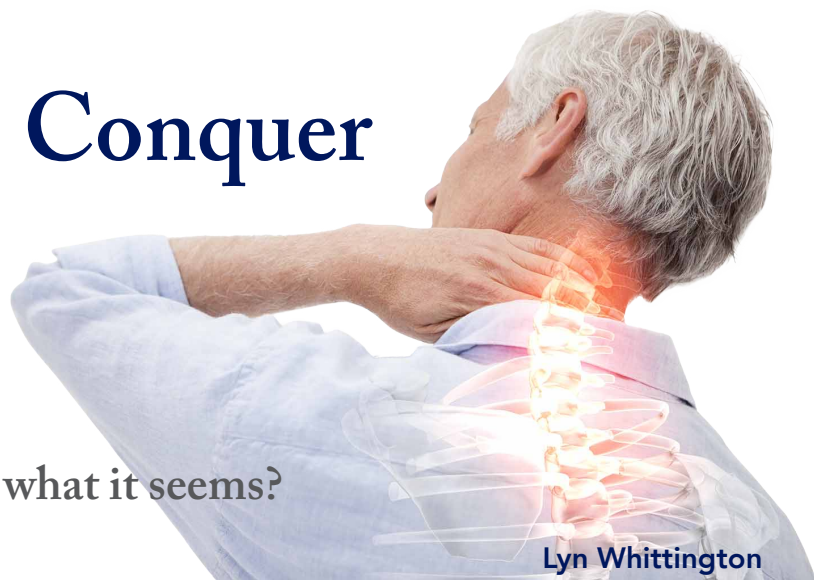


Helping You to Conquer Chronic Pain



Lyn Whittington

What if your chronic pain isn't what it seems?

Pain is a complex, but things aren't always what they seem. Acute pain is a message that warns us to take action. Chronic pain is a message that has got stuck. When a fire alarm sounds it is a useful message but if it continues day after day continuously it is a nuisance and distressing.

Think about this

The pain you are feeling is an unreliable indicator of what is actually happening in your body.

Your pain can be reduced or completely removed - in one or two sessions!

Sounds too good to be true? In my clinic I have worked with many, many people just like you who believe that they are stuck with their pains, it will never go and all they can do is to take pain killers that just mask it.

Do you have pain? Then read on....

Have you been struggling with it for a while?

Is it affecting every area of your life?

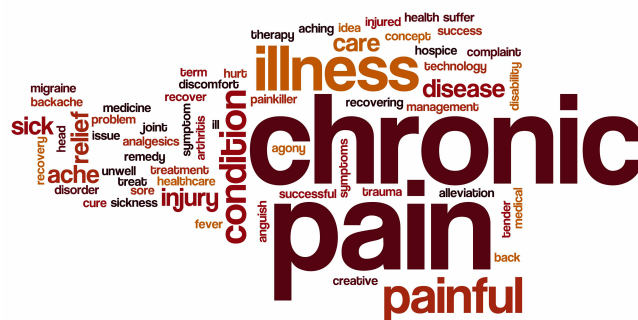
- Are you constantly aware of your pain?
- Does it keep you awake?
- Is it the first thing you think of when you wake up?
- Is it restrictive during your working day?
- Are you constantly feeling exhausted?
- Is your pain making you feel anxious or depressed?
- Does it stop you enjoying activities and physical exercise, spending fun time with your family?

You've tried everything, and nothing has worked?

- Lost count of the times you have visited the doctor?
- Had various examinations, scans, even MRI and no change?
- Painkillers seem to be the only option?
- Maybe you've been told that there is nothing else that can be done, you just have to learn to live with it?

Have you had enough?

- You don't want any more medication
- You don't want to have to learn to live with it
- You want to be pain/symptom free
- You want to be heard and understood
- You are ready to get your life back and feel like you again but what else you can do? You're not sure
- You want a highly skilled and experienced professional, who offers an alternative



Does this resonate with you? Then read more about the latest developments and understanding of pain.

Why do we have pain? Pain is a message, a call to action.



Pain is 100% real and can affect every area of your life.

We feel pain for a reason; we need it for protection and survival, it tells us that we are hurt or injured and that we need to take action - this is "new" pain. Initially pain is a symptom, just a temporary thing. We hurt ourselves, its painful, we get appropriate medical attention, it gets better and the pain goes.

There is simple acute pain, when we might hurt ourselves further, for example, when we accidentally touch a hot iron. Then there is pain attached to cell tissue damage, such as after an operation, or a tumour or inflammation.

However, pain is manufactured in your brain and sent to the affected area to get you to take action, rather than from your tissues. The brain evaluates its response, making the message relevant to the degree of damage. After your injury or issue has been dealt with and appropriate healing time occurs, your pain should go.

But what happens when you can't get that pain to stop? What happens when that pain switch gets stuck in the "ON" position after the danger has passed? This is called persistent, chronic or "old" pain. This is like a fire alarm continually ringing long after the fire has been put out. So have you wondered why your pain is stuck?

Pain can remain long after it is no longer of any benefit.

If you have been in pain for longer than three months, it is likely to be of no use to you – your system effectively becomes "overprotective"

Persistent, old, chronic pain is your own internal

defence system deciding that it is still beneficial. It will have sound, logical reason for doing so, even when it is not obvious.

More about how this can be dealt with later...

Let's look at some current thinking

A recent BBC report stated that over eight million people, in the UK, live with chronic pain. Over 24,7 million pain killers are prescribed. There is a growing concern that people are taking more and more addictive, opioid drugs.

There is a lot of current research that pain does not just relate to cell damage, but takes into account your emotions, thoughts, beliefs, as well as your circumstances. There is strong information that the pain and emotional pathways are the same, hence why we need to look further than the site of the pain to the brain and mind.

Dr Silje Reme in her video 'Pain, Is it all in the mind?' talks about our personal, social environment, and the workplace can influence pain - Job stress, conflicts at work, job insecurity, social anxiety loneliness, depression, anxiety, sleep problems, activity limitations, chronic fatigue can all influence pain. She also cites the healthcare system with over treatment, surgery etc.

She also talks about the amount of chronic back pain there is, where there is no physical answer – no functional problem, nothing on an MRI scan, no anatomical issue - so what's going on?

People believe that if there is a pain there must be cell damage and it would be dangerous to not have pain. Clearing old pain in fact allows us to be aware of new pain. Dr Reme states that the level of pain is also influenced by our interpretation of pain: for we may put on our shoe and there is a stinging insect in there but our pain changes once we take the shoe off and it is just a pin! Australian Lorimer Moseley talks about how he was scratched in the jungle by a twig and had awful pain and he immediately thought he had been bitten by a poisonous snake as he had before.

Listen to his TED talk 'Why things hurt' here

<https://youtu.be/1ylbrkstYtU>

Credible evidence will convince pain

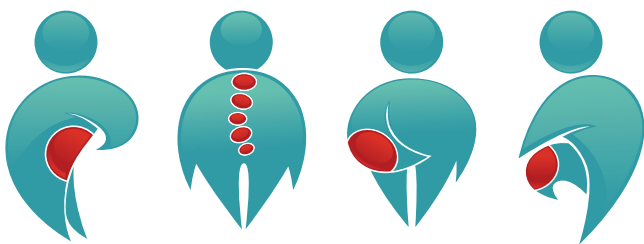
Let's bust some Myths about chronic pain

Myth 1

Injury causes pain ... even three months later!

I treat many people that have been told, by doctors, that your back pain was caused because of degenerative changes, disc protrusion, slipped disc, osteophyte formation/osteoarthritis. The truth is these terms describe normal changes that happen as we get older. Let me explain - there is no evidence that any of these changes cause pain experienced. In some cases they are not even present in people with back pain!

These labels only create confusion and fear that keep many suffering for years.



Myth 2

Medical imaging is necessary to find out the reason of pain

Many people think that MRI or CT scans will give the answer to their chronic pain. Medical imaging does show changes in your body, which occur for all of us as we age BUT it doesn't tell you anything about pain or why we feel it! It causes us to worry that we have something wrong with us, which creates stress and magnifies your pain.

Myth 3

Chronic pain is caused by the site of injury

Pain is a message to alert us to take action. It acts as a protection. Initially, it is a symptom. If we accidentally touch a hot iron, we immediately feel acute pain. This is a warning that your skin is burning and move your hand quickly!



Acute pain attached to cell damage, such as a cut after an operation, or with a tumour or inflammation.

Usually, pain stops before the tissues have fully healed, as action has been taken.

If pain becomes chronic it is giving a persistent message that is no longer necessary because the damaged tissues have healed. The pain is very real, for the sufferer.

The answer to removing chronic pain, whether physical or emotional lies, in finding the cause, your story and working with the part of the body that controls the pain – the mind.

Myth 4

I am still in pain, so I haven't healed

Our bodies heal quickly, usually within three months.

If pain persists beyond three months, then it is an unnecessary message because the damaged tissues have healed. So the pain is no longer a warning.

The truth is that chronic pain is no longer a reliable indicator of what is happening in the body.

Myth 5

Pain is just caused by cell damage

There is a lot of medical research which shows that pain doesn't relate only to cell damage. So, what is the cause of the pain?

Chronic pain is caused by things like job stress, job insecurity, social anxiety, pressure from relationships, anxiety, depression, sleep problems, chronic fatigue and guilt.

Myth 6

A belief that if there is a lot of pain, there must be significant damage

Many of my patients think the more intense pain, the worse the damage to a muscle, ligament or tissue.

Our brain constantly assesses all aspects of our body (this includes our physical and emotional state). The unconscious mind gives us a level of pain it thinks is appropriate.

If I were to stroke your arm with a feather, you wouldn't be in pain. However, if I were to run a blow torch up your arm, you would be screaming in pain!

To some people the feather feels like a blow torch. The brain is confused.

The cause of the pain is not physical. It is emotional. It is in the unconscious mind.

The good news is, with the latest developments and understanding of pain I work with, to help you

- Free yourself from your trapped, persistent, chronic old pain and symptoms
- Get back to living your life fully



OldPain2Go® Pain Therapy

OldPain2Go® is a protocol based on the latest in scientific knowledge of how the body and mind work in unison and the body's natural ability to self heal. It can provide a safe and effective way to a more comfortable life.

It is a highly effective, cutting edge, pain reduction/removal talking therapy, similar to pain psychology. No physical touch is required. So working online is perfect. We work with the part of the brain that sends the pain messages, because that part can also turn them down or switch them off.

The purpose of an OldPain2Go® session is to work with you, using straight talking, to reduce or

remove your old pain effectively and permanently. We will, together, discover what your stuck pain message is telling you so that we can consciously assess what needs to be done. We then use a technique called Brain Bargaining to negotiate with the part of your brain that controls pain, your unconscious mind, to review the need for it and persuade it that it is doing more harm than good. Your body will only release pain that is safe to do so. This is based on sound logic, and the latest understanding of the mind/body connection. The pain message can then be turned off.

So what happens in an OldPain2Go® pain relief session?

The session is not physical, but a talking therapy, that works directly with your goals and desires and YOU are in control at all times. We will talk about your current symptoms and when they started. We will discover your personal story, taking into account your emotions, thoughts and beliefs as well as your circumstances. Then in a relaxed state, we will bargain, with your unconscious mind if it is now safe to release the old programme that serves no purpose and stop sending the pain messages out! Even if your body still feels some level of pain it is necessary as a warning or preventive message, it could reassess and lower the volume of the pain so you can be more comfortable.

It is a non-medical intervention - there is no hypnosis, medication, exercises or physical manipulation.

Pain Therapy can work with all sorts of old pain including arthritis, joint injuries, back pain, sciatica, Raynauds, Fibromyalgia and Chronic



Fatigue Syndrome. This is not just pain management, this is reducing, and/or getting rid of your OLD, unnecessary pain messages for good.

We work together over two sessions and a follow up, online or in person.

You must have been checked by a medical professional who cannot find the reason for your pain and offers pain management. You must have had your pain longer than three months.

Does It Work?

Does this seem too good to be true?

Then let me share my client Jim's story....

Jim suffered chronic back pain for 44 years. Watch Jim's personal video testimonial by clicking on the link below.

On rising his back was locked and sore, it got worse during the day and often kept him awake.

During his teens Jim enjoyed playing football, track events and javelin. Aged 18, he was delighted to win an athletic scholarship, however, whilst using a javelin, he injured himself and cut off two fingers on his right hand, putting paid to his sporting career. Jim blamed himself and over ten years, he suffered PTSD symptoms – headaches, stomach pains and panic attacks, as well as developing pain in his right hip and lower back. At that time he was employed in welding fabrication work which further irritated his back. Xrays had shown minor arthritis, some disc degeneration and bone spurs but nothing that should give him that level of pain. No physical therapies or pain killers helped.

As Jim's story unfolded, we discovered the emotions attached. He had felt unsupported at the time of his accident, by his parents who had a new business, plus he held himself to blame for the accident. He held anger, sadness and remorse about it and the lost opportunities. He had not let go and felt helpless.



On the Old Pain2Go® website there are over 160 testimonials on all types of pain.

<https://oldpain2go.com/client-testimonial>

Does it last?

The result you get is the outcome of your internal safety system doing its very best for you, in that moment, to help you. Your thoughts, determination and desire to be pain free were all taken into account.

A few frequently asked questions:

"How can it work when highly trained medical people cannot achieve the same results?"

Quite simply your body repairs itself even though it has never studied medicine. It has kept you alive for years: running your heart, your lungs and thousands of other processes. What an OldPain2Go® practitioner does is to bargain with the part of the brain that deals with pain and ask if it will release you from it. Because of that it is a totally safe process – if you still need to have the pain message it will remain because it deals with Old Pain Messages it can remove them permanently. New Pain (acute) can be felt at any time it is required and the old pain is not their masking any appearance of new pain. Therefore, this even works on pain removal from degenerative disorders.

Here's what Jim had to say in his own words...

'I recently had a session with Lyn Whittington, regarding 40 years of back pain!

I was hoping to keep carrying it around ha ha! But Lyn and my unconscious had different plans for me.

I struggled every day with a locked up painful back that got worse throughout the day.

I chose Lyn because she came highly recommended but I can honestly say she is awesome!

I left with minimal pain, which has now gone! My back feels amazing! I did a lot of stuff this weekend which normally would trigger pain. I'm pain-free. Yeah! '

I have put up with this pain for years, how can it go in just a few minutes?'

The longer you have had the pain, the more likely it is that it no longer serves a purpose – you are aware of it – nothing can be done (medically) and your doctor prescribes pain relief. These are all signs that the old pain message is redundant. All that is required is for you to convince your unconscious of it.

Can this work for me if I am on really powerful painkillers?

Yes, it may. Just think about this for a moment, if you are prescribed strong pain tablets or injections that the medical profession is saying that the pain is not necessary! Pain killers do not stop the pain message being sent out they simply interfere with it reaching the part of the body it is intended for.

OldPain2Go® is directed at asking for messages to be stopped, if it is safe to do so.



Lyn Whittington



Freedom From Emotional and Physical Pain – from striving to thriving

Stress, Anxiety, Depression, Trauma,
Self Worth, Social Anxiety,
Phobia, Chronic Pain and more.....

07791220242

lyn@energyhealingtherapist.co.uk

DISCLAIMER

Pain therapy is not a substitute for medical diagnosis, assessment or treatment.

It can be very effective; however, the outcome depends greatly on the client being motivated and committed to change. Results can vary from person to person and as such cannot be guaranteed. You must have been seen by a medical professional about your pain in the past, prior to your session.