



# Total Recovery: Breaking the Cycle of Chronic Pain and Depression

*Gary Kaplan, Donna Beech*

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**Why can't I get better? Did my doctors miss something? How can I recover?**

According to Dr. Gary Kaplan, conventional thinking about the nature of chronic pain and depression is essentially flawed. Although physicians continue to diagnose conditions like migraines, fibromyalgia, chronic fatigue, chronic back pain, depression, anxiety, and PTSD, a growing body of research shows that these are in fact symptoms of something else--a deep-rooted inflammation in the brain. This inflammation can affect the nervous system for months--even years--to devastating effect.

In *Total Recovery*, Dr. Kaplan demonstrates that it is possible to quiet the inflammatory state at the root of chronic pain and depression, and lays out a revolutionary new medical approach to ending your suffering and reclaiming your health.

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