

Book Review

by Julie S. Jurenka, MT (ASCP)

Pain Free in Six Weeks

Sherry A. Rogers, MD

Prestige Publishing,

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With *Pain Free in Six Weeks*, Sherry Rodgers, MD, has produced another informative publication to add to her repertoire of books on various environmental health concerns. The author draws on 30 years of clinical experience in environmental medicine.

Pain Free in Six Weeks is an authoritative text on alleviating the various types of pain associated with fibromyalgia, arthritis, lupus, migraine, neuropathy, chronic back pain, cancer pain, and more. The author's wealth of both clinical and personal experience in alleviating pain provides a solid basis for the information in the book. Rodgers' own anecdotal reports of pain and the myriad pharmaceutical remedies she utilized, as well as specialists and medical texts consulted, are interspersed with informative technical information, lending the publication a personal touch to which readers in pain can relate.

The publication is divided into 10 chapters. The first two explore the various etiologies and types of pain, while the third chapter investigates cetyl myristoleate and its benefits for chronic pain sufferers. Several anecdotal reports are presented from patients of Dr. Rodgers who suffer from rheumatoid arthritis and attest to cetyl myristoleate's curative effects. Chapter 4 deals with leaky gut syndrome and its association with pain and allergy. The author cautions against the overuse of NSAIDs and other pharmaceuticals, and presents technical information on testing for and treating this syndrome. Chapter 5 discusses safer ways to enhance overall bone health and repair damaged tissue and cartilage. In chapters 6 and 7, Dr. Rodgers delves into numerous environmental causes for chronic pain and presents valuable scientific information on dietary modifications, nutritional supplements, and other remedies. Chapter 8 provides the pain sufferer with a very specific "plan of attack" for ridding the body of pain, detailing detoxification procedures, nutritional supplement suggestions, and recommended laboratory testing. Chapter 9 provides an extensively detailed list of resources, including nutritional supplement companies, whole foods catalogs, laboratory test kits for environmental toxins, and home purification products. The final chapter is a list of the references utilized by the author.

Pain Free in Six Weeks is liberally interspersed with light-hearted illustrations and informative captions. For those who are burdened by chronic pain, leaky gut syndrome, or environmental toxins, this publication is an engaging, easy to read, yet valuable addition to their library.