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Florida Hospital Book Reveals Breakthrough Treatment for Chronic Pain

*Florida Hospital Doctor Discovers “Autonomic Overload Syndrome” and Cures 80 Percent of Patients
Using New Technique Outlined in **Pain Free for Life***

Orlando, FL – July 12, 2006 - Could there be a drug-free cure for chronic pain? And, could the pain be alleviated in six weeks or less? Could the medical profession be wrong in its approach to treating chronic pain? YES – says Dr. Scott Brady, senior medical director of Florida Hospital’s sixteen Centra Care urgent clinics and founder of the Brady Institute for Health at Florida Hospital Celebration Health.

For years Dr. Brady, an MD with a degree from Wake Forest University, suffered from debilitating chronic pain. Nothing brought him relief. Until finally, Dr. Brady cured himself when he discovered a drug-free, whole-person treatment that alleviates pain in six weeks or less. Now he – and hundreds of his patients – are living proof that the program detailed in Florida Hospital’s second book, *Pain Free for Life: The 6-Week Cure for Chronic Pain Without Surgery or Drugs*, can cure chronic pain. The book, written by Dr. Brady, is available now.

Chronic pain is an epidemic. More than 50 million Americans suffer from it and it is the leading cause of disability. Nearly one-third of Americans will experience chronic pain at some point in their life. And with 77 million baby boomers nearing retirement and living longer than ever before, pain management is one of the fastest growing fields in medicine.

The basis for *Pain Free for Life* is a new medical condition discovered by Dr. Brady called Autonomic Overload Syndrome (AOS). AOS is responsible for a physiological process that results in different types of chronic pain and related ailments such as lower back pain, upper back pain, sciatic nerve pain, fibromyalgia, migraine headaches, tension headaches, and irritable bowel syndrome. *Pain Free for Life* details how the autonomic nervous system, when over stimulated, can produce many different types of symptoms, from muscle pain, to bowel cramping, to skin changes. Most importantly, the book explains what AOS is and how to treat it – providing readers with immediate and practical steps that can give them a life without pain. The

treatment includes understanding what is really causing pain, realizing pain-prone personality types, and equipping readers with tools for bringing pain to the surface and ultimately releasing it.

Complete with patient testimonials and Dr. Brady's own story of recovery from debilitating pain, *Pain Free for Life* contains the doctor's six week, mind-body-spirit treatment program which has helped thousands of people around the world. In a recent study of 55 patients suffering an average of twelve years from seemingly incurable chronic pain – all of whom Dr. Brady diagnosed with Autonomic Overload Syndrome – 80 percent of the subjects experienced 80 to 100 percent pain recovery within four to six weeks of beginning the program.

About Scott Brady, MD

Dr. Brady received his training at the Wake Forest University School of Medicine, after which he completed his residency and board certification in Internal Medicine in Orlando. He has been practicing emergency and urgent care medicine throughout Central Florida for more than 15 years.

About Florida Hospital

Opened in 1908, Florida Hospital is one of the largest not-for-profit hospitals in the country, caring for more than a million patients per year – that's more than any other hospital in the country, according to the American Hospital Association. The 1,797-bed system, comprised of seven hospitals and 16 Centra Care walk-in medical centers, has been recognized by *U.S. News & World Report* as one of the best hospitals in the country for the past eight years. Owned and operated by the Seventh-day Adventist Church, Florida Hospital is a Christian, faith-based hospital that believes in extending the healing ministry of Christ to all patients and caring for their emotional and spiritual needs in addition to their physical condition. *Pain Free for Life* is Florida Hospital's second book. The first, *SuperSized Kids*, released in August 2005, reached number 37 on the Amazon Best Seller List.

In conjunction with his book release, Dr. Brady will be giving pain seminars and signing books at local churches including Forest Lake Seventh-day Adventist Church at 515 Harley Lester Lane, Apopka, FL on July 18, 2006.

For more information, contact Florida Hospital Media Relations at 407/303-8217

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