

Do you suffer from chronic pain?

Have you tried numerous treatments with no lasting results?

Would you like to mobilize your body's natural defenses to heal chronic pain permanently?

FINDING THE EASE IN DIS-EASE:

An Integrated Approach to Healing Chronic Pain.

Don't allow chronic pain to control your life any longer. Start your journey toward a pain-free life today. To learn more about this holistic, non-invasive treatment program, Call right now.

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The information contained in this brochure is for information purposes only and is not intended as a substitute for conventional medical care. You are encouraged to get regular medical exams and to consult with your doctor about what treatments are best for you.

Alarming facts about chronic pain:

- Up to 50% of chronic pain patients consider suicide at some point to end their suffering.
- It costs our society (USA) between 100 and 300 billion dollars per *year!*
- It disables more people than cancer and heart disease combined.
- One in 3 Americans suffer from some type of chronic pain.
- It is the number 1 cause of adult disability in the USA.
- Low back pain is the 5th most common reason for all physician visits.
- Patients with chronic pain are 3-4 times more likely to develop major depression than the general population.
- More than 35 million Americans suffer from chronic pain.

What is Mind/Body Syndrome?

Mind/Body Syndrome occurs when the stressors of life trigger strong emotions that cause the body to react by producing physical

symptoms. Feeling butterflies or nausea before speaking to a large group is a common experience. We often blush when feeling embarrassed. These are common responses produced by Mind/Body Syndrome.

More serious conditions that result in chronic, unrelenting pain are often signs that your body is producing pain because it's manifesting unresolved stress, possibly from your childhood, or from stressful events in your adulthood, or from your present circumstances. Some people, due to their personality traits, are more prone than others to develop painful conditions as a result of unresolved stress.

The fact is that your pain and any other Mind/Body Syndrome symptoms are real. Emotions are very powerful forces that can cause physical symptoms. If you have a form of the Mind/Body Syndrome, you are not crazy. Almost everyone experiences Mind/Body Syndrome from time to time.

Pain prone personality profile:

- Perfectionist
- People pleaser
- Need to be right
- High expectations of others
- Stoicism
- Worry-prone

Some Mind/Body Syndrome conditions:

- Gastrointestinal problems (GERD, IBS, Crohn's, colitis, heartburn, etc.)
- Tinnitus
- Pelvic pain
- --> Sexual dysfunction
- Fibromyalgia
- Chronic fatigue syndrome
- Hypertension
- Eczema/skin problems/dermatitis
- Back/neck/shoulder/knee/elbow pain
- Migraines/headaches
- Bladder problems
- Depression
- Anxiety/panic attacks
- Carpal tunnel syndrome
- Insomnia
- Eating disorders

The Mind/Body team approach to permanent relief:

Phase One: Assessment

Phase one consists of an in-depth study of the dynamics of Mind/Body Syndrome, a thorough personality analysis, and a clear understanding of the underlying roots supporting your pain condition.

Phase Two: Application

Phase two consists of learning and applying new skills for reducing and eliminating pain including:

- meditation
- guided imagery
- depth journaling
- identifying and replacing self-sabotaging thought patterns
- Practicing an Emotional Freedom Technique.

Phase Three: Recovery

The recovery phase involves developing a personalized plan for living a pain-free and joy-full life.