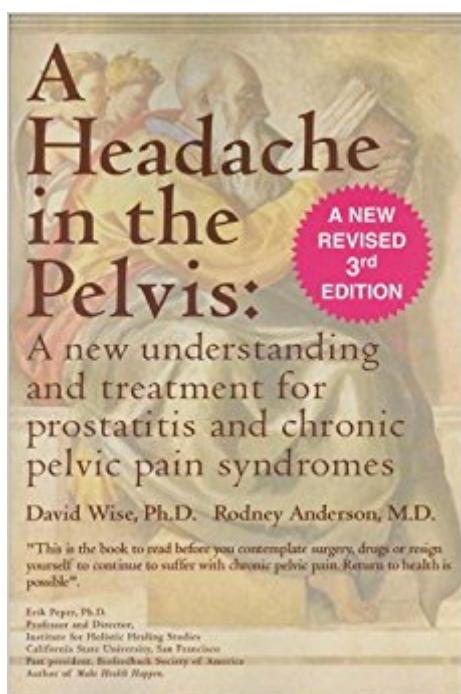


The book was found

A Headache In The Pelvis: A New Understanding And Treatment For Prostatitis And Chronic Pelvic Pain Syndromes, 3rd Edition



Synopsis

A Headache in the Pelvis describes the Stanford Protocol, a new and revolutionary treatment for prostatitis and other chronic pelvic pain syndromes that was developed at Stanford University Medical Center in the department of Urology. The book describes the details of the Stanford Protocol.

Book Information

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Customer Reviews

David Wise, Ph.D., is a psychologist who spent 8 years in the Department of Urology at Stanford University Medical Center as a Research Scholar in the development of a new treatment for prostatitis and chronic pelvic pain syndromes. His research interest is in behavioral medicine and autonomic self-regulation. He enjoys playing the mandolin, watercolor painting, and carpentry.

I must read for anyone that thinks they may have pelvic issues. This will give you more answers than any doctor out there will. Helped me tons! Am well on my way to recovery, in big part to this book.

On time.

Came on time intact

On the plus side, all the principles of self care and non-surgical methods of pain management this book describes apply nicely in self recovery. It includes some valuable stretching exercises and

describes a cognitive behavior technique for dealing with pain that can provide a breakthrough. It also offers a discussion of non surgical methods for managing pelvic pain. Because of some mixed messages about relaxation tapes and some organization issues, the book would be improved with some professional editing. In general, the medical community perpetuates ignorance about pelvic pain and chronic pain and offers little help. The more I pursue pain management techniques, the less relevant this book becomes. See *Managing Pain Before It Manages You, Third Edition* and a physical therapist who can address poor body mechanics and deconditioning.

The book is written to help you understand why the pain in your pelvis can be such a pain. The only thing that I found rather disappointing was that they waited to till 3/4 of the way thru the book before they let you know that you should really come to their clinic for a week to help solve your problem. Although it really implies that this is a self help book it is an advertisement for their clinic in addition. A book called the *Pelvic Pain Solution* by Dayne Herren gives you the same information but in a simplified form. He also has a relaxation disk which I use 2 times a day to wind down and relax. This is a key solution to both this book and his.

Just a quick comment: It is too bad that this book focuses primarily on males. Female pelvic floor problems are also described and occasionally dealt with, but it would be nice if future editions of this book contained diagrams or chapters geared toward women. Women suffering with these problems really need to know about these techniques too.

This book was too boring for me to read but was very accurate as to what it mentioned. If you live in California they have a clinic that they can provide. If you like me you will need a plane ticket. Call them for pricing. They treat prostatitis by applying pressure to certain points in the body. I purchased this book close to the end of my struggle with this illness. And did not read it through. However I did have positive results applying the methods, I did read! Fortunately I was able to reduce my prostate by treating your constipation, which in turn released pressure on my prostate. If you have prostatitis and constipation I strongly recommend a treatment called a "Colonic" Provided at most Health Spas.

As the book reveals with ample statistics, prostate surgery for "pain" rarely works, and creates more problems. The more you learn about pelvic pain, the better you will feel!

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