



A Headache in the Pelvis: A New Understanding and Treatment for Prostatitis and Chronic Pelvic Pain Syndromes

By David Wise PhD, Rodney A. Anderson MD

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This groundbreaking book describes the Wise-Anderson Protocol for muscle-related pelvic pain in men and women. The Wise-Anderson Protocol involves the treatment of muscle-related pelvic pain and dysfunction, variously diagnosed as prostatitis, chronic pelvic pain syndrome, pelvic floor dysfunction, among other related diagnoses affecting some twenty million men and women in the United States. Specifically, The 6th edition of A Headache in the Pelvis adds new research recently published in the Journal of Urology done by the Wise-Anderson team describing the relationship of painful trigger points that refer and re-create specific symptoms of pelvic pain, new research done at Stanford on the relationship between early morning anxiety and those with pelvic pain, and firsthand stories from women who have undergone the Wise-Anderson Protocol, along with other new sections.

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- Sales Rank: #273701 in eBooks
- Published on: 2015-03-07
- Released on: 2015-03-07
- Format: Kindle eBook

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