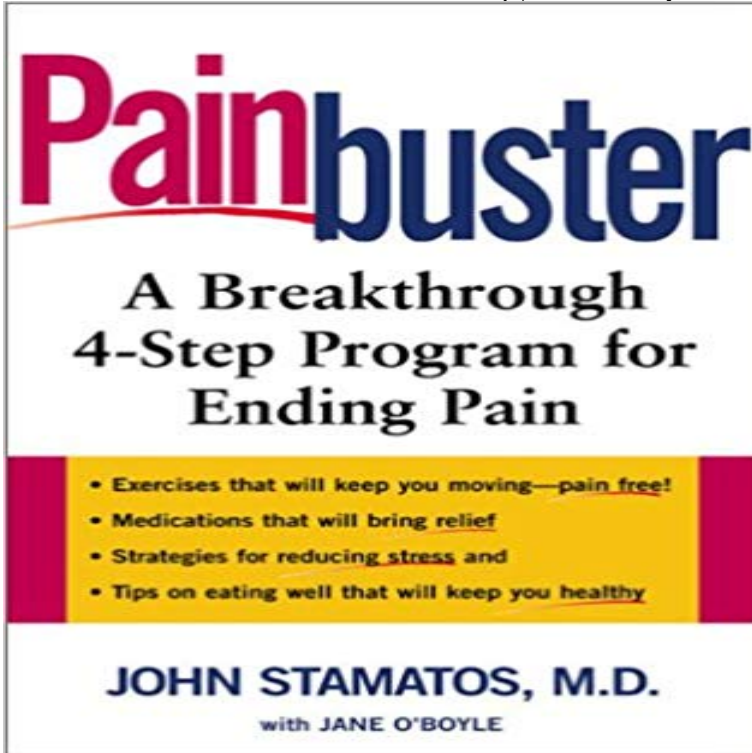


# Painbuster: A Breakthrough 4-Step Program for Ending Chronic Pain



From one of the countrys foremost pain management specialists, a groundbreaking program for the more than forty-five million Americans who suffer from all types of pain. Dr. John Stamatos has a powerful message for readers: follow the Painbuster program and your pain can be treated, managed, and often eliminated. Pain management has traditionally been an overlooked element of patient care. Now, as its importance is finally being recognized, physicians are calling pain the fifth vital sign. During his more than twenty years of experience, including serving as a physician in the Gulf War, Stamatos discovered that using only one remedy or one traditional intervention for pain does not lead to a lasting cure. His Painbuster program combines methods of treatment in these remarkably effective four steps: --the proper diagnosis of the kind of pain--the use of appropriate medications to get the pain under control--extensive physical therapy leading to a permanent cure--a maintenance program geared to the individual, with an emphasis on proper diet, stress reduction, and regular exercise. The Painbuster program treats all kinds of pain, from a weekend sports injury and chronic lower back pain to arthritis and the discomfort associated with illnesses such as cancer and lupus. Patients who have been told that pain is something they have to live with and health practitioners who seek to broaden treatment strategies will welcome Painbusters step-by-step plan and its proven promise of relief.

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