



# Living Beyond Your Chronic Pain: 8 Simple Steps to a Pain-Free and Healthy Life

By Joseph Christiano N.D.

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## Living Beyond Your Chronic Pain: 8 Simple Steps to a Pain-Free and Healthy Life By Joseph Christiano N.D.

*Pain does not need to rule your life anymore!*

Living Beyond Your Chronic Pain is your daily “go-to” guide on breaking free from your prison of chronic pain.

Chronic pain has become an epidemic, with over 100 million Americans suffering from this debilitating condition on a day-to-day basis.

Dr. Joseph Christiano shares out of his personal struggle with chronic pain, turning his years of suffering into a message of hope for you to experience a pain-free life.

He shows you...

- Solutions and answers to many common questions associated with chronic pain
- The dangerous side effects of managing your pain with medications
- How to walk through emotional struggles that come with chronic pain, such as fear and doubt
- Remedies and tips from contributing doctors, with expertise ranging from natural healing practices to pain management therapy to neurosurgical procedures
- The possibility of living pain-free through practicing blood-type nutrition

**Your life was never meant to be a prison defined by chronic pain.  
Experience freedom and healing today!**

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