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[Dr. Jacob Teitelbaum, author of "Pain Free 1-2-3 ...](#)

This is Mike Adams, the Health Ranger, joined here by Dr. Jacob Teitelbaum, M.D., author of "Pain Free 1-2-3," which we'll talk about later. Dr. Teitelbaum is an expert in pain management, chronic fatigue syndrome, fibromyalgia and many other topics. Thanks for joining me today.

[PAIN FREE 1-2-3! A Natural Program to Get You Pain Free ...](#)

My book Pain Free 1-2-3! goes into detail about how to eliminate dozens of the most common types of pain (e.g., headaches, back pain, arthritis, neuropathic pain, abdominal pains, carpal tunnel, etc.). There are literally hundreds of natural and prescription therapies that can be tailored to your specific type of pain.

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