

Praise For Performance Without Pain

Jordan S. Rubin, NMD

New York Times Bestselling author of *The Maker's Diet*, *Patient Heal Thyself* and *Restoring Your Digestive Health*, Founder of Garden of Life Company

Performance without Pain is a must read for musicians, athletes, dancers, and anyone who wants good health and long life. Kathyne Pirtle's personal journey from a near career-ending injury to vibrant health will inspire you to take responsibility for your health.

Barbara Haffner

Assistant Principal Cellist, Lyric Opera of Chicago

I have read Ms. Pirtle's book, *Performance without Pain*, with shock and disbelief at the ill-considered judgments of the food industry and our government's decisions concerning it. The history of milk set forth in Chapter 5 is *jaw-dropping!* Frankly, it's a wonder any American is well today! The book is a must-read if you care at all about your family's health and is, without doubt, one of the most important books I have ever read.

Daniel Duell

Artistic Director, Ballet Chicago
Former Principal Dancer, New York City Ballet

As a professional ballet dancer, teacher, choreographer, and serious flutist all my life, Ms. Pirtle's story resonates deeply with me. Like Ms. Pirtle, during the course of my career I have sought remedies for injuries and ailments; some of those remedies have been highly successful, while others have left much to be desired. In my opinion, Ms. Pirtle's extensive research and her resultant discoveries open up a whole new world of hope for healing and health for performing artists. I am grateful for the magnificent and caring effort she has put into sharing her knowledge, including her practical, easy-to-follow instructions for applying it. Ms. Pirtle's book is important for anyone seeking complete health as well as for anyone seeking optimal performance capacity.

Nicholas F Quarrier MHS PT OCS

Clinical Associate Professor of Physical Therapy
Ithaca College, Ithaca, NY
Director of *The Healthy Musician: Care and Prevention of Music-Related Injuries*
Summer Workshop

Ms. Pirtle, Ms. Fallon and Dr. Turner have written an informative and extremely important text for all performing artists that is especially relevant today, when performers are seeking more and more medical attention for performance-related injuries. Many performance-related injuries are very difficult to diagnose and the nutritional aspect to injury provides a valuable piece of this highly complicated

puzzle. I have spent much of my professional career examining and treating individuals with performing arts-related injuries and have recently realized the huge importance nutrition plays in the healing and health of the musculoskeletal system. Many of the musicians I see have food allergies and many poor nutrition habits—fast foods, unbalanced, etc. Many have chronic pain conditions, often diagnosed as fibromyalgia-type of pain. This text may very likely provide the help that many of these individuals need for full recovery and continuation of long uninterrupted musical/dance careers.

Thomas Cowan, MD

Author of the *Fourfold Path to Healing*

When I started to get into the world of nutritional medicine and the work of Dr. Weston Price, DDS some 20 years ago, I had no idea where it would lead. Now as the work has grown, particularly with the publication of *Nourishing Traditions* by Sally Fallon, the horizons seem to be rapidly expanding. This work by Kathy Pirtle, Sally Fallon and Dr. Turner expands greatly the use of traditional diets in the treatment of people that I had previously not considered. I, of course, knew the benefits of this approach for many people and types of maladies, but I had never considered the special situation of musicians, dancers and athletes and their musculo-skeletal issues.

This well written and interesting book expands the uses of traditional diets and is a welcome addition to the growing literature on the uses of this approach.

Carsten Vagn-Hansen

"Carsten Health Consult," Vejle Denmark

Most disease and health problems start with the wrong food, bad quality of food, bad digestion and trouble with a leaky gut, leading to inflammation and pain. Kathy Pirtle presents this on a background of her own experience in an easily understandable way of the basic facts. This will free the reader from symptom treatment with potentially dangerous drugs and lead the way to remove the causes of pain and inflammation.

Florentina Ramniceanu

Concertmaster, Chicago Opera Theatre; Violinist, Orion Ensemble

As a close colleague and friend for many years, I have witnessed Kathy Pirtle's transformation—an incredible journey from years of living and performing with pain to vibrant health and career success. The story of a brilliant clarinetist—this book is a wonderful life lesson of nutrition—full of practical guidance paired with the most advanced nutritional research based on accurate historical data about the diets of healthy populations worldwide.

This book is a step beyond anything you have ever read. You will learn the precise principles of optimal nutrition in an easy to follow system to help you achieve *your* perfect balance for top performance.

A very fun, easy and most interesting read! A *must* for performers and anyone who desires to achieve a higher level of health.

Catriona White

University Dance Professor, Former Ballet Dancer

I know this approach to eating works, as it has, over the past five years, changed my life dramatically for the better. You can do yourself a wonderful favor by reading this book, and trying it!

Ron deVries

Former NBA basketball player

One person through personal experience, another through professional study—put them together and a stark picture of nutritional marketing emerges. Kathy Pirtle, John Turner and Sally Fallon have written an insightful book revealing some of the myths propagated by the food industry while revealing to readers a roadmap for better health and pain-free living. Having competed in the NBA and suffering many of the symptoms Kathy, John and Sally discuss, I find myself appreciative of their work and wanting to share their findings with others. Reading the book and the subsequent change in diet has resulted in my life being more productive, less stressful, and most importantly—pain-free. I encourage you to see for yourself.

Konstantin Monastyrky

Author of *Fiber Menace*

Performance without Pain is a remarkable book about surviving prevailing medical “wisdoms,” dogmas and devastating ailments not caused by bad genes, but by foods which are, amazingly, considered “wholesome” and “healthy.” If you are a concerned parent, promising professional, aspiring artist, successful executive or simply a health-conscious and responsible individual, you must read this book to assure yourself and your children a productive and disease-free future.

Gail Williams

Horn Soloist

Professor of Music, Northwestern University

Former Associate Principal Horn, Chicago Symphony Orchestra

This book is a must read from a Mom’s point of view to that of a professor. Through research from personal health problems, Kathy Pirtle has written a very important and revealing book. The chapter on milk and grass-fed animals just made me smile, since I grew up on raw milk. Being a healthy child with no digestive problems to an adult with colitis, I certainly will be researching changes in my diet.

From the perspective of a professor, this book also offers new insight into treatment approaches of embouchure strength and stability problems in brass and woodwind players.

Anonymous

Professional Classical Violinist and Health Advocate, San Francisco, CA

Around three years ago, I received an HIV+ diagnosis. Just prior to my startling and terrifying experience of receiving this diagnosis, I had received educations in Western anatomy, physiology, and pathology as part of my training to become a massage therapist. During that time, I had become intimately familiar with the problems confronting athletes, musicians, dancers, and others who are highly prone to having repetitive stress injuries and chronic conditions such as carpal tunnel, tendonitis, functional scoliosis, torticollis, gastro-esophageal acid reflux disease or GERD, tennis elbow, etc. As a professional violinist, this background gave me a special insight into my own functional scoliosis produced by nearly life-long violin playing, and how to remedy these conditions *to some extent*.

When I received what I thought at the time was my life-threatening “HIV” diagnosis, what at first seemed unrelated to my violin-related problems, which was my quest for truly optimal diet and supplements, led me eventually to the conclusions about human nutrition reached by Dr. Weston A. Price and the Weston A. Price Foundation. I personally have *zero* doubt that if I had not implemented these specific findings in my kitchen and in my life that I may either not be alive today, or may have unwisely succumbed to taking what are well-known to be highly chemotoxic and potentially fatal AIDS medications. Furthermore, there is a growing movement of HIV+’s here in the Bay Area who share my views on Weston Price and have had similar survival experiences with these findings.

What I also learned when I implemented this new diet, however, was not only how to live with an HIV diagnosis free of pharmaceuticals and free of opportunistic infections, but that many of the chronic conditions I had experienced for so long as a result of violin playing had underlying roots in the poor nutrition I was receiving prior for most of my life.

Ms. Pirtle’s book is sure to serve as a profound turning point for artists and others who live a life as performers, and therefore for the whole world. It delivers the plain and simple truths on the nutritional roots of the extremely common conditions which we are faced with as performers, and it delivers an easy-to-follow roadmap showing how to make it back to the state of perfect, optimal health which is so extremely crucial to our way of life as performers. The information she presents, which is well grounded in the Weston Price body of knowledge on nutrition, which literally saved my life and is certain to massively improve yours.

David Taylor

Assistant Concertmaster, Chicago Symphony Orchestra

Who would ever believe that musicians, i.e. classical musicians would confront real and at times severe occupational hazards from playing their instruments? But, alas, it is often so. I have personally experienced these myself and have seen careers often end prematurely because their bodies just could no longer cope with the pain or discomfort that can follow a serious and relentless pursuit of musical perfection. This book will educate us all and give guidelines that may help others to avoid the pitfalls that Kathy and no doubt others have fallen into. Even if one does not choose to apply this wisdom to their own particular situation it will prove to be profitable food for thought and open a whole world of priorities that might not otherwise have been presented.

Charlene Zimmerman

Principal Clarinet, Lyric Opera of Chicago and Grant Park Symphony

“...if you’re dealing with chronic injury or pain, this is a ‘MUST READ’ for you!”

Baird Dodge

Principal Second Violin, Chicago Symphony Orchestra

"Performance Without Pain" holds a wealth of ideas on how to heal chronic pain and inflammation through dietary changes. This may prove an invaluable resource to musicians who battle chronic injury and have never even considered the possible impact of nutrition.