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Sarno's most notable achievement is the development, diagnosis, and treatment of tension myoneural syndrome (TMS), which is currently not accepted by mainstream medicine.

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Steve Ozanich, a mindbody health consultant, health coach, and author, penned the International Book Award honoree The Great Pain Deception, and Dr. John Sarno's Top 10 Healing Discoveries; the latter was based on his own experience, the work of John E. Sarno, MD, and ten years of intensive research.

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Healing Back Pain The Mind Body Connection John E Sarno

Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain-and how you can be pain free without drugs, exercise, or surgery.

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The Tension Myositis Syndrome Wiki The TMS Wiki

Dr. Sarno hosted lectures for his new clients as a way to help educate them about TMS. With a similar mindset, we host special webinars with TMS practitioners and authors to help people with TMS learn more about the condition and identify the emotional sources behind their symptoms, hear how others successfully overcame their symptoms, and learn skills to help become pain-free.

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Find a TMS Doctor or Therapist The TMS Wiki

Arnold Bloch, LCSW Arnold Bloch, LCSW has been in practice for over 25 years, during which time he has seen over 200 clients with TMS. He holds a master's degree in social work from the University of Southern California, and studied under long-time TMS therapist, Don Dubin, MFT. Bloch has a close working relationship with David Schechter, MD who himself has seen over 1000 patients with TMS.

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FIBROMYALGIA AND THE SARNO CONNECTION

Addendum: Where did Sarno go so wrong? It appears that John Sarno extrapolated the findings derived from a large group of hospitalized male air force personnel to members of the general population who were experiencing persistent idiopathic back pain.

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Tension Myositis Syndrome Conquer Back Pain

What is Tension Myositis Syndrome? Dr. John Sarno defined tension myositis syndrome (TMS) in the 1970s as a psychosomatic musculoskeletal neurological disorder that produces chronic pain due to muscle tension brought about by repressed emotional or psychological stress. Sarno, an attending physician at the Rusk Institute of Rehabilitation Medicine and a professor of clinical rehabilitation

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Tension myoneural syndrome physiatrist Ira Rashbaum MD

Dr. Rashbaum is a leader in the field of mind-body pain disorders who studied and worked for over 20 years with Dr. John E. Sarno who pioneered the unique approach to diagnose and treat Tension Myoneural Syndrome

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