



## The Body Book: A Visual Log for Chronic Pain

By Sim Bamford

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A visual log book for chronic pain. Keep a simple visual log of your condition, twice daily for up to 3 months. If you are suffering from chronic pain, there are two reasons to keep a log of what you are feeling: 1) By focusing on how your pain develops, you may notice patterns. This can help you to manage your condition. 2) When you meet your doctor they want a general picture of your condition, but your description can be skewed by how you are feeling at the time. If you keep a log, you'll be able to give them a clearer picture of your condition. A visual log is quicker and easier to use than a written one. When you get up in the morning, and before going to bed at night, Use the pictures to circle the parts of your body where there is pain. Then, inside each circle, put a number from 1 to 9 to describe your pain, where 1 is very slight and 9 is extreme. You can make a note...

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