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Dr. Sarno, a pioneer in the practice of Mindbody medicine and best-selling author of three books on the subject, has successfully treated thousands of patients with persistent and often seemingly incurable pain.

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John E Sarno Wikipedia

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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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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America's Best Doctor and His Miracle Cures Dr John E Sarno

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Back Pain Is a Primary Reason Why the US Has so Many Prescription Drug Addicts. Unfortunately, many people simply end up taking painkillers and retiring to bed instead of increasing their activity once back pain starts.

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