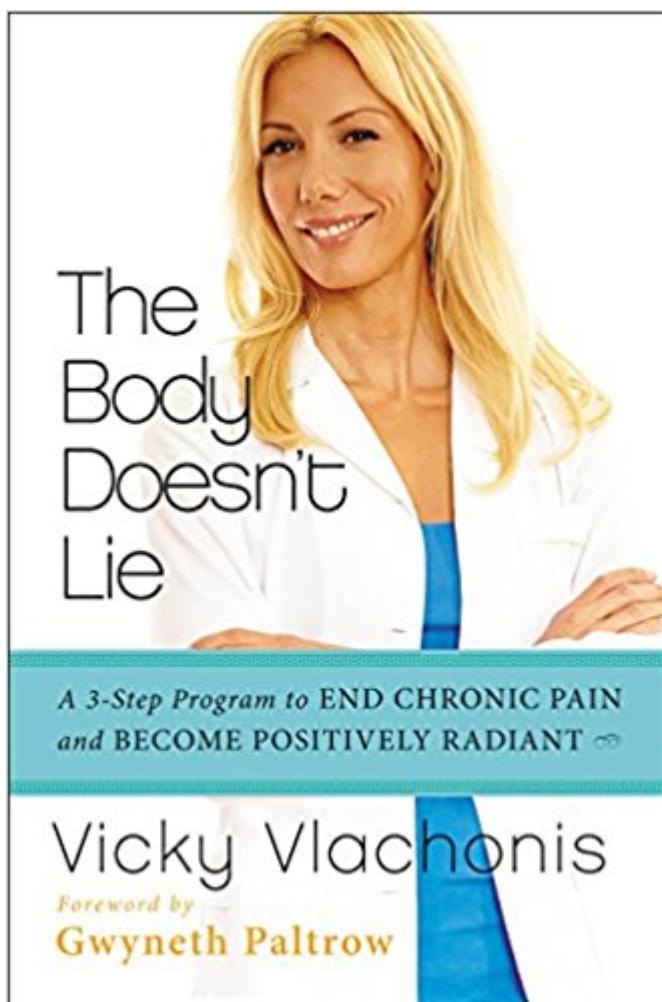


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# The Body Doesn't Lie: A 3-Step Program To End Chronic Pain And Become Positively Radiant



## Synopsis

Get Rid of Chronic Pain and Discover How to Look and Feel Your Best Every Day

Back problems, nightly headaches, tight shoulders, achy feet... all of us have nagging, daily pains that seem to get worse when our lives get busier. In *The Body Doesn't Lie*, Vicky Vlachonis shows us how to locate the source of our pain, understand its origin and manifestation in the body, and then let it go, using a holistic approach that includes easy-to-implement guidelines for diet, exercise, and emotional well-being.

## Book Information

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## Customer Reviews

"I love this book because I can hear Vicky's voice on every page... her kindness and her compassion, her strength and her wisdom. This book contains the exercises, meditations, and techniques we've done together, which together form everything you need to heal yourself." (Gwyneth Paltrow)  
"Vicky helps you understand the importance of connecting with your body on an emotional level. This book is a prime tool in transforming the pain and stress in your life into health and happiness." (Sir Elton John and David Furnish)  
"Vicky knows not only how to cure the pain, but also understands the source. Often we just want the fix, but it is important to know why we have what we have in order to prevent it in the future. She left me feeling recharged and fabulous." (Maria Menounos Host, Extra)  
"Many of my patients, including celebrities and other high-energy individuals, have emerged through their healing process in ways I never thought possible by working with Vicky"

throughout recovery. This book will not only help you to escape pain, but to live a better, fuller life. (Marc Mani, M.D., F.A.C.S.) "As a doctor, I have helped countless patients with their pain. It is so great to find these healing techniques together in one book." I wish I had read this book years ago. Highly recommended to anyone who deals with pain or has a loved one in need of help. (Alejandro Junger, author of Clean) "Through a series of meditation, clean eating and science, Vicky has created a 3-step program fit for anyone wanting to live a happy, healthy life. Her many years of successfully treating chronic pains have given her extensive knowledge in the essentials needed for a healthy mind and body." (Dr. Naji Abumrad, MD, Chairman of Department of Surgery, Vanderbilt University Medical Center) "Vicky is a gifted healer and has significantly helped me through some very stressful times with her empathy, wisdom and warmth. She has taught me not only to listen to my body but to trust what it is saying to me." (Elisabeth Murdoch, Founder and Chairman of Shine Group) "Vicky helped me to be pain free throughout my 3rd pregnancy with her holistic approach. Her way of making you feel good is unique." (Claudia Schiffer) Vicky is a gifted healer. Even on the craziest days, she knows how to help me reflect on what's bothering me, release my pain, and help me feel stronger, lighter, and more focused. No matter where I am when I meet her, Vicky helps guide me back to myself. (Jennifer Meyer Maguire, Creator of Jennifer Meyer Jewelry)

Integrative medical practitioner and pain expert Vicky Vlachonis shares her proven program to replace chronic aches and pains with renewed energy and life-enhancing radiance. Back problems, nightly headaches, tight shoulders, achy feet—all of us have nagging, daily pains that seem to get worse when our lives get busier. While the immediate reaction to pain is to take short-term measures to make it go away, this does nothing to address the underlying cause. In *The Body Doesn't Lie*, Vicky Vlachonis shows us how to locate the source of our pain, understand its origin and manifestation in the body, and then let it go, using a holistic approach that includes easy-to-implement approaches to diet, exercise, and emotional well-being. Vlachonis's successful pain-eradication program was developed over years working with a wide range of clients, from celebrities and CEOs to overworked ballet dancers and working moms. Her Positive Feedback Program guides readers through three stages: Reflect, Release, and Radiate. The book includes a detailed meal plan with recipes, body maps to identify areas of pain and healing touch points, and step-by-step remedies for specific issues including fatigue, digestive problems, and depression. This groundbreaking approach uses pain as a tool—not the un-defeatable

enemy. •to help you look and feel better immediately and release your body from physical and emotional pain for good. --This text refers to the Digital edition.

I'm assuming that if you're reaching for this book, you've been experiencing chronic pain for some time (hence the term CHRONIC), that you're feeling near the end of your rather lengthy rope and maybe approaching desperate. That you've been offered very little or no useful information from anyone in the medical profession (who, god bless their little let's-just-fix-you-right-up-in-our-12-minute-office-visit hearts, are great with the acute" but truly helpless and ineffectual when faced with the "chronic"), and you've decided to take matters into your own hands. I'm going to assume the pain has virtually taken over your life. And you just can't take it anymore. If, like me, you're hoping this might be the one that reveals the secret to fixing what is ruining your life, keep looking. It's not that it's a terrible book, not at all--but if you're at all conscious and resourceful, you already know that a good night's sleep is critical to your health, that sugar is bad for you, that meditation really is a panacea, that negative self-talk is harmful . . . . Kale smoothie, anyone? I think what really tweaked me is that, for a book whose title offers the promise to "End Chronic Pain," the author is apparently addressing only those with what might be called "chronic pain lite." It is assumed that readers are fully able to take her initial and foremost advice: get a full night of good quality sleep. Then: when you rise from your good night's sleep, do the Five Tibetan Rites. At this point, if I were only able to do those two things, I would truly feel like I was on the road to salvation. However, where does this assumption leave those of us whose bodies literally won't allow us to sleep through the night, let alone perform the exercises? The effect is to make you feel hopeless from the start.

I saw this book promoted on the Dr. Oz Show so I figured it must be really good. I am torn between what kind of audience this book was meant for. Spoiler Alert!!!! The book goes from talking about common sense nutrition to the differences between sympathetic and parasympathetic responses in the human body. I do like the energy work and I am a firm believer in alternative therapy, don't get me wrong. But the way of life the book encourages is only ideal for a single person with no partner or children, who had extra money for hard-to-find food, and extra time to put towards a full 8 hours of sleep, an extra hour in the morning for stretching, and meditation, as well as a job that allowed for a small nap in the afternoon. I did indulge and buy a dry brush that was part of the regimen and it works nicely but I rarely use it for what it was intended. I usually forget to dry brush until I am actually in the shower so I use it as a scrub brush. If I wanted to get a full 8 hours of sleep (and I

really do) like the book suggested then I have to give up the morning stretches, dry brushing and meditation. I can't do both and most people can't. Bottom Line, this is a good book and would be nice for a person who already had a good grasp of nutrition and energy work.

Interesting ideas , but I was looking more for a self help book, this book suggests therapy, massage, chiropractic.... on and on. Had to revisit chapters in order to get the meaning, not a smooth read.

Very helpful. In a world where Dr.'s want to prescribe pain killers & be done with it, Vicky Vlachonis' book addresses the mind-body connection so often ignored in Western medicine. Interesting exercises, practical solutions to implement.

Great Book

Great book with helpful tips that get to the root of chronic issues and pain. I am reading it a second time and have already easily incorporated some of the suggestions from the book into my everyday life.

Still reading it. Good ideas/advice.

Ok

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