



Palm Beach Pain Relief System: A Clinically-proven, Natural and Integrative Approach to Healing Chronic Pain, Arthritis & Injuries

Daniel I. Nuchovich M.D.

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Two-time 2014 Winner! Silver Nautilus Book Award and Silver Benjamin Franklin Book Award

The Palm Beach Pain Relief System is a revolutionary integrative medical treatment program for pain, arthritis and injury created by a conventionally-trained medical doctor after receiving a single chiropractic adjustment that left him pain-free, changing his life forever. Dr. Nuchovich, who suffered for months from chronic pain due to a sporting accident, stubbornly refuted the viability of natural therapies and the urgings of his wife (a nurse, who at the time worked for a successful chiropractor) to give the natural therapy a try. It was only after his orthopedic physician stated that surgery was his only recourse that he woke up to the possibilities of natural, non-invasive therapies.

The program, which is the result of this life-changing event and many years of study including training at Harvard Medical School's Center for Integrative Medicine, combines the best of modern and natural medicine, and is proving to be effective for 90+% of his patients in a clinical setting. Dr. Nuchovich also discusses the importance of creating a multi-disciplinary care team including chiropractors, acupuncturists, physical therapist and nutritionists to address arthritis and pain diseases that can have multiple causes.

The purpose of this multi-disciplinary approach, he states, is to have as much expertise on hand as possible, thereby greatly improving the chances of relieving pain quickly and avoiding dependency on surgeries, injections and pain-relieving drugs. Above all, Dr. Nuchovich urges us to take the necessary steps now to preserve our health. It can take years for arthritis symptoms to appear, and once they appear it may be too late. So act now! "Dr. Nuchovich's holistic, multi-disciplined approach to pain relief shines a necessary light on the overuse and abuse of pharmaceuticals. I applaud Dr. Nuchovich for opening his eyes, his heart and his mind to alternative approaches, and for creating an effective program for pain that puts patient interests ahead of unnecessary and often risky conventional practices." – **Dr. E. Dubary, DC, CCSP, Author, Lecturer**

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