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Danesh Mazloomdoost, MD is a Johns Hopkins & MD Anderson trained anesthesiologist, pain, and regenerative specialist. As an international speaker, author, and advocate for reform in pain management, Dr. Danesh consults with private and governmental organizations to develop protocols for pain that minimize opioid dependency, improve patient satisfaction and health outcomes. His new book, *Fifty Shades of Pain: How to Cheat on your Surgeon with a Drugfree Affair* has become an Amazon international best-seller in ten categories. He is now the Medical Director of Wellward Regenerative Medicine in Lexington Kentucky, the flagship for a new and sustainable approach to managing pain while avoiding drugs or surgery.