



Book Review

Healing Through Chronic Pain

BY MARY RUTH VELICKI

Mary Ruth Velicki chronicles her descent from being a healthy and busy 45 year-old into a place where interstitial cystitis completely consumed her life. She takes the reader on a journey through the maze of chronic pelvic pain and the impact it had on her life and the lives of those around her. The isolation, frustration and anxiety she felt is something that most IC/PBS sufferers will be able to relate well to.

As a physiotherapist herself, Velicki was able to tap into the skills she had

gathered and tried a plethora of treatments from both Western and Eastern medicine to heal from the disease. She was prescribed Cymbalta which she feels was to some extent beneficial and also had instillations such as DMSO and Heparin. Velicki had physiotherapy to loosen the pelvic floor muscles and injections into the muscles themselves to break the cycle of pain and spasm. Alongside the medical treatments she tried, she derived real benefit from complementary treatments such as yoga, Reiki and acupuncture.

The focus of this book is the considerable work Velicki put in to exploring her inner-self via counselling and work with a Life Coach. This helped her to understand that her pain and discomfort were more than just a breakdown of her body and helped her make a body-mind-spirit connection. This connection was instrumental in her recovery and in fact, enriched her life quite considerably.

I found this book very thought provoking and it is a worth-while read for anyone affected by chronic pain.

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Book Reviewed by Susannah Fraser



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