



# Holistic Pain Relief: Dr. Tick's Breakthrough Strategies to Manage and Eliminate Pain

*Heather Tick*

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**Holistic Pain Relief: Dr. Tick's Breakthrough Strategies to Manage and Eliminate Pain** Heather Tick  
Chronic pain has become an epidemic in North America, yet our current health care system is ill equipped for treating sufferers. An expert in both conventional and holistic medicine, Dr. Heather Tick has spent twenty-five years treating patients for whom “all else has failed.” Based on her experience, *Holistic Pain Relief* offers practical guidance to anyone with pain. It includes easy-to-implement solutions for effective and permanent pain relief and also offers help to those with chronic conditions who feel confused, worried, or hopeless.

Dr. Tick presents a new way of looking at pain with a focus on health. By helping you make informed choices about physical, emotional, and spiritual living, *Holistic Pain Relief* offers possibilities for recovery and information on a wide range of treatment and prevention options, including acupuncture, chiropractic techniques, intramuscular stimulation, dietary supplements, medication, nutrition, and exercise. The result is a realistic — and inspiring — prescription for pain-free living.

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