



Mind  
Body  
Medicine:  
What  
Does it  
Mean

Sheralee  
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Las Vegas  
2011

Myositis  
Assoc.

● **Healing** is Defined as the dynamic process of recovery, repair, restoration, renewal and transformation that increases resilience, coherence and wholeness. Healing is an emergent process of the person's whole system: physical, mental, social, spiritual and environmental. It is a unique personal and communal process and experience that may or may not involve curing.<sup>2</sup> Healing is facilitated through development of proper attitudes and intentions in both the care providers and the recipient's use of personal self-care practices, creating healing relationships, applying the knowledge of wellness practices, health maintenance, with the appropriate integration of complementary and conventional medicine practices.

- Jonds W.B, Chex RA. The role and importance of definitions and standard in healing research. *Alternative Therapy Health Medicine* Vol. 9. 2003; 9, A5-A7

# Mind body medicine defined

- Mind-body practices focus on the interactions between the brain, mind, body, and behavior, with the intent to use the mind to affect physical functioning and promote health. Many Complimentary and Alternative Medicine practices embody this concept—in different ways.
- New field of study Psychoneuroimmunology PNI studies the relationship between the mind, thoughts, feelings on our nervous system and in turn our immune system

# Psychoneuroimmunology

- **Psychoneuroimmunology (PNI)** is the study of the interaction between the psychological processes, the nervous and immune systems of the human body.<sup>[1]</sup> PNI takes an interdisciplinary approach, incorporating psychology, neuroscience, immunology, physiology, pharmacology, molecular biology, psychiatry, behavioral medicine, infectious diseases, endocrinology, and rheumatology.

# Why do we need mind body medicine

- Allopathic medicine is not working
- We are in the midst of chronic disease epidemic despite the quality of medicine that is practiced in the USA its been unable to stop the dangerously fast growth of auto immune diseases
- Something else needs to be done to prevent disease
- 50 years ago a policy decision was made to take the language psychosomatic out of medical books
- Dr. Sarno says this is a big mistake
- Today there are hundreds of universities in the USA offering degrees in psychosomatic medicine
- Yet our medical system still follows its protocols as if emotions have little to do with health

# Mind Body Medicine:

- We are a population that is out of balance
- Many Scholars/Researchers are saying we are in the throws of chronic, autoimmune and chronic pain epidemic, that is getting worse quickly
- Depression is the most common diagnosis, and piggy backs most autoimmune diseases
- Our reactions to stress are making us sick
- We are what we eat...we need to detox our food
- Processed foods, sugar, alcohol, T
- we are what we think, we need to detox the mind
- Computers, television, present challenges
- Medications and drugs offer no cure
- Overwork, conflict between work relationships and family

# Mind-body techniques

- Mind-body techniques can be helpful for many conditions because they encourage relaxation, activate the parasympathetic nervous system, improve coping skills, reduce tension and pain, and lessen the need for medication.
- They may or may not cure the disease, however life is greatly improved by daily mind-body practices



# There is a direct relationship between..

- Our emotions and our body
- Our body has a language of its own, feelings.
- Our breath mirrors our emotions
- Even though we may not have time for grief or not be able to express our anger our body still does
- Mind body medicine is about reflecting on what we have done with those emotions, how did we push them away, were they hidden behind addictions to cover and distract from the pain?
- Once conscious of how ignored emotions have negative physical side affects, we can take some time to properly process our habits the results and how to make choices that support health
- The body feels it all, emotions may not directly cause a disease but by weakening our energy then compounded, by other stressors that we cannot control, result is further stress and disease



# Why Practice Body Mind Medicine

- Mind body medicine is complementary to the care you get from your doctor, **not** instead of, and increases your ability to be healthy
- It improves the effectiveness of the work your doctor does for you
- Often less medication is needed, when holistic practices are used
- It focuses on wellness of the whole person, mind body and spirit while your doctor focuses on the pathology or disease.
- You may not be cured but you will feel better, and be happier
- You take responsibility for your health and feelings, not give this responsibility away
- Your doctor does not consider healing our emotional wounds and faulty belief systems and sometimes healing this is the missing step one needs to heal and feel better

# Tips using body mind medicine

- When the disease prevents or slows our movement, we need as many doable affordable helpful therapies, as daily practices which will
- Energize the body
- Maintain blood flow
- Nutrition delivered to the cell
- Wastes taken away from the cells and the body
- If we do not have daily frequency of replacements to motion, we will loose health and strength daily

# Types of Complimentary Mind-Body Medicine

- Acupuncture
- Accupressure
- Body work
- Reflexology
- Yoga, Ti Chi, Ai Chi, Nia
- Medical chi gong
- Specific types of breathing  
Buteyko method, Fire Breathing
- Meditation to connect with body and subconscious
- Reiki, therapeutic touch
- Prayer
- Homeopathy
- Naturopathy
- Bio-feedback
- Dowsing
- Hypnosis, hypnotherapy
- Flexibility and stretching daily
- Ayurveda, Indian system of medicine
- Indian Head Massage
- Body Harmonics`
- Vibration, Shaking
- Herbal remedies
- Detoxification
- Walking meditation
- Sound meditation

# Mind and spirit medicine

- Unconditional love
- Support groups, healing groups
- Forgiveness
- Music as medicine
- Positive psychology
- Conscious choice
- Body awareness
- Moment to moment awareness and presence
- Fun, pleasure
- Lots of Hugs
- Healing Relationships
- Self care and kindness
- Laughter
- Aroma therapy
- Psychosomatic therapy
- Analysis of dreams
- reflection and Journaling
- Self interest/care/love and planning for self
- Acceptance and letting go
- Mudding, gardening
- Personal growth

# New Research Proves the Connection

- Bruce Lipton Ph.D. “Our Beliefs Control our Biology”
- Candice Pert Ph.D. “The body is the Sub-Conscious Mind”
- Dr. Daniel J Siegel “The Neurobiology of Well-Being”
- Dr. Fred Luskin Ph.D. “Forgiveness: Prescription for Health and Happiness
- John E. Sarno, M.D “The Divided Mind: The Epidemic of Mind-body Disorders”
- Donna Jackson Nakazawa “The Auto-Immune Epidemic

# Woody Allen said it best....

- When Dianne Keaton broke up with Wood Allen in the film.....
- She said Well Aren't you going to get angry?
- He said, “ no I am going to grow a tumor instead”
- Rage is the most repressed emotion and is the most damaging
- Ruminating about your anger for hours, days, or years is incredibly toxic and cause a great deal of physical pain and dis-ease, learn to let stuff go
- In The movie the help.....The mother of the journalist..cured her cancer when she told her daughter the truth,

# Where ever an emotion goes...

- Chemicals, neuropeptides go with it, even if emotions are repressed and ignored
- Negative emotions are not necessarily damaging if they are processed and let go
- held in anger and resentment is exceedingly toxic and painful for the body
- Also harmful is rumination and cyclic thinking
- We must be willing to take a look at some of the hard places, accept, forgive, let go, and choose peace, ease and better health and feelings in the future
- Because we can't see these emotions, we might think they no long exist, until a problem with our health is the result



# The Body Completely Rebuilds Itself

- Every seven years or so the body completely rebuilds itself
- millions of cells regenerate every minute
- Why does the body continue to rebuild the body in the diseased or broken state
- Its because the beliefs and causes of the disease have not changed
- In some cases patients shift their beliefs and cure their illness and injuries, Molly, Depak story, Kennedy study

# Inspiration for healing journeys

- <http://www.cultureunplugged.com/play/1319/Moment-by-Moment--The-Healing-Journey-of-Molly-Hale>

# Disease is not your fault, but once educated wellness is your choice to make

- When we do not know that our beliefs and behaviors affect our biology and weaken our physiology we can not be responsible for the results
- Once we know however, we can choose to be empowered
  - to examine our old beliefs, past on to us from others
  - forgive ourselves and others
  - We can Choose to educate ourselves on how to create a healing environment to thrive within
  - We can choose relaxation, ease, and peace the immune system thrives in this environment

# Get reconnected to the body

- Our society is all about the wisdom of the brain not the wisdom of the body
- We have been discouraged from knowing the body
- Our medical system encourages us to depend on their advice not our own internal wisdom
- From when we were children as soon as we were sick we had to go to the doctor, its what we have been taught to do
- Insurance companies can be part of the problem

# The damage done by the inner critic

- The inner critic that shames and blames and criticizes without end hurts our body, your choices and your future
- The Pain body principle, by Eckart Tolle
- Be your own best friend, When you hear the inner voice assault you, choose new language
- When the inner voice says, you always screw up
- Reframe the language as if a loving gentle forgiving mother or an inspired life coach were the voice in your mind, or your best friend

# Your Body Speaks Your Mind

- The symptoms of the disease are the words and the language of the body
- Review the years before the illness ...what was going on, was there chronic stress, hard times, a broken heart, loss of a loved one, chronic dissatisfaction?
- Dr Ruth Oratz says the a medical condition is not one disease, she inquires about the dis-ease in relationships, work, family, finances, history, to put together a healing program to all causes of the disease

# Interesting Fact

- In studies of people with multiple personalities it was found that each personality had separate health issues
- One personality needed glasses, and had high blood pressure and cholesterol
- Another personality in the same individual had 20/20 vision and good health
- One had diseases the other didn't, which supports the fact that many ailments are affected by emotions and behavior, environment, perceptions



# How to Choose a Therapy

- Research the benefits,
- Choose therapies that provide you with education that improves your ability to create wellness on your own from what you learn from the practitioner
- Choose exercise programs that teach the mind body connection
- Expectations: Nothing except perhaps god will cure you in an instant, expect to work at healing every day, so choose therapies that help you to cultivate a personal and daily health practice
- Choose practitioners who teach you independence
- Choose group therapy, exercise, meditation, self healing classes, support groups, they are affordable and offer learning that you can take home with you

# The Chakra System is an Assessment Tool in Mind Body Medicine

- The chakras are recognized in both Chinese and Indian Medicine
- Use the information that follows to find qualities that you have that may provide insight into your own unique story
- Be willing to learn and let go of the old beliefs that no longer serve you
- Use the list of balanced qualities as a guide to incorporate and grow toward

# The Chakra System-Proven by Science

- Dr. Pert PH.D author of Your body is your subconscious mind, and Molecules of Emotion: The science behind Mind-Body Medicine, says that science is proving the existence of the Chakra's system as believed for thousands of years by the Buddhist, Taoist, Chinese, Tibet, India, Aztec etc
- Physiologically each chakra is a mini brain: with a concentration of electrical and chemical activity that receive, process, and distribute information from the rest of the body and mind.
- If one chakra is neglected or traumatized it affects the rest, and restoring energy flow to a blocked chakra improves the whole chakra system.



# The Seven Chakras

# The Chakras are Central Control Units

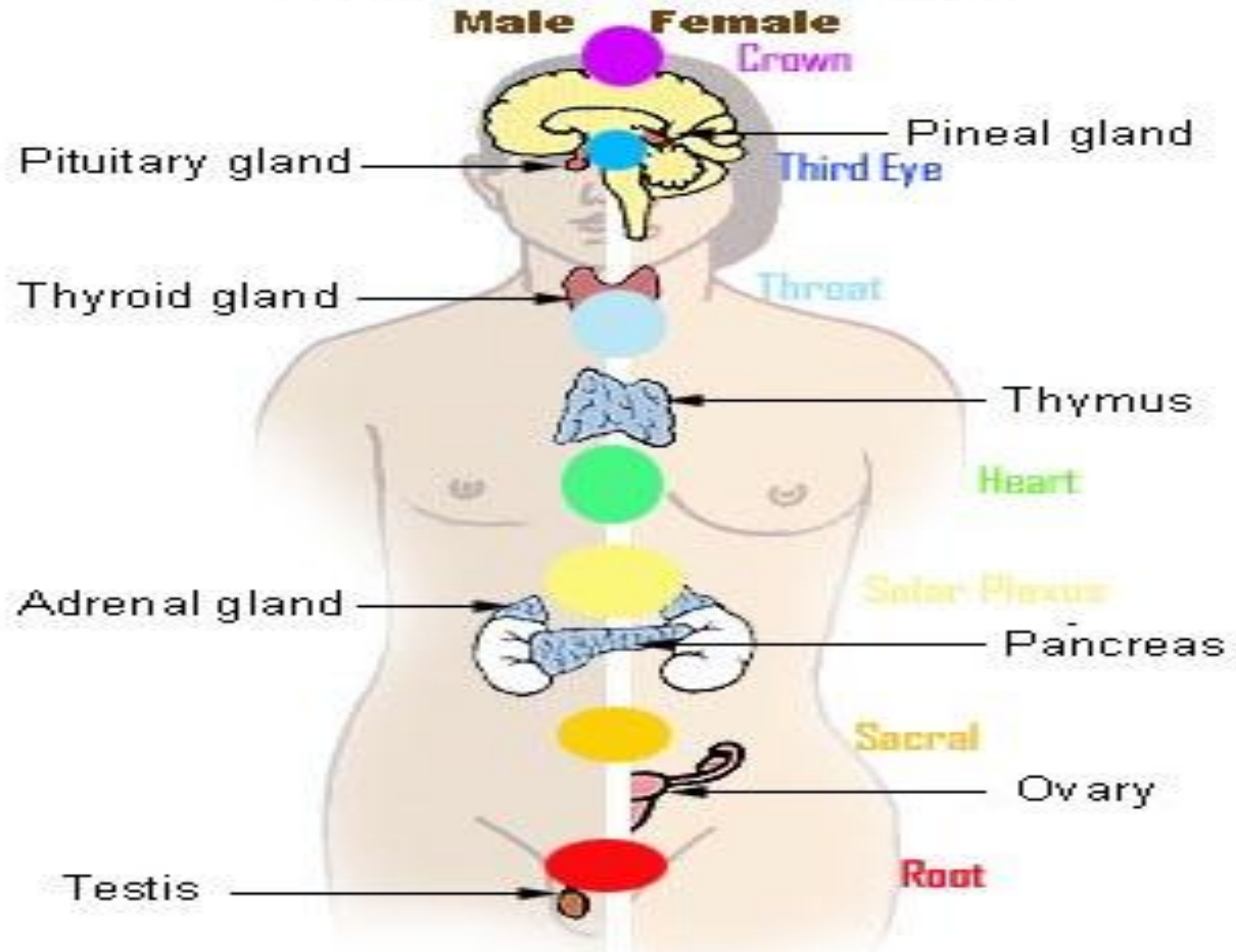
- The chakras are part of a larger system, including all the energy meridians and acupuncture points.
- The chakras are similar to a central control unit that runs smaller, information pathways
- There are 7 major chakras, each corresponding with a major endocrine gland
- Each Chakra has specific functions combining the physical, emotional, intellectual and energetic aspects of human life

# The 7 Chakras

- Chakras are energy centers with a living pulse. Energy is not static, energy is in constant flux. Chakras not only open and close, they will also expand and retract.
- When a stressed chakra is shutting down, a healthier chakra will often expand to compensate for the lowering of the whole energy system.
- When the chakras are not functioning together optimally as a healthy team illness and disease manifests.



# Seven Major Chakras and Major Endocrine Glands







**Root Chakra  
Symbol Mandala  
Facilitates:**  
Grounding,  
material security,  
balance of  
physical body,  
clearing of fear.

# 1<sup>st</sup> or Root Chakra: Earth element

- The root chakra is all about survival, meeting the basic human needs of shelter, food and self preservation
- The root chakra is located near in the centre of the perineum, near the anus/colon
- The Root Chakra is the site of intense neuropeptide\* activity (information transmitters\*)
- The anal sphincter possesses a more highly developed intelligence than do the brains of the lower order of mammals
- The colon is affected and involved in emotional issues such as fear for survival, worry over financial issues, or sexual dysfunction
- this is why conditions such as spastic colon, constipation, diarrhea, arise during specific stressful, emotional events
- The first chakra is support for the chakra above it

## Excessive Characteristics

- May possess one or more
- Heaviness, sluggishness, slow
- Resistance to change
- Overeating and obesity
- Hoarding
- Material fixation, greediness
- Workaholic
- Excessive spending

## Deficient Characteristics

- May possess one or more
- Fear, Anxiety
- Resistance to Structure
- Underweight, or eating disorder
- Spaced out, Flightiness, vagueness, too much thinking
- Disconnected from body
- Restless can't sit
- Difficulty meeting life's goals

## When In Balance

- Grounded-ness
- Physical health, being comfortable in your body
- have a sense of safety and security
- right livelihood, prosperity
- ability to be still
- presence in the here and now

# Diseases of the Root Chakra

- Addictions and addictive behaviors
- Anorexia
- Obesity
- Diarrhea
- Impotence
- Kidney Stones
- Piles
- Crohn's disease
- Colitis
- Hypertension
- High Blood Pressure

# How to Heal the First Chakra

- Reconnect with nature by gardening, hiking, biking, swimming, walk barefoot
- Feng Shui your environment as living in chaos helps to deregulate us and our health
- Create a pleasant place to restore your energy, and meditate
- Work out any problems with Diet
- Deepen and complete breathing to bring energy to the root
- Pelvic floor contraction Ex.
- Bring more laughter to your life
- Avoid over sleeping, eating working, too much doing
- Practice body awareness exercise like yoga, medical chi gong
- Strengthen the legs
- Improve flexibility of the low back and hips
- Get help to work through survival issues or old beliefs around survival issues
- Use taping to energize the area





## **Sacral Chakra Mandala**

### **Facilitates:**

Sexual  
creativity,  
primal  
understanding,  
relief of  
tension,  
augments  
relationships

# The 2<sup>nd</sup> or Pelvic Chakra: Water Element

- Refers to the entire sacral area of the body: hips, low back, abdomen, and genitals. Relates the watery aspects of the body: the bladder, kidneys, urinary tract and reproductive system
- The Hara in yoga or Dahn Tein in Chi Gong are located here
- The second chakra neuroplexus is located just above the pubic bone and generates the neuropeptides that innervate the sexual organs
- The fluid filled second chakra is associated with water element and is all about emotions, flow and change, a universal urge to connect with others, feeling, sensing, creativity and sexuality



# 2 nd Chakra Aliments

- Low back pain
- Abdominal distention
- Genital diseases
- Urinary tract infections
- Menstrual difficulties
- Reproductive issues
- Abnormal inflexibility and stiffness in the muscles in general

## #2 Excessive Characteristics

- Sexual addictions
- Obsessive attachments
- Addiction to stimulation excessive mood swings
- Excessively sensitive
- Poor boundaries
- Invasion of others
- Emotional dependency
- instability

## Deficient Characteristics

- Rigidity in your body, beliefs, or behavior
- Emotional numbness or insensitivity
- Fear of change
- Lack of desire, passion, or excitement
- Avoidance of pleasure, fear of sexuality
- Poor social skills
- Excessive boundaries
- boredom

## Balanced Characteristics

- Graceful movements
- ability to embrace change
- Emotional intelligence
- Nurturance of self and others
- Healthy boundaries
- Ability to enjoy pleasure
- Sexual satisfaction
- passion

# How to Heal the 2<sup>nd</sup> Chakra

- Stretch more, become more flexible in your body and in your attitudes
- Keep the body moving in any way you can, swim, cycle, chair exercise, exercise in your bed before rising
- Explore and heal any issues around your sexuality
- Do you stuff your emotions away, and not feel them?
- Or are you emoting too much over dramatizing and catastrophizing, telling the sad story too many times?
- Find ways to be more content, make room for fun or pleasure
- Respect yourself with healthy boundaries and respect the boundaries of others
- Through meditation practice learn and explore...
  - watch your feelings
  - avoid action until you are clear on what outcome you want
  - Consciously decide the appropriate action to take, not a reaction that could feel good in the moment but causes more grief in the end

# Exercises for the 2<sup>nd</sup> Chakra

- Butterfly legs, feet together
- Pelvis rocks, tilts sitting standing or lying down
- Abdominal breathing
- push belly out and in
- Abdominal tapping
- circular rubbing of the abdomen start on the left side and move down
- Strengthening exercises for the abdomen



**3<sup>rd</sup> Chakra  
Solar Plexus  
Chakra**

**Mandala**

**Facilitates:**

Personal power,  
sensitivity,  
clearing of  
anger,  
augments joy.

# The 3<sup>rd</sup> Chakra: Fire

- Refers to the abdomen, liver, stomach, pancreas, gall bladder.
- Energy is created through digestion
- pay attention to the foods that make you feel good and foods that make you sluggish and tired,
- Our abdomen should be warm, a cold belly indicates low energy and poor quality digestion
- As a center of energy creation, this chakra is responsible for action, do we act, or shy away, do we have a plan, do we believe we can
- Is the home of our ego identity: Is our sense of self unsure or over confident
- Are you true to yourself, or do others come before you
- Do you require approval of others, or are you secure
- Are you comfortable claiming your power
- Can you be assertive without dominating
- Can you say no when you need to

# Disorders of the 3<sup>rd</sup> chakra

- Indigestion
- Hypoglycemia
- Diabetes
- Disorders of the liver, pancreas, stomach and gall bladder
- Chronic Fatigue



## #3 Excessive Characteristics

- Dominating
- controlling
- Completive
- Arrogant
- Ambitious
- Hyperactive
- Stubborn
- Driven compulsively focused toward goals
- Attracted to sedatives

## Deficient Characteristics

- Passivity
- Lack of Energy
- Poor Digestion
- Tendency to be cold
- Tendency toward submission
- Blaming
- Low Self-esteem
- Lack of confidence
- Weak will poor self-disapline
- Use of Stimulants

## Balanced Characteristics

- Resonant, full voice
- Clear communication with others
- Good communication with self
- Good listener
- Good sense of timing and rhythm
- Lives life creatively

# Balancing the Third Chakra

- If deficient bring more fire into your life
  - Spicy food
  - Hot tea, avoid icy drinks
  - Practice standing in your power
  - Be willing to take a risk and try new, expansive approaches to life problems
  - Push yourself into new territory
  - Give yourself room to explore, to flounder and make mistakes (mistakes are ok, its how we learn)

# Improving the 3<sup>rd</sup> chakra

- Improve posture, avoid compacting the abdomen when sitting it reduces energy flow in the area
- Stand tall and be aware of good/bad posture
- How do you handle low energy? Do you reach for sugar caffeine, drugs, or do rest and restore
- Strengthen the abdomen
- Plank pose
- belly rolls, and belly breathing
- Side bending, trunk circles ROM in this area



## **Heart Chakra Mandala**

### **Facilitates:**

Protection, love,  
harmony,  
connection,  
release of  
rejection,  
augments love.

# 4<sup>th</sup> Chakra: The right to love and be loved

- The heart chakra depends on the fire energy of the 3<sup>rd</sup>
- Love is the essence of life and an essential healer
- The heart chakra is about connection
- An important aspect is to do no harm
- Open heartedness offering compassion and acceptance
- At it highest it offers unconditional love
- Its task is to find balance in relationships, with self and others, with our internal and external environments, with our feminine and masculine traits

## #4 Excessive Characteristics

- Co-dependency focusing too much on others
- poor boundaries
- Jealousy
- Being a Martyr
- Being a Pleaser

## Deficient Characteristics

- Antisocial, withdrawn
- Critical, intolerant
- Lonely, isolated
- Lack of Empathy
- Fear of Intimacy

## Balanced Characteristics

- Caring
- Compassionate
- Empathetic
- Accepting
- Self -loving
- Peaceful
- Centered
- Content


# Health issues of the 4<sup>th</sup> chakra

- Frequent bronchitis or lung infection
- Hypertension
- Heart disease, broken heart
- Circulatory problems, cold extremities
- Difficulty breathing
- Aching in chest or upper back
- A weak immune system



# Thymus Gland

- The thymus gland is energized by the heart chakra
- It helps the body fight disease, by producing hormones that aid the proliferation of T cells which are an important part of the immune response
- Studies show that love, prayer, support help speed the healing process
- Relationships with family and workmates and difficulty getting along with others can trigger the stress response, straining heart energy, and loading the neural pathways with stress hormones,
- The stress response must end before the neuro pathways are free to be used by the immune system

- 
- The heart opens the most when giving to another
  - Giving needs to come from a centered self, grounded in the strength of the lower chakras
  - This anchor or balance between the chakras keeps us from depleting our energy and resources when we love
  - so that we do not lose ourselves, giving from neediness instead of abundance



**Throat Chakra  
Mandala  
Facilitates:**  
Higher  
communication  
proper judgment,  
ideal resolutions,  
release of  
temerity,  
augment self-  
expression.

## #5 Excessive Characteristics

- Talking too much or inappropriately
- Gossiping
- Stuttering
- Difficulty being silent
- Excessive loudness
- Inability to contain (keep confidences, etc)

## Deficient Characteristics

- Difficulty putting things in words
- Fear of Speaking
- Speaking with small weak voice
- Secretiveness
- Excessive shyness
- Tone deafness

## Balanced Characteristics

- Resonant, full voice
- Clear communication with others
- Good communication with self
- Good Listener
- Good sense of timing and rhythm
- Lives life creatively

## **Third Eye Chakra**

### **Symbol Facilitates:**

Spiritual connectedness,  
insight, visualization into  
manifestation, clearing of  
grief, augment healing  
and imagination





## #6 Excessive Characteristics

- Hallucinations
- Delusions
- obsessions
- nightmares
- Intrusive memories
- Difficulty concentrating
- Excessive fantasizing

## Deficient Characteristics

- Lack of imagination
- Difficulty visualizing
- insensitivity
- Excessive skepticism
- Denial can't see what's going on
- Inability to see alternatives

## Balanced Characteristics

- Strong intuitions
- Penetrating insight
- Creative imagination
- 'good memory
- Good dream recall
- Ability to visualize
- Has a guiding vision for life



## **Crown Chakra Symbol Facilitates:**

Divine connectedness,  
pure being, perception  
beyond the confines of  
space and time, at one  
with everything.



## #7 Excessive Characteristics

- Dissociation from the body
- Spiritual addiction
- Confusions
- Over-intellectualization
- Living in your head
- Disconnection from spirit
- Excessive attachments

## Deficient Characteristics

- Spiritual cynicism
- A closed mind
- Learning difficulties
- Rigid belief systems
- apathy

## Balanced Characteristics

- Spiritual connection wisdom and mastery
- Intelligence, presence
- Open mindedness, ability to question
- Ability to assimilate and analyze information

- Addictions / Addictive behavior ([Root Chakra](#))
- Allergies ([Heart Chakra](#)) (Food Allergies – [Navel](#))
- Alzheimer's ([Crown](#))
- Anorexia ([Root Chakra](#))
- Asthma ([Throat Chakra](#))
- Bladder ([Pelvic Chakra](#))
- Blindness ([Third Eye](#))
- Blood Pressure ([Heart](#))
- Brain Tumor ([Third Eye](#))
- Breast Cancer ([Heart](#))
- Bronchitis ([Throat Chakra](#))
- Cancer of the breast ([Heart](#))
- Cataracts ([Third Eye](#))
- Catarrh ([Third Eye Chakra](#))
- Circulation ([Heart Chakra](#))
- Constipation ([Root Chakra](#))
- Colitis ([Root Chakra](#))
- Celiac's disease ([Navel](#))
- Crohn's disease ([Root](#))
- Cystitis ([Pelvic Chakra](#))
- Deafness ([Third Eye](#))
- Depression ([Crown Chakra](#))/([Root Chakra](#))
- Diabetes ([Navel Chakra](#))
- Diarrhea ([Root Chakra](#))
- Digestive Problems ([Navel](#))
- Dizziness ([Crown Chakra](#))
- Dyslexia ([Third Eye Chakra](#))
- Ear Infections ([Throat Ch](#))
- Endometriosis ([Pelvic Chakra](#))
- Epilepsy ([Crown Chakra](#))
- Fatigue ([Heart Chakra](#))
- Fertility issues ([Pelvic Chakra](#))
- Fibroids ([Pelvic Chakra](#))
- Frequency of urination ([Root Chakra](#))
- Gall stones ([Navel Chakra](#))
- Glaucoma ([Root Chakra](#))
- Hemorrhoids ([Root Chakra](#))
- Hearing problems ([Throat Chakra](#))
- Heart diseases ([Heart Chakra](#))
- Hepatitis ([Navel Chakra](#))
- Hypertension (hbp) ([Root Chakra](#))
- Irritable bowel syndrome ([Pelvic](#))
- Immune disorders ([Heart Chakra](#))
- Impotence ([Root Chakra](#))
- Insomnia ([Third Eye Chakra](#))
- Kidney stones ([Root Chakra](#))
- Kidney complaints ([Pelvic Chakra](#))
- Knee Problems ([Root Chakra](#))
- Liver disease ([Navel Chakra](#))
- Long-sightedness ([Third Eye Chakra](#))
- Lost Voice ([Throat Chakra](#))
- Lungs ([Heart Chakra](#))
- Menstrual problems ([Pelvic Chakra](#))
- Migraine ([Third Eye Chakra](#))
- Mouth ulcers ([Throat Chakra](#))
- Multiple Sclerosis ([Crown Chakra](#))
- Muscle cramps / Spasms ([Pelvic Chakra](#))
- Obesity ([Root Chakra](#))
- Ovarian cysts ([Pelvic Chakra](#))
- Pancreatitis ([Navel Chakra](#))
- Paralysis ([Crown Chakra](#))
- Parkinson's disease ([Crown Chakra](#))
- Piles ([Root Chakra](#))
- Peptic ulcer ([Navel Chakra](#))
- PMT/ Pre-menstrual syndrome ([Pelvic C](#))
- Prostatic disease ([Pelvic Chakra](#))
- Schizophrenia ([Crown Chakra](#))
- Sciatica ([Root Chakra](#))
- Senile dementia ([Crown Chakra](#))
- short-sightedness ([Third Eye Chakra](#))
- Stomach problems ([Navel Chakra](#))
- Sore throats ([Throat Chakra](#))
- Sinus problems ([Third Eye Chakra](#))
- Teeth & Gums ([Throat Chakra](#))
- Testicular disease ([Pelvic Chakra](#))
- Tension headache ([Third Eye Chakra](#))
- Thyroid problems ([Throat Chakra](#))
- Tinnitus ([Throat Chakra](#))
- Tonsillitis ([Throat Chakra](#))
- Ulcers ([Navel Chakra](#)) (Mouth Ulcers – [Throat Chakra](#))
- Uterine fibroids ([Pelvic Chakra](#))
- Upper digestive tract ([Throat Chakra](#))
- Visual defects ([Third Eye Chakra](#))
- Weight gain / loss ([Root Chakra](#))
- Womb ([Pelvic Chakra](#))

# Doctors Krantz and Glass

- In the handbook of behavioral medicine it states that personality traits, coping dispositions and other personality factors could influence the development and course of disease

# Researchers Holms and Rahe

- Concluded that there is a strong relationship between selected life events and illness
- Their study based on 5000 subjects supported a widely held belief that stressful life events are an important contribution to the onset of disease
- Not only psychosomatic disorders, but infectious diseases and injuries as well

# Studies have shown

In high stress adrenaline is secreted which enhances our memory..... a good thing to help us avoid a danger in the future

The problem is that what we stress about is seldom dangerous, in fact many stressors are about sweating the small stuff

The memory response leads to

- Post Traumatic Stress Disorder
- Holocaust survivors studies Illustrate...

# Killer Stress

- We are a population out of balance, antidepressants, sleep medication and Viagra are the most common prescriptions
- 2/3 of all Doctors visits for stress related illness
- Stress contributes depression, sexual dysfunction and sleep disorders are common Medical Diagnosis

# Stress Defined

- Is a state of tension created from our response to pressures of.....
  - Work, family life, and external sources
  - Internally generated stress from self imposed judgments, obligations and demands, Self criticism, resentment
  - Environmental stressors, add to the problem, noise pollution, air pollution, toxins and chemicals in food, increased work demands, escalation of change and increased demands on limited time



# Stress is Addictive and Cumulative

- Adds up over time until the first symptoms appear
  - Muscle tension
  - headaches
  - low back pain
  - Insomnia
  - restricted breathing
  - high blood pressure
- Untreated stress develops into the six leading causes of death

# Stress is a contributing factor

- Either directly or indirectly to
  - Coronary artery disease
  - Cancer
  - Respiratory disorders
  - Accidental injuries
  - Cirrhosis of the liver
  - Suicide
  - Inflammatory Diseases

# Stress Aggravates and contributes significantly to

- Multiple Sclerosis
- Heart disease
- Arthritis
- Inflammatory and autoimmune disorders
- Diabetes
- Herpes
- Mental Illness
- Alcoholism and Drug Abuse
- Family discord and violence

# It is best to have a plan to stay in balance

- Education must be experiential
- Reactive Behavior patterns are not helpful
- We must develop awareness of our body mind, including, our thoughts, reactions, breathing, energy level, feelings, attitudes

# Good Stress and Bad Stress

Two Co-workers have the same job

- Worker #1 loves the job
- Is easy going
- No problem meeting deadlines
- Is cheerful and energetic
- Worker #2 is overwhelmed
- Feels extreme pressure
- Body hurts, low energy
- Extreme tension

The difference between the two is their response to stressors

# Stress and Cortisol

- What is Cortisol?
- Cortisol helps us counteract stress by converting proteins into energy, releasing glycogen and counteracting inflammation
- When stress is long term cortisol levels are sustained, and gradually tears the body down



# Sustained High Levels of Cortisol

- Destroy healthy muscle and bone
- Slow down healing and cell regeneration
- Co-opt biochemicals needed to make other vital hormones
- Impair digestion
- Affect metabolism and mental function
- interfere with healthy endocrine function
- Weakens the immune system

# Cortisol is produced by the Adrenal glands

- Adrenal fatigue is a factor in....
- Hypothyroidism
- Fibromyalgia
- Chronic fatigue syndrome
- Arthritis
- Premature menopause
  - And produces a host of other symptoms from acne to hair loss

● **Healing** is Defined as the dynamic process of recovery, repair, restoration, renewal and transformation that increases resilience, coherence and wholeness. Healing is an emergent process of the person's whole system: physical, mental, social, spiritual and environmental. It is a unique personal and communal process and experience that may or may not involve curing.<sup>2</sup> Healing is facilitated through development of proper attitudes and intentions in both the care providers and the recipient's use of personal self-care practices, creating healing relationships, applying the knowledge of wellness practices, health maintenance, with the appropriate integration of complementary and conventional medicine practices.

- Jonds W.B, Chex RA. The role and importance of definitions and standard in healing research. *Alternative Therapy Health Medicine* Vol. 9. 2003; 9, A5-A7

# Wellness Practices

## The Body

- Follow nature's rhythm's
- Cultivate a breath practice
- Learn better Sleep hygiene
- Eat Anti-inflammatory foods
- Avoid Inflammatory Foods
- Energy Management
- Medical Chi Gong, Yoga
- Reflexology and massage
- Vibration and Shaking
- Manage your nervous system
- Improve digestion and elimination
- Schedule time for Self-Healing
- Cultivate body awareness

## The Mind

- Learn about the mind/body relationship
- Meditate, connect with you
- Learn to manage your thinking
- Manage Emotions/Reactions
- Positive psychology
- Cultivate moment to moment awareness
- Change Expectations
- Learn Patience, Forgiveness
- Laughter, laughter yoga
- Cultivate Healing Relationships and support
- Practice Gratitude

# The Hole Person

- The brain thinks, The body feels
- Most of us have not been taught to deal with our emotions in an intelligent way
- Emotions are repressed, blocked, ignored, put away
- The mind state creates the body state
- “The body speaks the mind” Deb Shipiro
- “The body is the unconscious mind” Dr. Candice Pert. Neurologist

# Chronic Stressors over time

- When we are tense, stressed, grieving, over tired, over stimulated, over worked, broken hearted, depressed, unhappy, unsupported, overly focused on the needs of others and not ourselves, resentful, angry, unable to forgive etc....the mind and body weaken, the immune system weakens
- The nervous system changes, the chemicals in the body change, which change the cell receptors and changes the DNA, the body is so busy dealing with stress the immune systems is unable to operate



# The Body/Mind and Stress

- Immune system function is closely related to the heart, when we are happy, in loving relationships, productive, and balanced we have amazing tolerance against illness, disease, and toxins in our environment
- We must love ourselves enough for self care to be a priority.
- Autoimmune diseases affect woman more commonly, because woman all too often care for others and leave self care for when they have time for it.

# A Holistic Approach

- Learn how the mind/body works
- Learn mind/body restorative daily practices
- Develop a Wellness Attitude
- Find practices that work for you
- Develop a Wellness Plan of daily practices that you “**can do**” that will restore Your mind, body and spirit
- Participate in your wellness plan for life



# Relaxation

- We have forgotten how to relax
- We are over stimulated
- Our minds need a rest from incessant thinking 60,000 thoughts per day
- Our tension is held deeply in the body
- Distractions from stress like television is not relaxation
- Those who need to relax the most feel uncomfortable in relaxation exercises

# Shift the body and mind into calmer states

- Relaxation Exercises
- Breathing Exercises
- Meditation
- Music Therapy
- Massage
- Rest
- Stress Management

# Impending Health Crisis

- Chronic pain soon to affect 1 of 3 Americans, 80 million people
- 21.6 million of these use pain meds
- By 2020 157 million people affected
- 96% of the pain is invisible
- 60% between the ages of 18-64
- 9 million are cancer survivors with side effects from treatment

# Chronic Pain and Seniors

- 90% of seniors have a chronic disease
- 77% have two or more chronic conditions



# Side Effects of Chronic Disease and Pain

- Divorce rate in chronically ill is 75%
- Depression is 15-20% higher with the chronically ill
- Chronic pain is a major factor in 70% of suicides
- 50% of the suicides are under 35 years of age

# The Terrible Triad

- The terrible triad is formed when pain is so severe that
  - Pain makes one depressed and irritable
  - When the pain causes insomnia
  - Pain causes drug dependence

SUFFERING

SLEEPLESSNESS

SADNESS



# Chronic Pain Affects Every Aspect of Life: Multidisciplinary Care Needed

- Neurologists
- Orthopaedists
- Anesthesiologists
- Oncologists
- Psychiatrists
- Nurse practitioners
- Physical therapists
- Occupational therapists
- Psychologists
- Psychiatrists
- Social workers
- Massage therapists
- Aquatic therapists
- Energy therapists
- Acupuncturists
- Vocational counselors
- Case managers
- Nutritionist
- Pain clinic
- Stress reduction programs

# Many Treatments Used

- Pain meds
- Depression meds
- Heat and cold
- Aquatic therapy
- Massage
- Electrical stimulation
- Nerve blocks and regional anesthesia
- Surgery
- Acupuncture
- Emotional support
  - Psychotherapy
  - Stress management
  - Relaxation training
  - Meditation
  - Hypnosis
  - Biofeedback
  - Behavior modification
  - Assertiveness training
  - Spiritual practice

# Healing for Chronic Pain

- Success improves with a broader list of professionals and treatment techniques
- Hardly sustainable or possible for every patient
- Better for our clients if we can support them with a broader scope of practice
- Healing is complex, requiring a deep inquiry into past present and future
- The client who heals must be willing to reconnect with self, and needs the courage to embrace change and let go,

# Acute Pain

- Short term pain caused by a **trauma** that is likely to heal
- It can last for several days and may increase over time (sub-acute pain)
- Or it can occur intermittently
  - Episodic or intermittent pain

# What is Chronic Pain

- Chronic pain persists
  - Lasting longer than three months
  - Changes a person's life:
    - personality
    - ability to function
    - and quality of life
- Three types of pain
  - Nociceptive
  - Neuropathic
  - Psychogenic



# Chronic Pain

- As pain signals are repeatedly generated neural pathways undergo physiochemical changes
- Release of chemicals into the body causes a tissue reaction called Neurogenic inflammation
- **Neurogenic inflammation** is a general term used to describe the local release of inflammatory mediators from afferent neurons such as substance P and calcitonin.
- At the cellular level preceptors and receptors in the cell membrane change to Protection or survival mode from the SNS signals

# Somatic Pain

- Activation of pain receptors in either the cutaneous body or deep musculoskeletal pain
- Surface pain is usually sharp and have a burning or pricking quality
- Deep somatic pain is usually dull or aching and is localized

# Visceral Pain

- Affects internal organs and tissues contained within a body cavity
- Activation of pain resulting from infiltration, compression, extension, or stretching of the chest abdomen or pelvic viscera
- **Common types:** pancreatic cancer or metastases in the abdomen
- Is not well localized feels like pressure and deep squeezing

# Nociceptive (tissue pain)

- Pain that results from activation of the nerve endings in the periphery due to noxious stimulus.... injury
- Caused from tissue damage
- Neurons fire to report damage
- Pain can be sharp, dull or aching
- Two types of nociceptive pain
  - Somatic (body)
  - Visceral (gut)

# Nociceptive (tissue pain)

- The pain can be radiated outward from site, especially from visceral pain
  - E.g. Gallbladder pain can radiate to the scapula
- Nociceptive pain is generally responsive to NSAIDs and Opioids
- Typically conditions of inflammation, bone pain, and joint disease are treatable with medication

# Neuropathic or Neurogenic Pain

- Pain that results from a disturbance of function, pathologic change or injury to a nerve or to the nervous system
- There are three types of pain based on where it is felt in the body
  - Neuropathic- central nervous system
  - Visceral- gut
  - Somatic- body

# Neuropathic pain

- Can be peripheral or central nervous system in origin
- Caused by
  - Tumor compressing a nerve or spinal cord
  - Cancer infiltrating the nerves
  - Damage from chemo, radiation, surgery
  - Diabetic neuropathy
  - Trigeminal neuralgia
  - Nerve compression



# About Neuropathic pain

- In the peripheral nervous system usually follows a nerve root e.g. sciatic pain
- Described as having a burning, tingling, numbness, electrical quality
- Shock or lightning bolt
- Faulty signals sent to the brain and experienced as pain

# Treatment

- Is resistant to NSAIDs and Opioids
- Tricyclic antidepressants
- Anticonvulsants
- Sodium channel blockers

# Psychogenic Pain

- a pain disorder associated with psychological factors
  - Improperly processed or severe mental emotional problems/perceptions can cause increasing or prolonged physical pain
    - Typical types:
      - Headaches
      - Muscle pains
      - Back pain
      - Stomach pains

# Psychogenic Pain Diagnosis

- When other types of pain are ruled out
- Patient will complain of pain that does not match their symptoms
- Treatment
  - Doctors and physiologists working together
  - Gain mastery over the brain through
    - Mindfulness, meditation, biofeedback, breath work
    - Antidepressants and non-narcotic painkillers

# Prognosis

- Many people can be helped if they fully understand all the causes of pain and the many and varied steps that can be taken to undo what pain has done
- The undoing can take years with improvements and relapses
- It is a journey of learning
  - of learning your inner bodyscape and mindscape



# Setbacks and Worsening of pain

- Caused by
  - Headaches and migraines
  - Personality type (reactionary, combative)
  - Stressful life events
  - Psychological illness
  - Drug and alcohol abuse
  - Altered pain threshold
  - Anxiety, depression, fear, hysteria, anger, blame
  - Beliefs, “this suffering will never end”
  - Trauma, re-injury,



# Changes in the Nervous System

- Main neurotransmitter is glutamate
- Continued glutamate release causes receptors in the cell membrane to change
- Opens NMDA N-methyl-d-aspartate receptors
- Closes K<sup>+</sup>channel- responsible for inhibiting pain
- Activates NK-1(neurokinin) receptors

# When NMDA Receptors Open

- Less glutamate is required to transmit the pain signal  
=lowered pain threshold
- More anti-pain input is required to stop it
- Endorphins and other naturally occurring pain relievers cannot keep up with the demand and lose their effectiveness
- Neural cells being activated more often sprout new connective endings which can add new dimensions to old pain

# Changes Caused by the Pain

- Emotional component of pain is likely to increase
- Unremitting pain causes changes to the pathway to the brain
- The pain signal from the brain becomes more diffuse and cannot be localized
- Activation of receptors (NK-1) amplifies the pain signal
- Closed K<sup>+</sup> channel prevents endorphins from being perceived by the cell membrane

# Hyperalgesia and Allodynia

- Chemical sensitive nerves may become so sensitized by persistent pain that a low intensity stimulus will provoke hyperalgesia
- Pain signals may also activate the usually quiet mechonosensitive afferent nerves
- Once activated even slight movement can generate pain (allodynia)

# Can one Change the Painful Pathways?

- Yes! The brain and nervous system are plastic and changeable
- The work of:
  - Bruce Lipton Ph.D. “The wisdom of your cells: How your Beliefs Control your Biology”
  - Daniel J. Siegel MD. “The Neurobiology of Wellbeing”
  - Jon Kabot-Zinn Ph.D. “Full Catastrophe Living: Using your Body and Mind to Face Stress, Pain and Illness”
  - Sharon Begley “Train Your Mind Change Your Brain: How Science Reveals our Extraordinary Potential”

# Detrimental Effects of Bed Rest

- 1% to 1.5 % of skeletal strength lost per day of bed rest
- Increased susceptibility to exercise-induced muscle damage due to loss of proteins and health of the muscle tissue
- Fast twitch muscle fibers are lost more quickly
- When there is a lack of stress on the bones the rate of re absorption of bone exceeds the formation of new bone

# Detrimental Effects of Bed Rest

- 6% to 40% decreases in bone density in 4 to 6 weeks of bed rest
- Bone turn over is 10% producing a new skeleton every 10 years
- increase in serum calcium level (hypercalcemia) causes muscle weakness, cardiac arrhythmias, abdominal pain, kidney stones, nausea, calcium deposits, bone spurs



# Detrimental Effects of Bed Rest

- There is a steeper decline in cardiovascular changes within the first few days of bed rest followed by more gradual reduction thereafter
- Bed rest causes a decrease in stroke volume and increase in heart rate
- Decrease oxygen carrying capacity
- Atrophy of the heart muscle
- Shifts blood volume to the thorax, vasoconstriction occurs once standing, causing an unusually large increase in heart rate



# **DEPRESSION**

# Depression

- 80% of people with unmanaged chronic pain will suffer from depression at some time during their illness
- Depression can arise from emotional, environmental or biological causes
- Environmental causes for example
  - Those in noisy stressful environments can develop depression over time
  - Seattle has the highest rate of depression of any US city due to many rainy dark days

# Changing a Routine can Cause Depression

- If you stop exercising
- Loss of a relationship
- Change in diet, or medication
- Quit smoking
- Loss of lifestyle due to financial losses
- All over time can cause depression

# Symptoms of Depression

- Sadness or irritability
- Fatigue and low energy
- Feeling worthless
- Feeling hopeless
- Feeling out of control
- Feeling guilty
- Socializing less
- Sleep and appetite changes
- Loss of joy
- Crying spells
- Suicidal thinking
- Difficulty concentrating
- Loss of desire for sex

# Depression makes pain worse

- Depression increases suffering
- Downward spiral so severe that life doesn't seem worth living
- Initiates a cycle of worsening health

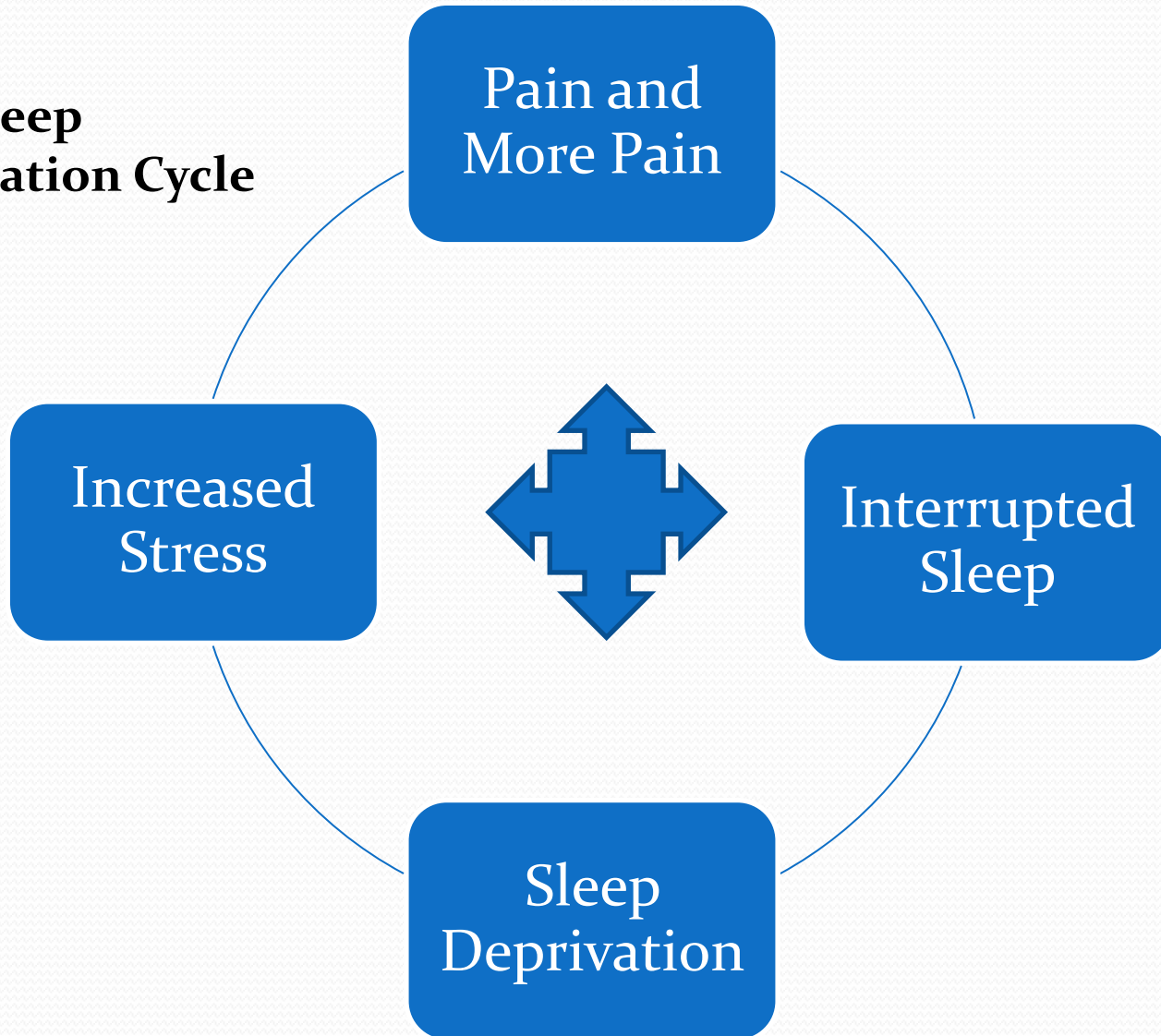
# People with Pain are Often Angry

- **At doctors for not fixing them**
- **At the system for delays and mistakes**
- **Insurance companies for denying or delaying**
- **Spouses, friends and family who don't understand**
- **At God (why me)**
- **Themselves (I must be a bad person)**

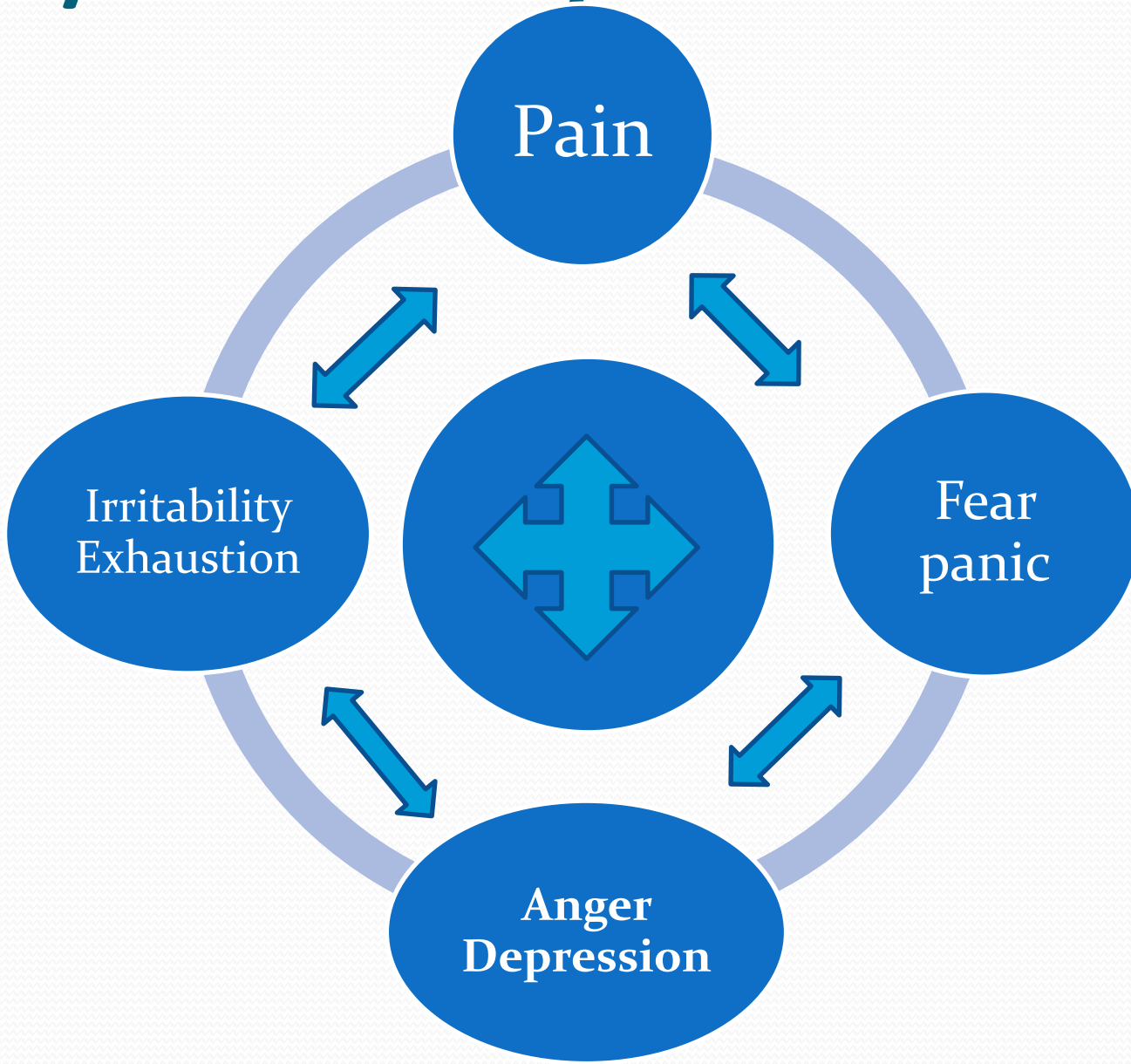


# Pain Spiraling Out of Control

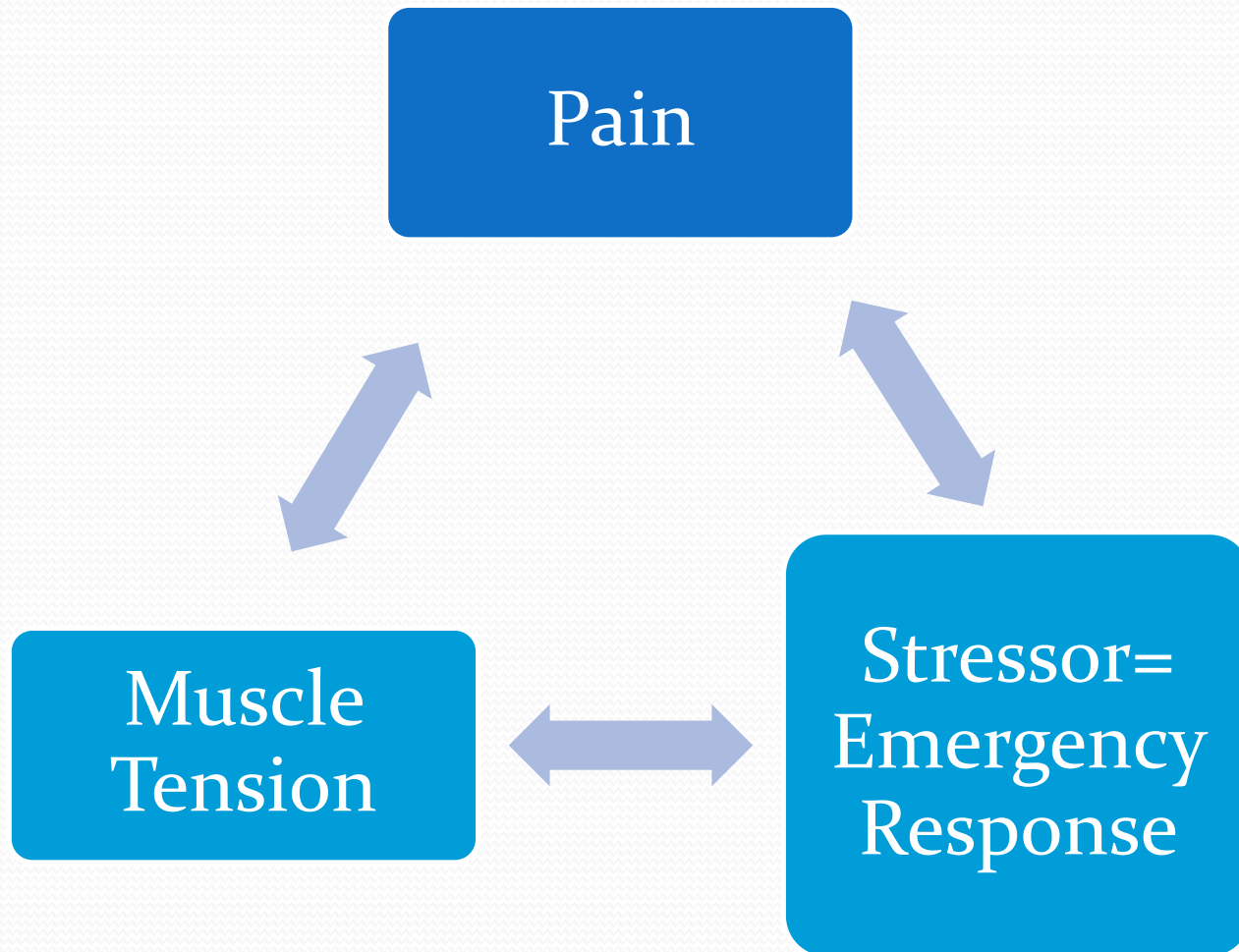
**Pain Sleep  
Deprivation Cycle**



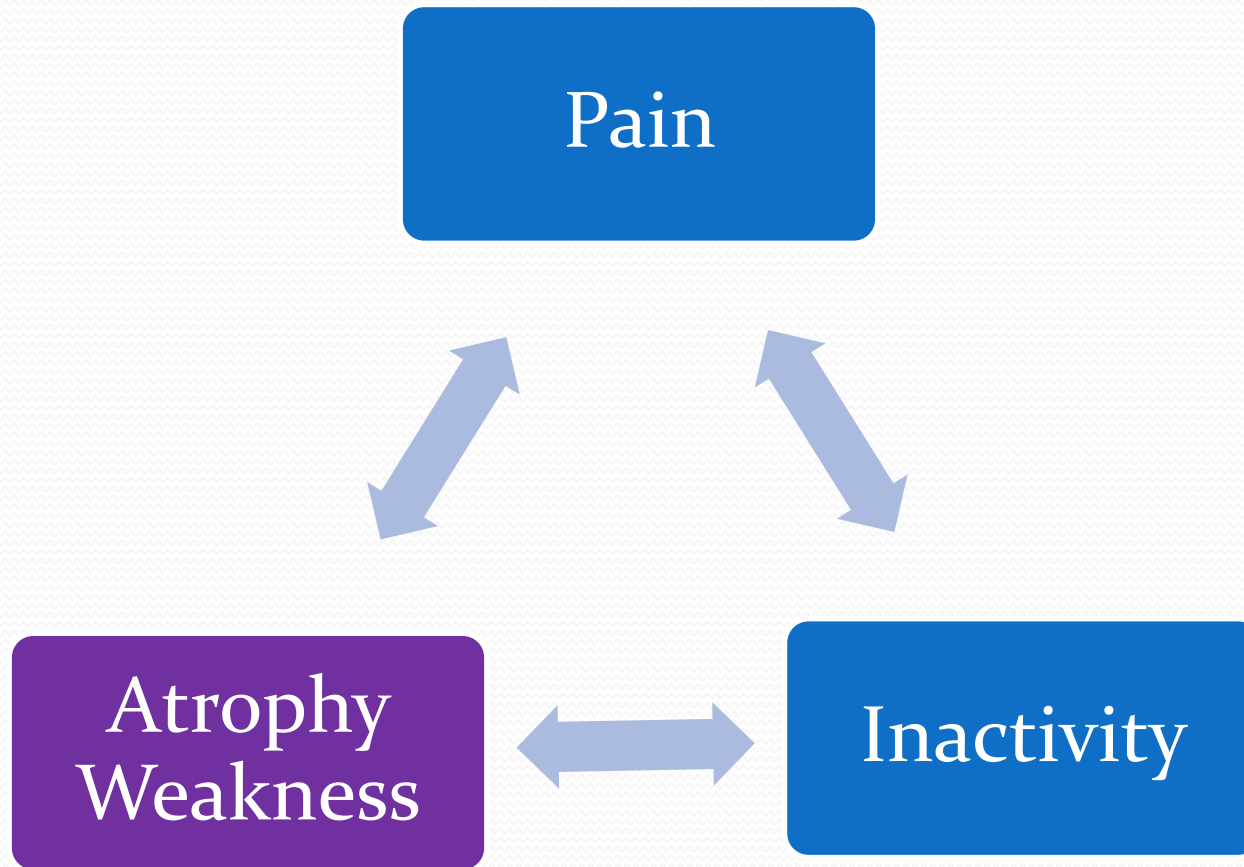
# Pain/Emotion Cycles:



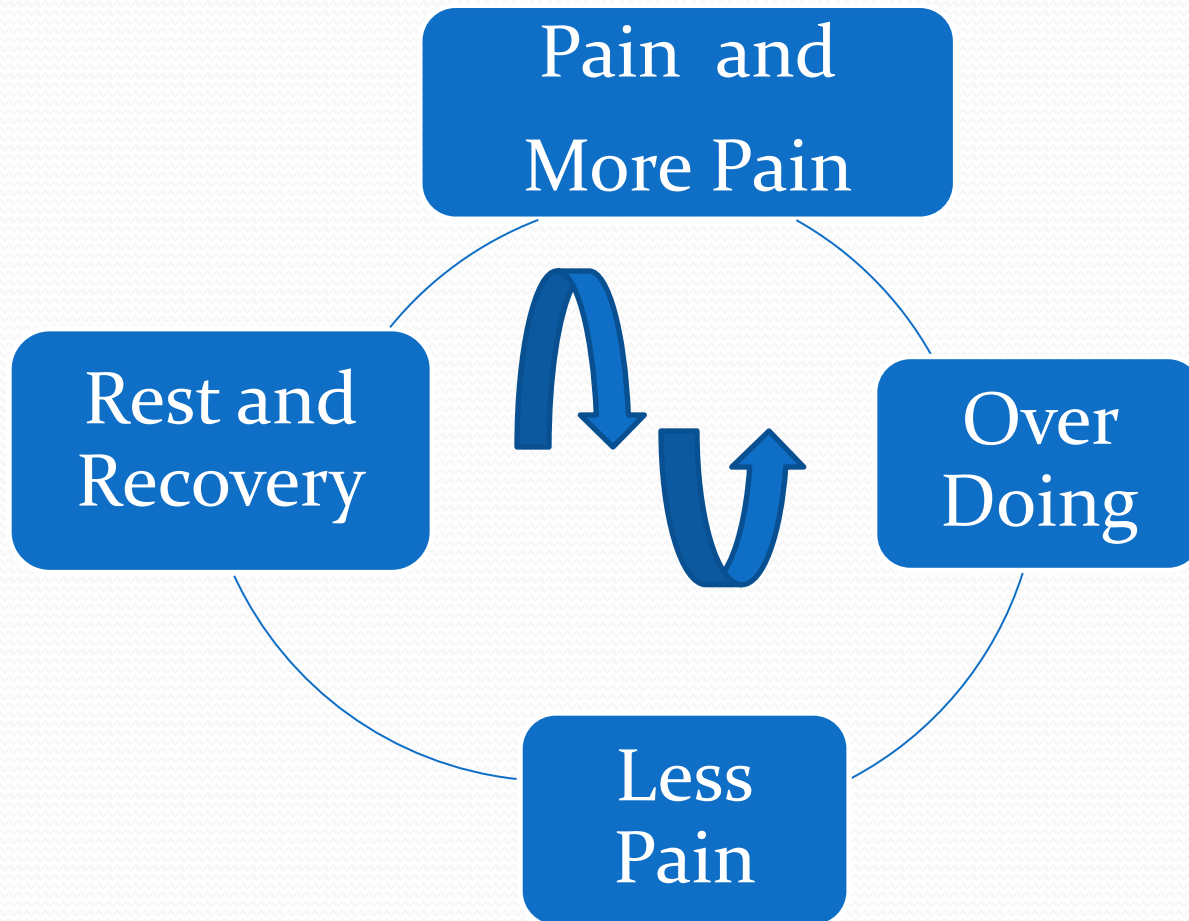
# Pain / Stress / Tension Cycles:



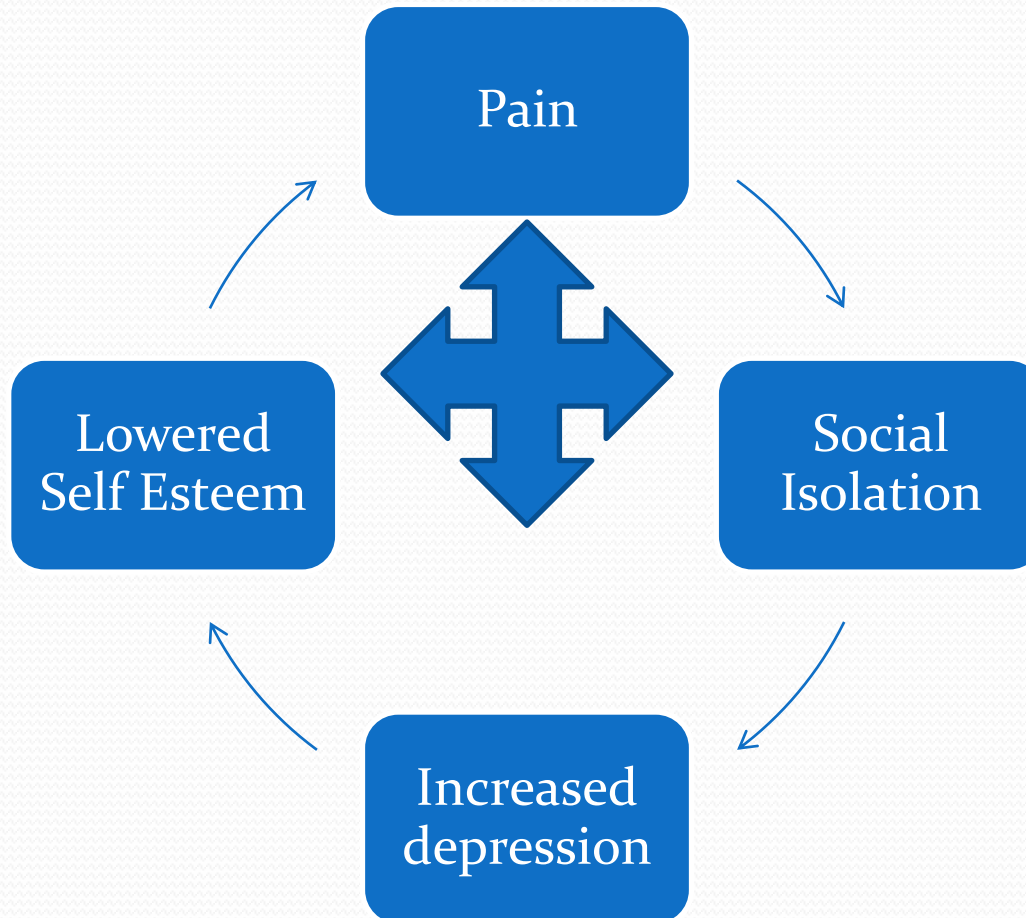
# Pain/Inactivity/Atrophy Cycle:



# Pain / Rest / Overdoing Loop:



# Pain Isolation Cycle



# Thinking About Pain

- Pain ignites emotions like fear
- The brain interprets Life from this troubled state
- Thoughts become negative or fearful
- Emotion follows the thought,
- Emotions are felt in the body

# How one processes emotions is unique to each individual

- The way you think about your pain sets up emotions and feelings in the body
- Some have a pattern of resisting feeling of emotions, these people will feel more physical pain as a result
- Negative or fearful thinking can aggravate pain and coping with pain
- avoidance of feeling emotional pain will be pain felt as physical pain



# Negative Patterns of Thinking

- Can lead to feelings of depression, hopelessness and helplessness
- My life will never improve
- My spouse will leave me if I don't bet well
- I know I can't do it, why even try
- I tried everything, there is nothing I can do to make this better
- Such thoughts intensify tension and more pain follows

# Manage Pain and Stress

- Identify and journal stressors, triggers, reactions, results
- Change the reactions that are changeable
- Learn to Let go, and accept the stressors that are not changeable right now
- Learn how one reaction affects the pain perceived, choose not to react.. Breathe out instead and let go
- Change the negative thinking habits that keep you feeling stressed, depressed and hopeless

# Managing Negative Thinking

- Immediately upon noticing negative thinking and behaviors, pause, breath, and restate the thought in a positive and feel better frame
- Adjust the thinking and behavior to a more positive outcome,
- If this is difficult choose a slightly more positive thought, work diligently towards believing in the more positive outcomes
- Keep trying and retrying, restating.....

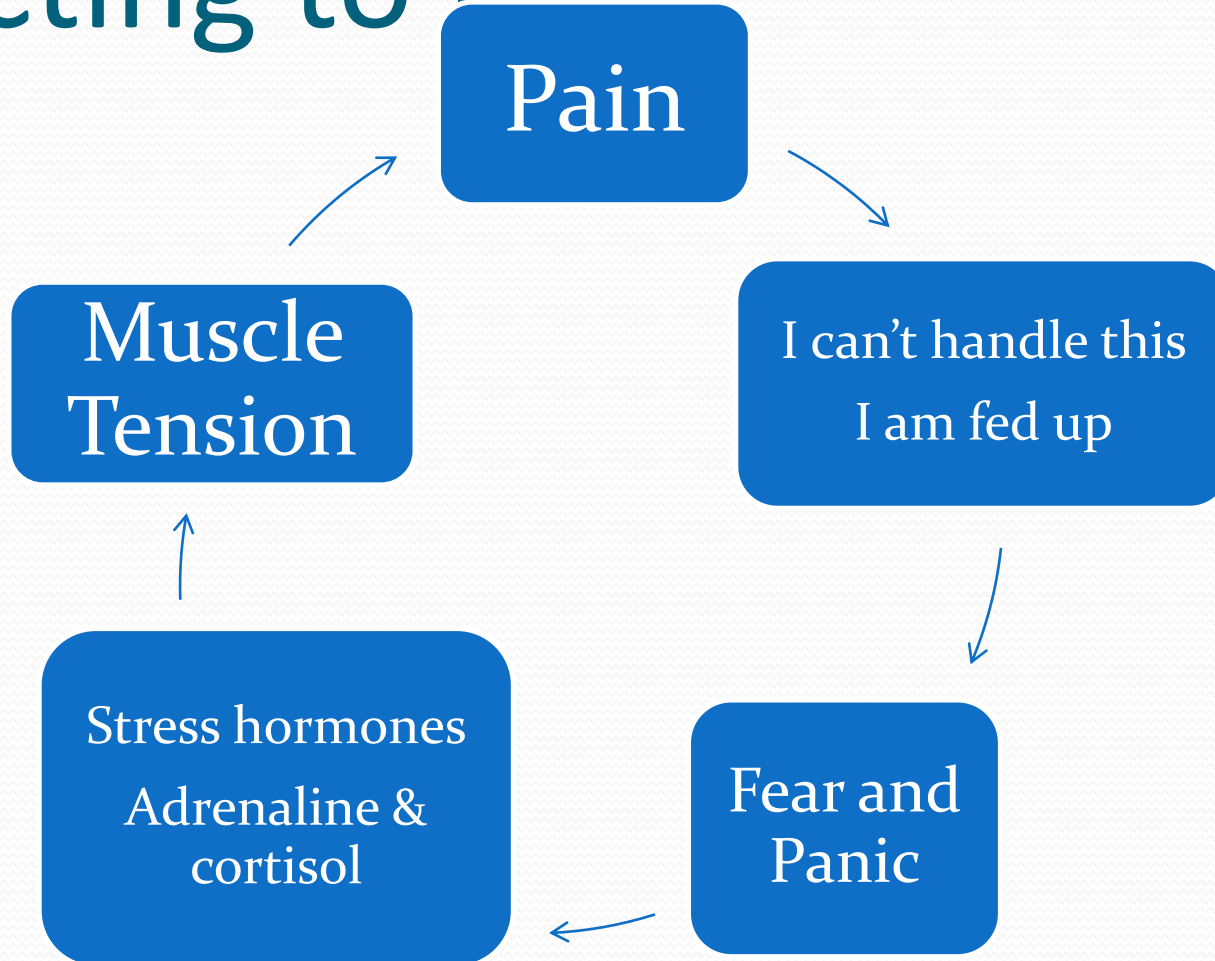
# A Typical Pain Reaction

- The flare begins
- The pain signal is received by the hypothalamus, then the SNS kicks in
- With this comes a cascade of 1400 biochemical's
- Much of the reaction is programmed into the autonomic nervous system,
- memories from past pain and flares will be ignited and aggravate,

# Pain Reaction .....cont.

- Tension increases
- Worries increases
- Drama and catastrophizing
- Resistance to what is coming
- Guarding and constricting
  
- Another cycle of pain is activated

# Reacting to Pain



# Common Patterns of Thinking

- **Blaming:** Someone for how you feel
- **The Shoulds:** usually a personal criticism
- **Polarized thinking:** Inflexible, black or white, not at all flexible, or adaptable
- **Catastrophizing:** worst case scenario
- **Emotional Reasoning:** making important decisions when emotionally charged and not from a level head, errors adding to stress
- **Filtering:** Seeing only the negative
- **Entitlement Fallacy:** Belief that we should always get what we want,

# Consequences

- Thoughts happen so quickly and subtly that one doesn't see the trigger that escalates pain,
- One doesn't associate the thinking that they are not aware of as having an adverse effect.
- If you draw the clients attention to their thinking they will quickly disagree with you
- They are too close to it to see it
- Their ego needs to be right, and will block the truth



# Pay Attention

- If we pay attention we start to see more clearly.
- Meditation is a valuable tool
- It is used to cultivate the ability to see ones self more clearly, to see/hear the mind chatter that is driving some of the physiological responses

# Meditation as a tool

- In meditation one purpose is to watch the mind in its chaotic thinking and get to know it.
- Once aware of how the mind has power over our physiological responses one can start the process of awareness toward change
- work towards a calmer clearer mind that is better able to handle stressors
- Cultivate the ability to stay present to the pain and work with it, not run from it

# How to Stop Thinking Negative

- Develop a breath/meditation practice
- if you are aware of your breath you can develop awareness of the body and the brain.
- Awareness leads to recognition of underlying causes and negative thinking
- Awareness allows you stop the thoughts in their tracks (If you choose)
- The ability to be conscious is a skill which requires practice, diligence and courage.
- Challenge every negative thought with a more positive, wellness orientated, feel better thought.

# Awareness Inventory

- Do an inventory of thoughts as you are able to be aware of them and record them on paper
- Discover the complete language of the inner voice (almost always negative)
- Now make a list of positive replacement thoughts for each item on the list
- Develop a new language and vocabulary for the inner voice
- Now get to know the positive list and use it to replace negative thinking whenever it happens.
- Review your positive list daily

# Turning a Negative into a Positive

- I can cope with this pain, I have before, I am gaining knowledge and experience, of how I have an influence on the pain.
- I know I need to breath deep and slow, exhale the tension, and try to relax the body and mind
- I know this pain is not permanent, If I pay attention to it, I can see that it increases and decreases. Like waves.

# More Re- balancing language

- I believe if I pay attention to the pain, and not react to it, I can practice letting and breathe and calm my mind and I know I have the power feel better.
- I am learning coping skills every day.
- I am learning to work with the pain and learn about it, I feel I can influence it.
- I am a good person, I am not a failure, I know I can improve if I stay focused on wellness

# Unstoppable Negative Thoughts

- If your negative thoughts are unstoppable then bring out an inner voice that is the Head Nazi, that will challenge the negative thinking with a loud voice
- Stop the negativity!
- Shut Up I won't have this negative thinking going on
- Stop hurting yourself with this thinking
- Stop being a victim, only the thinking makes it so
- Stop it, you have tools choices and options use them.

- “A” stands for the activating event  
E.g. the muscle spasm that stopped you from going to the family picnic
- “B” Stands for the belief system, or negative thoughts that get activated  
E.g. I feel like I have let my family down, let me down
- “C” Stands for emotional consequences of those negative thoughts  
E.g. you feel guilty, frustrated and depressed
- “D” Stands for Dispute the thoughts that you choose to think  
E.g. “it doesn’t make me a bad person just because my pain keeps me from participating

Activation



Belief



Consequences



Dispute



# Choices

- Take an honest assessment of the choices you make because of your pain.
- Take some time to ask if you have used your pain in some way as an excuse to avoid something you didn't want to do
- “not tonight dear I have a head ache”
- Look for ways where you may be rewarded for staying focused on your pain.
- Talk this issue over with a friend, or family member, or a councilor.

## • **Most importantly remember**

- Be aware how you are creating your experience in every moment

- Recognize what and how you create moment by moment

- Dispute thoughts that are irrational or are not true and replace them with healthier, more realistic statements.

- Be responsible for your thinking... blaming the pain on your 5 minutes physical activity leads to fear of exercise and atrophy. It was actually your anxiety about doing the exercise that created the problem.

# Communication and Pain

- You may have learned to communicate pain with your body and not your voice.
- Grimacing, frowning, limping
- Crying
- Complaining about it
- Getting quiet
- Withdraw from others
- Getting irritable
- **Holding feelings inside can lead to:**
- Depressed feeling and emotion
- Physical problems
- Somatization, more pain
- Building up and lashing out
- Stress problems

# The Pain Story When to Tell it

- Each time the story of the suffering is retold it entrenches the story more deeply into a pattern...memories....the past has a hold of your energy and it is running your future
- It is better to focus on what is needed in the moment and adopt a positive mind state that focuses on your path to feeling better
- Reviewing the struggles can make the struggle fresh, somatic memory activation
- the feeling of depression and grief can be revisited over and over again, activating memories which activate the physiology
- Inflicting more stress to your condition.

# Focusing on Solutions

- To become well we need to focus on the solution more than the problem.
- Damaging Adjectives don't use them
- Dramatizing and catastrophizing
- There are good times to talk about the pain and Most times its best to talk about solutions
- Let go of the old choose better

# When Working with Pain Clients

- Guide the client on the communications they use with you
- Redirect negative thinking to the vision of more positive outcomes
- Listen to the words they choose and how these words can inflict more damage or improve the situation
- Be present to the client listen with all of your therapeutic resources

# Develop your own Personal Pain Rating Scale:

Rating	Your Plan	What They Can Expect
10-9	Breathing, sitting with the pain, calling the Dr.'s Office, gentle stretching,	All plans are off, normal chores are delayed
8-7	Breathing, Pacing	Most plans are off, postponed
6-5	Use distraction, music, warm water pool visit	Major physical activities are avoided, minor plans are ok
4-3	Extra relaxation, moderation	Most activities on schedule, with pacing
2-1	More attention to body mechanics	All activities on with planning

# Sleep and Chronic Pain

- The most intense healing from injury and wear and tear occurs in sleep.
- 30% of people have difficulty with sleep
- 50% of those in chronic pain have difficulty sleeping.



# Sleep Deprivation

- Less than 6 hrs sleep per night or poor quality of sleep causes:
  - Susceptibility to illness
  - Muscle aches and fatigue
  - Reduce ability to tolerate stress
  - Clinical depression and anxiety
  - In extreme cases...hallucinations

# Hard Lessons

- Cultivate awareness about what you create moment to moment.
- If you are dramatic, reactionary, fearful, resentful, you will be creating chaos in your life moment to moment.
- You are responsible for creating your every experience.
- Practice! Practice! Practice! Learn to create health harmony and happiness in your life.

# Pain and Stress

- Without question, the stress response has a negative effect on most people living with chronic pain.
-

Stressor

Brain Activated

Neuroendocrine system

Catecholamine system

Hypothalamus/Pituitary

sympathetic nervous

Adrenal cortex

Adrenal Medulla

**Cortisol**  
**Adrenaline/No Adrenaline**

Cascade of Stress Responses

# Neuroendocrine system

- A group of stress hormones, known as glucocorticoids are released into the blood stream
- Includes
  - cortisol,
  - adrenocorticotopic hormones
  - growth hormones
  - beta endorphins
- They cause changes in digestion (increased acid release), breathing becomes shallow and the body perspires to cool down.

# Catecholamine system:

- Adrenaline and noradrenaline make the sensory circuits in the brain more sensitive, keeping all of your senses on guard.
- They also affect the cardiovascular system by causing the heart rate to increase, blood pressure and muscle tone to increase and the capillaries to dilate.
- the body redirects its energy resources to the emergency response system
- the body's repair function of the immune system is on hold.

# SNS becomes a danger to health

- if the system is being activated for emotional and mental stressors.
- Unfortunately in humans the stress response can be by imaginary threats or even persistent worry.
- Habitual mulling over of stressful events have terrible consequences on all of us who do this.
- Future events suffer the consequences of this thinking and past events get pulled into present awareness and add to the layers of stressful thinking and stressful responses.
- In this stressed, worried or fearful state, the body is forced to remain in a hyper-alert state, releasing stress hormones into the blood stream relatively constantly.
- Although our kidneys go a long way in filtering out the stress hormones so that the body can return to a more normal state, they cannot keep up with their constant release. It is like trying to bail out a leaking boat with a thimble.
-

# Long Term Effects of Chronic Stress

- When the blood stream is bathed in stress hormones as a constant state, the body becomes toxic.
- Over time the toxicity of stress causes disruption in sleep patterns, digestion, general health, ability to think, remember, and limits our ability to enjoy life.
- Chronic intense stress leads to a breakdown in our body's ability to find balance.
- Too much cortisol over time has a negative effect on the hippocampus part of the brain, which in turn disrupts immune function.
- As the immune system breaks down, you become susceptible to germs and viruses that make you ill.



# Continual Release of Adrenaline and Noradrenaline

- puts pressure on the cardiovascular system and puts people at risk for heart disease. In order to process undigested food for the energy during a crisis
- the gastrointestinal system releases extra acid in the stomach and intestines. Continual release of acid begins to break down the lining of the GI tract, making it more vulnerable to perforations and ulcers.

# Chronic Stress and Thinking:

- Excess Cortisol negatively impacts the hippocampus.
- The hippocampus is responsible for memory, concentration, decision-making and mental blocks.
- Chronic stress has a negative impact on
  - Memory
  - Causes mental blocks
  - Impairs decision making
  - Impairs memory

# Does Stress Affects Emotions?

- When you feel anxious, nervous or tense, your mind is attempting to give you an emotional signal that you need to pay attention to your body.
- A build-up of anxiety can result in feeling depressed, being frustrated and irritable, and even just losing interest in day-to-day activities.

# Stress and Behavior:

- Often those in chronic pain and stress have maladaptive stress management behaviors:
- use street drugs or alcohol
- over use prescribed medications
- increase smoking
- stop eating or eat too much
- hang out with the wrong crowd, to gain a sense of belonging or power over their lives.

# How to Start Changing.....

## Get Control of Excessive Stress

- Make a list of all the different things that stress you in your life:
- specific problems, people or situations.
- financial problems, a difficult marriage or living with chronic pain.
- List family/social stressor or worries
- Financial
- Physical/health medical
- Environmental
- Social and friendship stressors
- Employment stressors
- Other worries

# Insert your stressors list into a two column table

Stressors that are changeable	Unchangeable Stressors								
<p>For each item on the list ask yourself what you could do today to make change. Keep it simple and achievable.</p> <table><thead><tr><th data-bbox="48 791 473 833">Stressor .....</th><th data-bbox="498 791 877 833">Corrective Action</th></tr></thead><tbody><tr><td data-bbox="48 848 473 891">•It hurts to exercise-</td><td data-bbox="575 848 900 891">Walk 5 minutes</td></tr><tr><td data-bbox="48 905 473 948">•Bounced check</td><td data-bbox="575 905 853 948">Call the bank</td></tr><tr><td data-bbox="48 962 473 1005">•Can't catch breath</td><td data-bbox="587 962 966 1005">Breathe deep 5 X's</td></tr></tbody></table>	Stressor .....	Corrective Action	•It hurts to exercise-	Walk 5 minutes	•Bounced check	Call the bank	•Can't catch breath	Breathe deep 5 X's	<p>Learning to release stress associated with things beyond your control is one of the most challenging things you can ask yourself to do.</p>
Stressor .....	Corrective Action								
•It hurts to exercise-	Walk 5 minutes								
•Bounced check	Call the bank								
•Can't catch breath	Breathe deep 5 X's								

# Changing the Changeable:

- After you've made your list of things that you can do today, put them in order from highest to lowest priority.
- Start with the first item and go through the list as far as you can
- Make sure to be reasonable about what you can accomplish and pace yourself as you do them
- Check off each item you accomplish
- What you don't accomplish today, add to tomorrow's list
- For tomorrow, begin where you left off and move another step forward

# Suggestions for letting go:

- Perspective adjustment
- Forgiveness
- Prayer/spiritual
- Meditation on letting go
- Relaxation and release
- Talking it out
- Making appropriate positive/feel better statements



# Reducing the physical impact and pain of stress:

- diaphragmatic breathing
- Progressive muscle relaxation: (tense and relax or “letting go
- Guided Imagery or Visualization: Using your imagination, make it specially meaningful
- use a pre-recorded meditation designed for those with chronic pain.
- Imagine a path to wellness, feeling better every day, stronger, happier,
- Imagine the feeling of success of having attained the good health created in your vision.

# Managing Flare Ups

- Many have a constant “Baseline” pain that occasionally varies in intensity and quality. When the pain rises to a peak it is called a “flare up”
- Most people learn fairly quickly which physical activities will provoke a flare up.
- Sometimes there is a flare up without anything physical to provoke it.
- Not knowing how to prevent these kinds of flare-ups set up fear based caution
- We are not just a body the mind connection contributes to flares
- Many have patterns of flare-ups are caused by mental, emotional, nutritional or mood, stressors

# Prevention of Flares

- Prevent flares where possible
- apply all your tools to reduce the intensity and duration of a flare-up
- **Pacing**
- **Saying No**
- **Setting Limits with Others**
- **Exercising and keeping yourself fit**
- **Maintaining good nutrition**
- **Socializing**
- **Managing Stress**
- **Attending to your posture and ergonomic setup**

# Your Reaction to a Flare Up

- Your reaction to a flare up of pain makes a huge difference in what happens next.
- The body/mind has been conditioned to interpret the pain signal as a threat or emergency.
- when we feel pain, we look as if we were being attacked, tensing our muscles, holding our breath, clenching our teeth and feeling panicky.
- Pain is information, the bodies way to communicating to the brain.
- Because we perceive pain as a threat we try to get rid of it or ignore it.
- It is precisely this action that makes the come back again and again hoping that conscious mind is paying attention
- Always move towards pain with all your attention, curiosity, willingness to do what it takes to understand the message in the pain

# Reversing the Stress Response

- Is hard, especially when you are feeling a sharp or intense pain
- learning to master our reaction to a flare up can reduce the impact of the flare up and give you a greater sense of control in your life.
- When a flare begins engage as many tools as you need to create wellness and release pain, as you need, avoid giving up.

# Managing Flares

- Reaction to a flare up has many levels
  - Physical (tensing, clenching, shallow breathing)
  - Emotional (panic, fear, anger, frustration)
  - Cognitive or thoughts (panicky or blaming thoughts)
  - Spiritual (why me?)

# Mastering your pain plan

- having a multi-layered plan that includes many different ways of coping will be more effective in getting you through the pain
- For each category, list as many possible coping strategies as you can in addition to the ones already listed.

# Physical Tools:

- Breathing techniques
- Relaxation Exercise
- Heat, Ice
- Massage
- Acupressure
- TENS
- Stretching exercise
- Medications
- Get into a pain free positions



# Emotional/ Behavioral Tools:

- Talk out your feelings
- Let go of the small things that bother you
- Manage stress
- Be assertive with communication
- Sing
- Laughter Yoga

# Social:

- Set limits
- Ask for support
- Journal
- Be assertive and set limits
- Ask for company or support
- Have a supportive person act as a coach
- Do something fun or distracting
- Don't be attached to a specific outcome, like the way things used to be, open to accepting things how they are now

# (change the way you are thinking)

- Talk yourself through it
- Avoid catastrophizing or intensifying the difficulties, avoid telling everyone
- Take a nurturing and loving tone with yourself
- Visualize yourself getting through it
- Use distraction, a nice walk in nature
- Use positive coping statements
- Don't get angry it makes things much worse

# Spiritual:

- Meditate
- Pray (ask for help in the moment)
- Step back and take a big picture view
- Ask for strength courage, support and wisdom
- Practice Gratitude daily to reduce focusing on what's wrong and cultivate positive energy

# Environmental:

- Get into a comfortable position
- Make your surroundings more comfortable (use pillows, turn of the TV etc.)
- Listen to a relaxation tape or healing music, guided meditation. Many great programs on line at no fee i.e. [www.soundstrue.com](http://www.soundstrue.com) look for 12 healing exercises
- Get connected to nature
- Try aroma therapy or candles
- Ask for quiet time

- Breathe, deep, avoid holding the breath to brace against the pain
  - Stretch
  - Remember the flare is not permanent the pain will change
  - Write in my journal
  - Call a friend
  - Watch a funny video
  - Tell myself I can get through this
  - Don't think about the worst outcome
  - Meditate
  - Gentle yoga
  - Warm bath
  - Soothing music
  - Shaking off some of the stress (use of vibration)
- All these items may be used to reduce tension to avoid a flare too

# Balance

- Can come when one lets go of the chaos of emotions, fear, anxiety, rage, frustration, sadness, and hopelessness
- These must be acknowledged by you the practitioner, addressing the physical issues will be impossible unless we keep the big picture in mind
- The client's entire life is out of balance as pain has become the center of their world (see page 53)

# In the water

- Teach mind body awareness
- Teach presence to the body and the information it has for you
- Most clients will vacate the body when there is discomfort, which increase the risk of irritation of an injury, or pain
- Teach the use of breath for cardio, for every stretch, for letting go of pain, for detoxing as blood flow clean out, for opening up the body



# Use Mind Body Exercises

- Ai Chi
- Chi Gong
- Flexibility training
- Cardio to reduce hypoxia
- Guided body awareness meditations
- Floated massage, reflexology, energy work, acupressure
- Focus on feeling
- Focus on opening up the body for energy flow