

## **New Florida Hospital Book Cures Local Woman Suffering From Chronic Pain**

*The woman found relief after reading “Pain Free for Life” by Dr. Scott Brady*

**WHAT:** Forty-year-old Anna Kircher teaches her three young children at home and enjoys an active outdoor lifestyle with her family – they jet-ski on the lake in their backyard and swim in their pool regularly. When Kircher suffered from a back injury, all of that changed. Confined to her bed, Kircher wondered how she was going to be a mom and teacher to her children and how she would continue to participate in the family’s outdoor activities. She tried chiropractor visits and pain medicines but found no relief. That was when she read ***Pain Free for Life* by Dr. Scott Brady, senior medical director of Florida Hospital’s 16 Centra Care urgent clinics and founder of the Brady Institute for Health at Florida Hospital Celebration Health.** It only took three days for Kircher to become 80 percent pain-free, and after only three weeks, Kircher was PAIN FREE and back to her regular activities, including jet-skiing!

**HOW:** The basis for ***Pain Free for Life*** is a new medical condition discovered by Dr. Brady called Autonomic Overload Syndrome (AOS). AOS is responsible for a physiological process that results in chronic pain and related ailments such as lower and upper back pain, sciatic nerve pain, fibromyalgia, migraine and tension headaches, and irritable bowel syndrome. The book explains what AOS is and how to treat it – **providing readers with immediate and practical steps that can give them a life without pain.** The treatment includes understanding what is really causing pain, realizing pain-prone personality types, and equipping readers with tools for bringing pain to the surface and ultimately releasing it.

**BACKGROUND:** Chronic pain is an epidemic. More than 50 million Americans suffer from it, and it is the leading cause of disability. Nearly one-third of Americans will experience chronic pain at some point in their life. And with 77 million baby boomers nearing retirement and living longer than ever before, pain management is one of the fastest growing fields in medicine. ***Pain Free for Life*** is the second book published by Florida Hospital. The first, ***SuperSized Kids***, released in August 2005, reached number 37 on the Amazon Best Seller List.

**PLEASE NOTE: Video with interviews and B-roll including:**

- Interview with patient Anna Kircher
- Interview with Dr. Scott Brady
- B-roll of Dr. Brady
- B-roll of patient journaling in her home
- B-roll of the book, *Pain Free for Life*

***\*\*Dr. Brady will give a pain seminar and sign books at Forest Lake Seventh-day Adventist Church TONIGHT at 7 p.m.\*\****

**CONTACT:** For more information, to schedule an interview, or to request a tape, contact Florida Hospital Media Relations at 407/303-8217.