Living Beyond Pain

Health & Pain Management Clinic

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“We cannot solve our problems with the same thinking we used when we created them”

Albert Einstein

Welcome to Finding Magic Within – Living beyond Pain!

What would your life be like if you if you could tap into your own wise intuition and let it guide you and inspire you to find your magic within? I hope that this guide will give you tips on how you can have the life that you want; pain free, fit and healthy, with a strong sense of personal power.

“Natural forces within us are the true healers of disease”

Hippocrates (father of medicine)

Pain is unpleasant for most people whether it is acute or chronic, short or long term and it can interfere with our functioning and enjoyment of life.

Pain alerts us to the fact that something is not physiologically correct in our body. There may be something happening in the body that needs addressing, like structural damage or pinching of nerves in the back, or it could be a sign of infection or a medical condition.

It is the body’s way of alerting us, seeking attention, for us to take notice and find solutions.

I do not advocate taking pain killers or pain medication as I believe that this blocks the pain and compromises the body’s ability to heal itself. In the short term it is ok to take pain killers or medication but not for a long term solution. Pain medication is mostly about treating the symptom and not finding the cause of the problem.

Given half a chance the body will heal itself. Sometimes obstacles and difficulties prevent the body from self-healing and the body will need help to recover. This can take the form of a bandage, to physical substances like natural supplements or medicines, energy medicine, dietary or exercise regime, use of heat or cold, sound or light, and/or a change in attitudes or beliefs.

I believe that finding the cause of the problem is the key to long term health and happiness.

Now let’s get into some tips for bringing more magic into your life……………….
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Personal Responsibility

Taking personal responsibility leads to self-empowerment.

Health is a priceless asset and that we tend to only fully appreciate it when we lose it. How many people really take care of their health? Are you willing to take full responsibility for your health? Accepting responsibility is part of being healthy and if you are willing to work with your healthcare coach you will find that you will make better recovery.

People can be quick to blame events, other people and genes for their problems while indulging in self-defeating behaviour. This behaviour makes illness and pain more likely.

If you are unhealthy you have probably contributed to the situation. We can allow or prevent our own healing. Sometimes we are not aware of what we are doing to ourselves. Old beliefs and old words, the way we live and the words and feelings we like to embrace can either allow or prevent us from healing. Self-empowerment is about becoming conscious of this fact, and becoming aware of what we think, say and do in every moment and how it impacts on us, I call this “mindfulness”.

We can communicate with our pain, as it might convey a message about activities, thoughts or emotions that are present at that time. Often once you have communicated with the pain and understood the meaning of the message behind it, pain will reduce. If ignored or you do not take action the pain still needs to convey its message, so it might increase its intensity in order to communicate its message. An example of this – “a person might awaken in the morning with no pain. However, as he begins to think about getting out of bed, the pain begins. After examining his thought, he might notice that the pain increases when he remembers that his is ill and does not feel like “his old self”. During the day he might experience low-density pain until the phone rings, at which time there is a sudden dramatic increase. (Adapted from Simonton et al 1978, 1992). This example could indicate that the person has a negative expectations regarding the day and particularly around the meaning of the phone ringing.

There can be secondary gains from pain, as every situation has a positive and a negative side. A secondary gain may be that “if I experience pain, there could be associated benefits, like I will get the attention of my husband or children, or it is keeping me from doing something else with my life”. So it is important to investigate this area as well and sometimes this can be something that we do not like to admit to or even consider.

We can choose

- What we think about
- Where we allow our imagination to run
- To live healthy or not
- What we say and do in response to what happens around us

It can be a challenge to stay positive all the time, especially when you are unwell or in pain.
Some thoughts on accepting personal responsibility

- Know that everything you do has a consequence.
- Stop assigning blame when something bad occurs.
- Forgive yourself and others in your life
- Don’t make excuses
- Watch those negative thoughts
- Don’t be a victim
- Admit that you might not be right
- Listen and learn from your “inner” teacher

“Mindfulness is paying attention on purpose non-judgmentally in the present moment as if your life depended on it”. Jon Kabat-Zinn

Reduce Stress from your life

Stress is a part of life and cannot be eliminated completely. Short term stress is normal, which can occur in situations when you are preparing for a job interview or a presentation, or you are caught in traffic making you late for an appointment.

Prolonged stress and anxiety can be detrimental to mental and physical health and can increase the body’s sensitivity to pain. By finding ways to reduce your stress, you may find some relief from chronic pain.

As well as affecting health, stress also impacts on relationships, productivity, moods and quality of life.

Stress may contribute to or exacerbate pain of any sort, including backaches, headaches, abdominal pain, muscle pain, joint aches, postoperative pain and chronic pain. As well as many health conditions, like obesity, heart disease, digestive issues and sleep problems. Negative feelings like depression, anxiety and anger can also increase stress levels in the body.

If chronic stress is an issue for you it is important to look at what is going on in your life that perhaps is contributing to your long term stress levels.

Benefits of reducing stress

- Aches and pain decrease
- Energy increases so that you can do more
- Your overall outlook improves, less focus on pain
- More restful sleep at night

Your body can create chemical messengers, known as endorphins that help manage pain naturally. It is believed that there is some endorphin secretion into the body at all times, but in times of stress these levels fall, causing aches and pains to increase. Raising endorphin levels can be as simple as listening to music or doing something as pleasurable as laughing.
Ways to manage stress

- Practice relaxation – techniques like yoga, mindful meditation or listening to soothing music can help reduce stress levels
- Eat healthy food and well balanced meals. Avoid over-eating, processed, salty or sugary foods
- Calm your mind – excessive worry never helps a stressful situation. Accept the things you cannot change and try not to dwell on the past
- Enjoy nature – make time for the outdoors, a walk in the fresh air surrounded by beautiful nature can do wonders for your stress
- Quality time – spend time with those you love. Feelings of guilt can be overwhelming when you know you are not getting enough time with your children or significant other. Make it a priority.
- Get enough sleep – it can be tough to get enough sleep when you have a busy schedule, but you should ensure you get at least 6-8 hours each night to keep your stress levels at bay.
- Review your current lifestyle and relationships. If you consider this to be contributing to your stress levels take action to change this. Seek out professional advice if necessary.

Try this exercise to relax your mind and re-energise yourself

1. Focus on your chest or heart area and breathe through this area. Take slow deep breaths, inhaling for 5 seconds and exhale for 8 seconds or whatever is comfortable.
2. Now recall a time when you felt appreciated or when you felt an appreciation for someone or something else.

Practice these two steps together for a minute or so and see how you feel.

You can use this simple exercise, when you start to feel stressed or you feel a stressful emotion coming on.

Use Bio-energetic Healthcare practices

Bio-energetic healthcare provides pro-active and highly effective solutions for acute and chronic pain management issues. The beauty of this therapy is that it works holistically and naturally to support your whole health system.

There are many different forms of bio-energetic therapies and treatments available today. Some of the these therapies I use at Beyond Health include: NESHealth including NESProvision and miHealth, SCENAR therapy, Reconnection Healing a form of hands on healing, Emotional Freedom Techniques and Meta-Health principles.

Some of the key to understanding bio-energetic healthcare

- The universe is all about energy. No matter whether you call the energy chi, prana, electrons, or some other name, the universe is about the interactions of energy.
- A key to understanding Energetic Medicine is to understand that each cell is designed to run at a specific energy and a specific frequency. Generally speaking, disease is caused when cells have too little energy and are running at too low a frequency.
- Chronic illness is almost always characterized by low energy and a decrease in the frequency of the affected organ. Restoration of health must involve correcting both the energy and the frequency of each cell and providing the nutrition necessary to make good new cells.
• Correcting energy fields within the body is often overlooked. One must consume all the nutrients to make a new cell to be healthy but this may result in a temporary improvement in health. So correcting the energy fields is as important as improving the nutrition.

Some of the benefits of bio-energetic healthcare

• Working holistically and naturally the support your whole health system
• Does not rely on symptom based strategies
• Improves health and wellbeing without the use of pharmaceutical drugs
• Improves the body’s ability to absorb vital nutrients from food, so that it can function at optimal levels, which leads to more vitality, more energy, better moods, better sleep and improved sense of wellbeing.
• Reduces and/or manages stress and pain levels.
• Better feelings or states of wellbeing which leads to better relationships with husband or partner, children, siblings and work colleagues.
• Without body pain and discomforts you feel more alive, active, vital and have better coping mechanisms
• Less physical limitations, with increased body movement which leads to improved sense of wellbeing, more vitality, more energy, better sleeping patterns, less grumpy, relationships are improved.
• You can begin to do some of the things that perhaps you haven’t done for a long time, enjoying a relaxing walk, exercising, gardening, picking up your children and so on.

“The part can never be well unless the whole is well.”

To find out more about these therapies and treatment methods you can go to our website www.beyondhealth.co.nz

Nutrition - Eat healthy food

Nutrition is a crucial factor in health and wellbeing, and one of the most important areas for maintaining health and preventing disease. It is the provider of the very life force that energises and sustains us.

The foods we eat and liquids we consume impact on our emotional and mental states.

Nutrition is important for both preventative and restorative medicine.

Hippocrates said “the wise man should consider that health is the greatest human blessing. Let your food by your medicine and your medicine be your food”

Listen to your body. It is important to understand your body, as your body knows what is good for it and what is not. It recognises healthy sources of nutrition and knows what is not. The body will embrace the former, and the latter it will eliminate, sometimes drastically.

I recommend choosing food that contains beneficial macro and micro nutrients and enzymes. Fruit and vegetables are a good source of these.
Some other ideas on choosing a healthy diet

- Choose “living foods” (fresh, raw fruit and vegetables, juices etc.) rather than “dead foods” (almost everything else) as much as possible. Gradually increase your proportion of living foods.
- Choose organic foods wherever possible, preferably grown locally and freshly harvested. You may grow your own of course. Meat should be raised naturally, grazing in open air to avoid the phenomenon of “angry meat” which comes from stressed/unhappy animals.
- Drink plenty of fluids especially water. I recommend drinking ionized alkaline water if you can. This water has been known to improve your body’s health and vitality by reducing aches and pain and relieving arthritis, helping the body to find its optimum body weight, increasing your energy levels, relieving asthma and much more.
- Organic herbal teas and vegetable and fruit juicing is also very valuable.
- Sprouting, e.g. mung beans multiplies the nutritional value several fold and is especially good for vegetarians.
- Make the largest component of your diet fresh vegetables with fruit, proteins and carbohydrates in relatively equal proportions.
- Choose fruit and vegetables of different colours, recommended five to nine servings per day with one serving of each of colour groups – red, yellow green, red-purple, orange, orange-yellow, green, white-green.
- Avoid chemically preserved foods and foods with artificial additives (colourings, emulsifiers, sweeteners etc.) as much as possible.
- Reducing saturated fatty acids should be a priority. Replace them with Omega 3, 6, and 9 alternatives such as avocados, nut butter and seed oils.
- Read the labels – look for products that have few ingredients and if there is an ingredient that you cannot recognise or pronounce put the product down. Beware of marketing claims on the front of food packages, terms like “low fat” can sound good but it still may contain toxic additives.
- Maximise your anti-oxidant intake as these are used by the body to stop damage to the cells by free radicals. Deep green vegetables, broccoli, red grapes, tomatoes, whole grains, all kinds of berries especially blueberries, green tea, seeds and sweet potatoes all contain high levels of anti-oxidants.
- Omnivores should choose the lighter sources of protein like fish, lean lamb and chicken. Most of us eat more protein than we need.
- Vegetarians should make sure they get sufficient high protein by including beans, lentils, quinoa and other sources in their diet.

Check for food intolerances

Food intolerances are often a contributing factor for chronic pain and health issues and sometimes investigating and treating this can have a dramatic improvement on people’s conditions.

Examples of food intolerance reactions include:

- Intermittent migraine
• Irritable bowel symptoms
• Joint pains
• Severe fatigue

There are four food ingredients in particular that are responsible for over 90% of unidentified food intolerances.

• Wheat and/or gluten (found in breads, flour, cakes, batter, pasta, sauces, puddings)
• Dairy products (found in milk, cream, cheese, yoghurt, butter and anything containing these)
• Yeast (found in alcoholic drinks, stock cubes and other savoury flavourings, gravy mix, bread and pizza)
• Eggs (found in egg dishes, egg pasta, many brands of ice cream, desserts, batter, pancakes etc.)

Doctors who specialise in nutritional medicine believe that one third of the western population with common ailments such as eczema, asthma and migraine suffer from undiagnosed food intolerances symptoms and can discard their prescription painkillers, cortisone and other palliative drugs when these intolerances are investigated and treated.

**Detoxification of the body**

Detoxing of the body systems plays an important part in pain management. The body needs to excrete harmful wastes and toxins as quickly as possible to prevent them interfering with its functioning. As we live in a chemical age many of us are suffering from the effects of poor dietary and lifestyle choices which contribute to the proliferation of chronic illness and pain.

In much the same way you need a holiday from work, your body needs a break from time to time, especially when you are in pain, feeling tired, sick, heavy or just plain run down.

There are some wonderful ways of detoxing the body. The kidneys can be cleaned with teas and herbal combinations. Pain in the knees, ankles and toes may indicate that the kidneys need to be cleansed. The liver and gallbladder rule the right side of the body, so if there is right-sided pain consider doing some liver and gall bladder cleanses or flushing. These are easy to do and painless if you follow the instructions. Pain in hips, knees, ankles and shoulders may be reduced or eradicated altogether if the passageways of the liver are cleaned out. Even some headaches that come up the back of the neck into the head may be alleviated by liver flushing. Sugar leeches calcium and minerals affecting the pancreas and the immune system which rules the left side of the body. Pain on the left side of the body could be an indication that the pancreas is stressed.

The lymph system is responsible for cleaning the blood, so it is important to clean the lymph glands using various herbal combination and tea.

Some questions you can ask yourself, to see whether you are in need of a detox:

• Do you feel bloated, constipated or congested?
• Have you gained unwanted weight even though you have not been eating more food?
• Do you feel tired and low in energy? This is a sign of an acidic body
• Has your digestion worsened? (This is a sign that your body is not absorbing nutrients well)
• Is your hair and skin looking unhealthy?
• Do you frequently get mouth sores, yeast infections, urinary tract infections and unusual allergies?
• Do you feel like you need to clear the cobwebs out of your brain?

If you have ticked yes to three or more of the above a detox might be just what your body needs to regain balance.

**Exercise**

You might be saying, what I can’t exercise with all this pain and skip exercise altogether. I encourage you to do something, as exercise can often help reduce pain and improve your quality of life. Of course this doesn’t mean that it’s easy. The good news is that you don’t have to run a marathon or spend hours at the gym to get enough daily exercise.

Listen to your body and set realistic goals, start gently and drink plenty of water. Consult a professional trainer or therapist for advice.

Here are suggestions for types of exercise that can help get you moving.

- **Walking**

  This is a low impact activity if you have the physical capabilities. You can walk almost anywhere, some suggestions: at the beach, in the forest, at the mall or along the local walking track. Grab a partner as well this can help with motivation. Walking has appeal, it is easy, you can do it during all four seasons more or less and there are very few conditions when walking is not possible. You could start your own walking group for people with similar conditions to yourself.

- **Swimming**

  Swimming is said to be good for people with osteoarthritis, musculoskeletal issues or any joint disease as it defies gravity, so there are not any unpleasant and potentially damaging jolts to the joints. Impact from other kinds of exercise may exacerbate an underlying problem.

- **Yoga**

  The breathing component of yoga might be helpful to ease chronic pain, although certain poses may not be recommended. If you do decide on yoga, discuss your issues with your Yoga instructor, and only do what you can comfortably within your range of movement and don’t push yourself unless you are in good physical condition.

- **Tai Chi**

  This is a good exercise for the young and old alike. Originating in China and like yoga cultivates mindfulness. A New England Journal of Medicine study found that twice-weekly sessions of tai chi reduced pain, stiffness, and fatigue in fibromyalgia patients. Tai chi also helps to build strength, endurance and balance.
• **Pilates**

The Pilates Method integrates breathing, flexibility, strength, precision, control and body awareness through specifically designed, low impact, controlled movements, engaging both the body and the mind. There are many benefits, some of these being: increasing strength in all muscle groups, improving flexibility and posture, rehabilitation of lower back and neck problems, improving stability and balance, reducing stress and the overall reshaping of the body.

• **Simple Stretching**

There are lots of different stretching programs to choose from. Almost everyone will benefit from stretching exercises. Find an exercise program that is suitable for you, you can start slowly, work at your own pace and do these exercises in your own home.

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**Heavy Metals Toxicity**

Heavy metal toxicity, this includes amalgam fillings, could be a reason for body pain. Leeching of heavy metals can accumulate within the body’s fat cells, central nervous system, bones, brain, glands and/or hair and can produce negative side effects and can cause anything from headaches, muscle and joint pain, painful joints, numbness, tingling and muscular weakness.

Symptoms of heavy metal poisoning can vary greatly, depending on the type of metal toxicity, the age of the affected person, the length of exposure and the presence or absence of protective minerals and other nutrients.

Vaccinations and common dental amalgam fillings are two primary causes of heavy metal poisoning as mercury is contained in many vaccines as well as silver amalgams. Some antacids and over the counter drugs and douches contain aluminium.

Heavy metal poisoning has become a serious health problem and should not be ignored. If you are concerned whether you are affected by this problem consult a suitably qualified health care professional with experience in screening for these poisons and then work using an effective process to detoxify your body of heavy metals.

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**Learn to meditate**

Deep breathing and meditation techniques can help the body to relax which eases pain. Tension and tightness seep from muscles as they receive a quiet message to relax. New research indicates that meditation works on our brains to help us focus more and possibly relieve chronic pain. These findings suggest that those who suffer from chronic pain – including stress – may benefit from meditation because of an increased ability to turn down the volume on pain signals. If you have chronic pain or stress, mindfulness-based stress reduction or mediation, focusing on the breath, repeating a word or phrase, a mantra, may help you ease your pain. While you can learn to meditate on your own, it helps to take a class.
A simple meditation

The key to this exercise is deep breathing. Take deep breathes into your abdomen, getting as much air as possible in your lungs. When you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath and anxious you will feel.

- Sit comfortably with your back straight, or lie down, close your eyes, take a few deep breaths.
- As you exhale, imagine you are letting go of everything that you don’t want or need. Easily without effort, let any frustration, tiredness, or worries melt away.
- Imagine that your old aches and pain, your old patterns, and all obstacles are dissolved and leaving your body with each breath.
- After doing this for a few minutes, begin to imagine that every time you inhale you are breathing new life energy into your life force, filling you with a new aliveness, vitality and energy.
- When you feel this meditation is complete gently open your eyes and come back into the room and see if you can retain that sense of newness in yourself.

Tips for fitting meditation into your life

- If possible, schedule a set time to practice each day. Set aside one or two periods each day. You may find that it’s easier to stick with your practice if you do it first thing in the morning, before other tasks and responsibilities get in the way.
- Practice relaxation techniques while you’re doing other things. Meditate while commuting to work on a bus or train, or waiting for a dentist appointment. Try deep breathing while you’re doing housework or mowing the lawn. Mindfulness walking can be done while exercising your dog, walking to your car, or climbing the stairs at work instead of using the elevator. Once you’ve learned techniques, you can practice them in your office or in the park at lunchtime.
- Avoid practicing when you’re sleepy. These techniques can relax you so much that they can make you very sleepy, especially if it’s close to bedtime. You will get the most benefit if you practice when you’re fully awake and alert. Do not practice after eating a heavy meal or while using drugs, tobacco, or alcohol.
- Expect ups and downs. Don’t be discouraged if you skip a few days or even a few weeks. It happens. Just get started again and slowly build up to your old momentum.

Learn EFT (Emotional Freedom Techniques)

Tap your pain away with emotional freedom technique (EFT for short) with this useful self-help tool. EFT is a psychological acupressure technique that I routinely use in my clinic and highly recommend it to optimise your health. It’s similar to acupuncture but instead of needles you use your fingertips. It seems that this tapping system balances your energy system and helps to relieve stress and as we know unresolved stressors and emotions can often manifest as pain in the body.

It is very easy to learn and will help you not only reduce or eliminate pain, but remove negative emotions, reduce food cravings and implement positive goals.
I have used this technique personally and found this to be very effective for all sorts of issues not just for pain relief and I also use it in my clinic when working with my client.

“Change and pain are part of life, but suffering is optional”

Anonymous

Practice Forgiveness

Practicing forgiveness can carry significant health benefits, from both a mental and physical health perspective. It is an essential ingredient to healthy relationships and is a simple skill that anyone can learn, although it takes practice and commitment.

There are three essential ingredients to forgiveness; forgiving oneself, forgiving others and being forgiven.

In our clinic we use a form of EFT for practicing forgiveness.

As Oscar Wilde said – “always forgive your enemies, nothing annoys them so much”

One of my favourite recommendations for the learning about the practice of forgiveness can be found in Colin Tipping book “Radical Forgiveness”.

Use natural pain remedies

Fortunately you have natural pain remedies available to you, from anti-inflammatory plants and herbs, to creams, to homeopathic option and to supplements that can be the cornerstone of good pain management.

Always tell your healthcare professional what natural health supplements and medicines you are taking.

Here is a list of some chronic pain supplements that experts thought were most important

- Anti-inflammatory plants and herbs, such as turmeric, green tea, ginger, rosemary, cat’s claw, devils claw and willow-bark are natural alternatives to anti-inflammatory medicines. Chronic inflammation can contributes to many painful conditions including osteoarthritis and back pain. The side effects of these natural anti-inflammatories tend to be less severe than traditional medicines. It is recommended that if you are on blood-thinning drugs to check with your doctor first before using these alternative supplements.

- Fish oil – there is strong evidence that fish oil helps with many conditions, ranging from headaches, back pain, some nerve pain, autoimmune conditions like rheumatoid arthritis, cardiovascular problems, depression and to asthma. Fish oil can ease the inflammation and pain caused by many chronic conditions and I recommend it for anyone suffering from chronic pain. You can combine fish oil and turmeric or ginger to boost the painkilling effects.
• Vitamin D – a number of studies have linked low levels of vitamin D with increased levels of chronic pain.
• Capsaicin which comes from chilli peppers may soothe pain when applied to the skin and is useful for all sorts of pain. Studies have found it can relieve pain from rheumatoid arthritis, osteoarthritis and offer relief for back pain, fibromyalgia pain and headaches.
• Magnesium – some studies have found that magnesium supplements can help with pain caused by conditions like migraines, muscle spasms, and fibromyalgia. Regularly drinking alcohol depletes your magnesium levels.
• Bromelain - an enzyme that comes from the pineapple plant appears to reduce inflammation and pain and has found to be helpful in osteoarthritis and knee pain.
• Rub on Relief – this is one product that I particularly recommend as it is a fast acting, all natural, homeopathic and anti-inflammatory pain relief cream. It is a broad spectrum formula addressing many of the root causes of continuous pain and limited range of motion. It is unscented and non-greasy.

Electromagnetic Radiation (EMF)

On a daily basis we are exposed to electromagnetic radiation and it may be compromising your health. Electromagnetic radiation can cause tissue damage by releasing electrons in the cells, called ionization and this is detrimental to your body. Your body needs these electrons to function properly. The body considers these electromagnetic fields to be foreign and respond as if the incoming signal is an invader, like a virus.

EMF can rob your body of anti-oxidants which can promote free radical DNA damage in the cells, as well as causing changes in the calcium flow in the cells which then suppresses the immune system and keeps our bodies in stress mode, triggering runaway inflammation.

Possible damage over time can cause nausea, headaches, fatigue, dizziness, sleeplessness, skin rashes, sore eyes, vertigo, heart palpitations and digestive issues and so on.

Some sources of electromagnetic radiation; hair dryers, cell phones, power lines, transformers, clock radios, TV, fluorescent lights, wi fi routers, computers, electrical appliances, electronics of all kinds.

There are electromagnetic protection devices that you can use to enhance your environment. You can also add some simple super foods and seasonings into your diet to shield the body as well. Some of these are: blueberries, cinnamon, cranberries, cruciferous vegetables, cumin, garlic, grass feed beef, olive oil, red beans, rosemary, sea vegetables (seaweed) and turmeric.

Electromagnetic radiation is a whole discussion area in itself. You can perhaps start by taking an inventory of your home and office to get an idea of what your exposure is on a daily basis and make changes.

Reduce Alcohol intake

People have been known to use alcohol to reduce their pain. Alcohol has the ability to depress the central
nervous system, slowing down the brain and nervous system, delivering certain amount of pain relief. It also has muscle relaxant and sedating properties.

Unfortunately, there is the tendency for alcohol to be abused and the use of alcohol for pain relief can easily cause problems. Combined with the wrong medications, alcohol can have an additional lowering effect on the nervous system leading to disastrous consequences.

With prolonged and excess consumption the body begins to build up a tolerance to the effects of alcohol and is then increased to produce the same results. This then can cause severe health problems. Using alcohol may provide temporary pain relief, but is not addressing the underlying cause of the pain and may worsen the pain in the long run.

"Take care of your body. It's the only place you have to live" Jim Rohn, business coach and self-help author

**Don’t smoke**

Tobacco smoke contains numerous chemical many of which are highly toxic and is the leading cause of preventable deaths in New Zealand.

When it comes to pain, smoking has numerous negative effects on the body resulting in greater discomfort in chronic pain sufferers. Research has shown that smokers with fibromyalgia reported greater pain intensity than non-smokers with the same condition. Poor circulation commonly caused by tobacco use, can lead to chronic pain.

In general smoking inhibits the body’s ability to heal from injury or surgery.
Summary

To obtain optimal health, it is not just freedom from pain but is a feeling of vibrant health creating pleasure and bliss on a daily basis.

My recommendation as part of finding the magic within – living beyond pain is to have a holistic approach that includes good nutrition, exercise and personal development combined with therapies that address the energetic aspects of the body, such as hands on healing or bio-energetic therapies such as NESHealth and SCENAR therapy.

However, remember that changing the body takes time, so you need to be willing to stay with your practice or therapy over the long term to help your body release its tension and realign itself at the deepest levels.

A lot of people give up their therapy and exercising as soon as they begin to feel better. This can be a mistake, so don’t give up too soon. Sometimes the changes take time; be patient and be dedicated to returning to vital health and wellbeing.
Next Steps

I thank you for taking the time to read “finding magic within – living beyond pain”. My mission is to improve every aspect of your life and my vision is for people to be empowered to find their own magic within.

Spread the word – Please feel free to send this information to your friends and acquaintances. The more you spread the word, the bigger your support group will grow, and you will be able to share, encourage and inspire each other. The more support you can find for yourself the more energized you will become and vice versa.

What’s next – these tips on living without pain are just the beginning of a new life of hope, inspiration and change for you. There are a whole lot of choices, lifestyle options and knowledge that you can use to transform your life.

If you would like to incorporate some of the life changing tips into your life please call me on 09 414 4960. This is my passion and I would be delighted to assist you in your journey to living without pain enjoying a vital and vibrant life.

Stay connected – connect with us through face book and blogs to receive regular health and wellness updates, or you can explore our website www.beyondhealth.co.nz

Don’t take life too seriously – keep your sense of humour and enjoy your journey
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IBIH (Institute of Bio-energetic & Informational Healthcare)  www.ibih.com


Foodmatters You are what you eat  www.foodmatters.tv

The gold standard for EFT Gary Graig  www.emofree.com

Colin Tipping - Radical Forgiveness and Self-Radical Forgiveness  www.colintipping.com

Ann Louise Gittleman “Zapped” Why your cell phone shouldn’t be your alarm clock and 1268 ways to outsmart the hazards of electronic pollution  www.annlouise.com

Electromagnetic Radiation  www.blushield.co.nz