

Painful Joints and Muscles?

A Guide to Pain Management

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Painful Joints and Muscles

“Most people will do more to avoid pain than to seek pleasure” - Chris Knight. Indeed, there is a multi-million industry based on pain avoidance and management.

And there is little worse than feeling constantly in real, physical, pain.

Joint pain also is connected with mobility. This could mean anything from not being able to turn your head to one side to being wheelchair-bound.

We all have aches and pains from time to time. Whether you have just over-done the housework/gym/gardening or have long-term arthritis, I hope you find something useful in this guide.

Pain is there for a reason. Acute pain is pain that has just happened now and signals the need for immediate attention. A trip to your Osteopath, Chiropractor, Massage Therapist, Physiotherapist or Doctor may be needed.

Chronic pain is pain that has been there for a while. Sometimes this is on-and-off over the years and sometimes it is always there. You have probably done everything you can about it in the short-term. So if it remains or returns, it may be a sign that you need a better corrective program. Alternatively, it may be a sign that you need to offload something which bothers your musculo-skeletal system.

Try the simple recommendations in this book and see how you feel.

A Simple Guide

This is a simple guide based on new and far-reaching concepts.

Important Notice:

Kindly assume responsibility for your own physical and mental wellbeing.

Regardless of the above proviso, you are advised to consult with your physician before embarking on any alternative, complementary, beauty treatment or self-help regime.

Our use of systems that are trademarked or have a registered trademark represents our views and not necessarily those of the trademark owners

Please be aware that my skills and experience as a massage practitioner in one country may or may not satisfy your government's own therapeutic massage regulations and as such, this booklet cannot be taken as massage practitioner advice.

This guide is not designed as, nor is a replacement for, medical advice.

When you are ready, study this guide and make a note of at least one step that you can take for self-help. Try different ways until **you find a combination that works best** for you. We often slip into old habits from time to time, and that is OK. Be kind to yourself if this happens, forgive yourself and move on.

What You Put In Your Body

Your bones, muscles, and the nerves that carry signals to your muscles, are all made up of what you eat, drink, and otherwise assimilate into your body. If your muscles or joints hurt, it may be that what you have eaten or drunk has something to do with it.

There are substances that are often found to be culprits. The following is a small list about some common suspected baddies.

1. Wheat/gluten. Gluten is the stuff that holds bread together, a bit like glue or wallpaper paste. And maybe it is not such a good idea to eat lots of gluey stuff on a daily basis.
2. Artificial sweeteners are suspected by many of being a nerve toxin and so can increase pain.
3. Too much caffeine in coffee and other drinks stresses your adrenals and so can increase pain.
4. Anything which acts as a stimulant to the nervous system, such as legal or illegal drugs, can increase pain.
5. Bloating can be uncomfortable and clog your lymphatic system. Your lymphatic system is the drainage system for your muscles. If you are bloated, your lymph gets stuck, lactic acid builds up, and muscle pain increases. We can get bloated if we develop a reaction to a food substance. As well as finding out what it is, variety is good. If your body is likely to

develop a reaction to something, it is more likely to develop a reaction to something it is over-exposed to. Eating the same food almost daily is not a good idea. Vary what you eat from day to day and try to eat what is in season.

6. Too much sugar, beer, or wine invite organisms that attack your body and reduce your immunity. One of the most common culprits is Candida, which you may or may not have heard of. I have personally found this to be a factor in clients with Rheumatoid Arthritis. The modern diet has too much sugar in any case, and drinking too much is a big problem in many countries.
7. Are you overweight or underweight? This can affect the musculo-skeletal system. For example, eating too little can affect a woman's hormone levels and lead to osteoporosis. And eating too much adds more weight for your joints to carry.

Now that we have discussed the baddies, what about the goodies?

1. It is generally accepted that having a nutritious and varied diet, sufficient vitamins, minerals, and essential oils is good for you. Are you having enough? A visit to your health food shop or a nutritionist should point you in the right direction.
2. It is also generally accepted that we should eat enough fiber to have regular bowel movements. Old stools in your colon result in toxins that irritate your joints.
3. For the ultimate online nutrition and exercise program, I highly recommend Ben Wilson's program. I have been after Ben for many months now and he has finally released the ultimate version to promote to my clients. See what he has to say here:
http://www.one2onenutrition.co.uk/?a_aid=d050c6e2

What You Feel

What irritates you? What weighs you down? Do you carry the world on your shoulders? Who just can't get off your back? What do you find a pain in the neck?

- Time and time again, I find that there is an emotional component to joint pain. It may be big or it may be small, but eliminating it is the easiest part for most people.
- Muscles have a memory. Your muscles can even be locked into an event that your conscious mind has long forgotten.
- Your lymphatic system helps to move the chemicals your body makes in response to stresses such as fear or feeling angry. If you produce more than your body can handle, it makes sense that it can increase pain.

So, ask yourself: What irritates me? Common emotional pain components are listed below.

- An event that preceded or accompanied the pain, such as a physical accident or an emotional event.
- Rejection
- Fear
- Unexpressed anger

For each of these emotions, list 1 separate actual event that typify these emotions. For example, Mary's rejection events are:

- The time when Laura and Errol ambushed her outside school and stole her phone.
- The time when Mary's ex John said he wanted to finish their relationship.
- The last time that Mary's mother was dismissive in a phone conversation.
- Last Tuesday in the restaurant when the waiter put Mary at the worst table.
- Two years ago in January when Mary got sacked from her job.

Now list yours. But we are not listing them just for insights. We are listing them so that we can release them. EFT is a great way to remove negative emotions. If you don't know EFT, get your FREE EFT How-To from my EFT site <http://www.EFT-Scripts.com>

Now let us make EFT Statements for Mary's rejection. For simplicity, I will illustrate with the last example.

Setup:

"Even though I got the sack from work in January two years ago, I deeply accept myself"

Reminder:

"Getting the sack from work in January two years ago"

Mary taps on this specific incident until it has no intensity for her. It may take one minute, one hour, or one month. It does not matter how long. Persistence and perseverance pay great dividends. When this event has no intensity for Mary, she moves onto the next one, and so on. And of course, when there is a pain that stubbornly reappears, Mary can use the following tapping until the pain subsides. To use these statements for yourself, simply substitute for the body part. For example, if the pain is on

the right side of your neck, where it says “[body part where the pain is]”, substitute “right side of my neck”.

Setup:

“Even though I have this pain in my [body part where the pain is], I deeply accept myself”

Reminder:

“This pain in my [body part where the pain is]”

As well as working on specific events and pain, Mary can also use a positive EFT tapping each morning and night, just before waking and just before going to sleep, for four weeks. She taps on all the points the following.

Setup and Reminder:

“I choose to release all the emotional components of this pain and everything they remind me of. I choose to do this until I am free from these emotions. I allow healing to my mind and body.”

Advanced EFTers can also tap for foods, rehabilitation exercise, etc.

Now make up your own EFT protocol.

Enjoy the release...

Balance Your Energy The Reiki Way

Of course, not everyone wants to do EFT. And that's OK.

Reiki is an ancient healing method discovered by Mikao Usui in Japan. In the West, Reiki is now very popular, because it is:

- Easy and simple
- Does no harm
- Can be used for self-healing

If you are attuned to Reiki, do a self-healing for at least 10 minutes, and preferable an hour, every day. Do this at least for a month, and see how you feel.

We currently do Reiki courses in London and Cape Town – see <http://www.NewAgeLondon.com> and <http://www.NewAgeInternationalTraining.com> if of interest.

Allow unconditional healing to go through you to wherever it is most needed, for the Highest Good.

Enjoy the energy and balance.

Backache – Solve Your Back Pain

Most of us at some stage in life get backache.

Your back supports you. Backache is responsible for many a day taken off sick and much misery. Of course with any mechanical problem, helping that problem mechanically is important. For instance, if one of your vertebrae, or backbones, is out of place, it makes sense to get it back in place in order to prevent further damage. Individual vertebrae and the cushioning discs in between them are subject to wear and tear. And it is important to take action to minimize this damage. Pain is there to make sure that you do something about it.

For a mechanical back problem, getting your back a massage by an experienced professional massage therapist could remove the problem. It may simply reduce the problem, which is also good. With a regular massage, your back can be kept supple and strong. Sometimes the legs or neck contribute as well, and they may need a massage too. And there are also some special places such as on your chest that help your body with flushing out toxins, and they often need to be massaged to remove toxins. These toxins collect when produced by unhappy muscles strained by the wrong positions of the backbones. They are removed via your lymphatic system, which is the body internal effluent system.

You may prefer to visit an osteopath or chiropractor to put your back right. Osteopathy or chiropractic involves structural manipulation of the joints to put them back in place. This is often accompanied by a cracking sound as the joints go back to the right position. Some people choose a combination of visiting an osteopath or chiropractor and a

massage therapist, in order to pay equal attention to joints and muscles.

Another option, and none of these is mutually exclusive, is to visit a physiotherapist. Good physiotherapists are hard to find, and help you rehabilitate your body. A good physiotherapist uses a combination of manipulations, stretches and exercises to ease tension, move bones back into place and strengthen weakened muscles that are needed to support your back.

Some prefer an exercise instructor or personal trainer for strengthening the back. This helps prevent further injury and may even re-balance the position of the joints.

Additionally, being free from negative emotions results in over-tense muscles relaxing, allowing the right muscles to strongly hold up your back. Techniques such as EFT, or Emotional Freedom Techniques, are a very easy-to learn and cost-effective way of removing the emotional contributor to a physical pain. A good EFT practitioner will work with all the emotional root causes and free your muscle tension, releasing the joints to a better position. Then your EFT practitioner teaches you how you can do this for yourself. If you live in London or Cape Town, you can experience a massage with EFT from our specialist practitioners.

Ideally, a combination of strategies is best; one for mechanical manipulation, exercise rehabilitation, and emotional freedom. Done properly, it need not cost the earth, and you benefit from a stronger back and calmer mind.

And Finally...

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For more FREE goodies in the future, make sure you are subscribed to my Newsletter. For any requests, recommendations, or if you have nice feedback that we can publish, I look forward to hearing from you at suzanne@newageinternationaltraining.com

Wishing you health and happiness,

Suzanne Zacharia

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