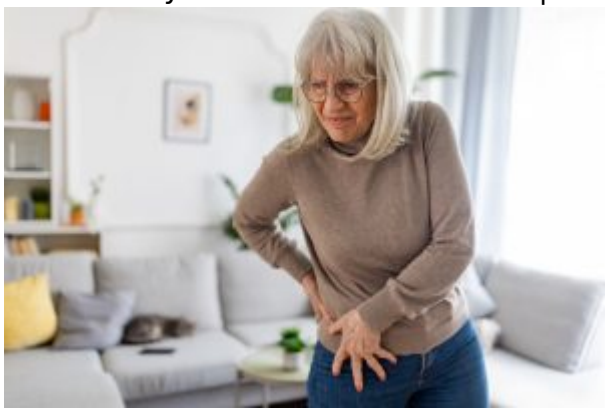
Pain-Free Living: Insights from Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | February 12, 2025



Natural Approaches to Pain Management with Dr. Jacob Teitelbaum, a renowned expert in treating chronic pain, fibromyalgia, and post-viral chronic fatigue syndrome (CFS). Dr. Teitelbaum discusses his latest book, ‘You Can Heal from Long COVID,’ and highlights insights from his well-known ‘Fatigue to Fantastic’ series. The conversation delves into the limitations and dangers of traditional opioid treatments for pain and proposes natural alternatives. They explore various types of pain, including muscle pain, inflammatory pain, neuropathy, migraine, and CRPS, emphasizing natural remedies like PEA, curcumin, Boswellia, and nutritional support through the SHINE protocol. The episode also touches upon current healthcare challenges and the potential for systemic change. Learn more at www.Vitality101.com and www.EndFatigue.com.