

## Guillermou

Suppressed emotions and feelings can cause us diseases like gastritis or ulcers, and many other psychosomatic diseases, such as back pain. As Dr. Mercola reports, emotions affect chronic back pain. Looks like in the front area. and in the nucleus of the brain, is where the degree of the disease is created. and its progress. Spinal column. is the support of all physical and emotional loads, it is the pillar of our existence, not only for its structural function, but for what it covers and protects our nervous system.

The Canadian writer Lise Bourbeau (1941), after sixteen years in the business world, left everything, and took a new path in her life: helping people to know themselves, through listening to their bodies . She is the founder of Québec's largest personal growth school: Center Écoute Tons Corps. His books have been published in twelve languages [www.lisebourbeau.com/en](http://www.lisebourbeau.com/en)

In his book "Obey Your Body. Love yourself " (Obedece a tu Cuerpo. Ámate"), explains how to better understand the emotional causes that can be behind physical diseases, paying attention to four fundamental aspects:• Description of pain or suffering (Physical blockage What is your feeling? When does it occur?)• Restrictions or behavior that causes the situation (Emotional blocking What should you do to relieve yourself? What compels you to do your suffering?)• Actions that you would perform if you had complete health (spiritual blockage. If the sensation of pain or discomfort was not present in your life, what would you do?)• Consider the best and the worst possible outcome (mental block.) If you perform the action, what would be the best result you could get? Which would be the worst?

Posted On 10/25/2017

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## Guillermou

Traditional medicine, accepts the idea that at least 75% of diseases are psychosomatic, that is, that physical evil is caused by an emotional or mental cause. She uses the term metaphysics. The writer emphasizes the value of the ego. in the disease. It defines "the whole of your memories that, having acquired too much importance. with the passing of the years, end up becoming powerful enough to invade your individuality. " "The ego. is constituted by hundreds of beliefs. of which. we must be aware, or else they will prevent us from fulfilling our desires, and these are essential. to help us manifest our I AM. " This is the main reason for all our discomforts and illnesses: the enormous power of our ego, because it directs our life, and unbalances us physically and emotionally, provoking attitudes and negative emotions, guilt, seeking care , and the use of the disease, to avoid an unpleasant situation.

The best medicine, love. LOVE, GET OUR HEART, BE THE ONE THAT MANAGES OUR LIFE, REPLACING THE EGO. To live our experiences without limitations, and to love others, respecting and sharing their experiences, with your fears, your beliefs, your limits, your strengths, your weaknesses, your desires and your aspirations, in a mind-body balance that distances the disease of the soul. We must live the experiences, accepting the consequences resulting from the decisions made.

She says, "When you discover the mental attitude that blocks you, to the point of creating a physical problem, you must move quickly to the stage of unconditional acceptance of who you are before some mental transformation takes place in you. Patients often tell me that they do not understand why they do not heal from an illness or illness once they have understood their message. It is not enough to understand or accept an outside situation, or accept another person. The most important thing is acceptance of oneself, that is, forgiveness. "

Posted On 10/25/2017

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## stanleybecker

morning Gui - ego therapeutics are problematic - the ego is vulnerable to fantasy constructs that often are impossible to alter - like a fossilized conception of the self - for example "folie de grandeur" - this malady is prevalent to some degree in most Western psyches - the psychoanalysts considered the ego as governed by biological drives such as sexuality and the Recapitulation Theory which Freud adopted from Haeckel - [en.wikipedia.org/.../Recapitulation\\_theory](http://en.wikipedia.org/.../Recapitulation_theory) - this theory questions whether our Destiny can be viewed without contemplating our historical journey - I have my doubts whether fallacious assumptions surrounding notions of ego can be modified by self help mantras - the major thrust of psychoanalytical research is the education of the psychic arena - this rejects superficial adjustments to the ego - this is my reservation when it comes to "I" and "me" therapies that conventional psychology favors - in most cases the ego is an unrealistic construct that panders to the individual's need for self worth - the value of "truth" in all the activities of the psychic zone - the respect that the psyche demands - the psyche as the individual's connection to the Universe - these are not constructs like the fantasy prone "ego" - build a solid base that grounds the ego to the Universe and the emotional vulnerability to the physical becomes conscious - then there is a possibility of a resolution - Gui - I am writing this "off the cuff" so hope you can make sense of it - I think my main point is that the ego is superficial and the psyche is deep and profound

Posted On 10/25/2017

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## Guillermou

Stan, very good thoughts, as is custom in you. I am with the vision of the writer: Ego and love can not coexist. They are like light and darkness: when the light comes, the darkness disappears. It is the culminating state of disappearance of the ego, is to love others, as you love yourself. It is an idealism of the optimization of love, against the ego.

Selfish pride is not love. He who is not able to love himself becomes selfish. Selfish pride is what the psychoanalyst has called a narcissistic model of life. Narcissus: falling in love with himself, looking at himself in the water of a silent pond, falls in love with his own reflection. he had turned into two: the lover and the beloved. It had become its own object of love, and this is what happens to many people when they look at each other with ego.

The ego usually has a very limited view of reality, and only accepts its way of understanding the world, and even of loving. Few dimensions can be more harmful and destructive than selfishness, be it at the level of friendship, at work or within a couple. People with a marked ego, seek above all to be recognized by others, because they are not able to recognize themselves. And the reason for this is in fear, which covers with the mask of the ego to survive.

It is not easy, deactivating the ego of the person we love. His virtues are actually double-edged weapons, and he uses his ego, to create expectations in you and submit to you. The only thing he wants is to fill his own gaps by domination, covering his immaturity. The ego usually has many masks: victimization, seeking recognition, without ever having regard for others, always seeks guilty problems in your social life, putting walls to your personal growth To deactivate the ego we must promote conscious love, mature love that is offered in freedom and fulfillment to others, to have a common project in life as a couple, social and professional, always respecting the personal growth of each one.

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## stanleybecker

well Gui - the ephemeral and volatile ego - the ego is the most urgent and also the most recidivist of all life's conundrums - attraction makes the ego of the other a charming characteristic - but someone who is not attracted to this persona will interpret selfishness instead of attraction - "one man's ego/self love, is another man's contempt and repulsion" - one of the most interesting [to me] psychoanalytical insights is the prediction [mostly accurate] of who is likely to pair with whom - this suggests that the psyche of one individual is attuned to the psyche of another individual - this is a biological attraction and this tendency and similar tendencies are the basis for predictive calculations in marketing - there is in English the saying "so and so is a pain in the ass" - possibly this is a psychosomatic pain - ha ha

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## Guillermou

I AM. Beautiful song. You always find the best "If You Love Somebody Set Them Free" If you need somebody, call my name If you want someone, you can do the same If you want to keep something precious You got to lock it up and throw away the key If you want to hold onto your possession Don't even think about me If you love somebody, set them free If it's a mirror you want, just look into my eyes Or a whipping boy, someone to despise Or a prisoner in the dark Tied up in chains you just can't see Or a beast in a gilded cage That's all some people ever want to be If you love somebody, set them free You can't control an independent heart Can't tear the one you love apart Forever conditioned to believe that we can't live We can't live here and be happy with less

So many riches, so many souls Everything we see we want to possess If you need somebody, call my name If you want someone, you can do the same If you want to keep something precious You got to lock it up and throw away the key If you want to hold onto your possession Don't even think about me If you love somebody, set them free

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## Guillermou

A beautiful phrase from Tennessee Williams. "Nobody sees anybody truly but all through the flaws of their own egos. That is the way we all see ...each other in life. Vanity, fear, desire, competition-- all such distortions within our own egos-- condition our vision of those in relation to us. Add to those distortions to our own egos the corresponding distortions in the egos of others, and you see how cloudy the glass must become through which we look at each other. That's how it is in all living relationships except when there is that rare case of two people who love intensely enough to burn through all those layers of opacity and see each other's naked hearts."

Posted On 10/25/2017

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### seg

All roads lead to Rome, so yeah back pain like all other sources of pain are in your head...Isn't this what mainstream Conventional gurus, particularly Psychiatrist push when they cannot figure out someone's problem..Now tell that to the person suffering from {Physical structural damage } and debilitating pain..

I do agree there is a huge connection with the Mind-Body in Painful Conditions, but please do not ignore the "Physical" structural connection; in other words we need to look at it from ALL angles so we can get to the root cause(s) and hopefully correct the problem(s)..It's like that pesky impacted wisdom tooth pain i had earlier this year.. I tapped day and night and got little to no relief and i endured that pain for 4 days.. Those of you who had a severe impacted wisdom tooth would know the pain it can cause.. A woman told me it was almost like giving birth..It was only when i extracted the tooth did the pain went away, and no it wasn't all in my head, it was as a result of the impacted tooth which by the way, was very healthy, but because i was missing a tooth next to it the tooth grew forward like a tree without support on one side and the root was growing UP towards my brain, of whatever little is left between the ears :)

When the dentist extracted it, i saw it and it looked like an elephant tusk, that is how it was growing , impacting and causing me mega grief..Yep when in Rome we most definitely need to do as the Romans do, drink wine and screw everyone over, but please look at things from a "bird's eye view", get the complete picture and don't ignore the REAL underlying causes .. A good day to all CHEERS :)

Posted On 10/25/2017

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## Guillermou

Indeed SEG. Many diseases and symptoms are related to the back, many of them, caused by small displacements of the vertebrae, which oppress the nerves, which sustain our organs and different parts of the body, or by wear and tear, traumatism. Spinal column. is the support of all the physical and emotional loads, covers and protects our nervous system. In fact, it is believed that 90% of the sufferings have some connection with the spine,

According to some studies, chronic stress is capable of metabolic changes in our body: hormones and neurotransmitters are revolutionized, hormone levels are unbalanced, heart rate rises, blood pressure increases and this affects the whole body. The back is no exception. The junk food, pesticides, environmental pollution, etc., potentiate the metabolic changes.

The general acceleration that is experienced with the stress, causes tensions and contractures in all the muscles that compose it. Emotions are saved: we accumulate tensions in the liver, stomach, kidneys, shoulders and back. This tension deforms the organs and the body itself, thus affecting the vertical column, in the form of tension and stiff muscles. Pain is, in fact, the final summary of a quality of life with deterioration, one does not get to suffer fortuitously, but for the accumulation of situations.

Posted On 10/25/2017

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## iamblessediam

Yo Seg...SORRY to read about your impacted wisdom tooth - been there done that myself - it AIN'T fun nor pretty to go through. I think if this type of pain relief would've been available back in the day when I experienced an impacted tooth the pain levels could've been reduced - there's sound neuroscience research behind this approach: [www.quellrelief.com/how-quell-works](http://www.quellrelief.com/how-quell-works) ]. One's brain has the capacity to manufacture "chemicals" - neurotransmitters - that act to "change" - transmute - nerve "signals" - messages of pain - shifting perception - that help to reduce/modulate the inflammatory response mechanism associated with pain reaction. However - pain signals shouldn't be ignored - the root cause needs attention so as to remediate what's wrong - otherwise chronic pain can set in - it's a neuroplasticity response - neurons that fire together long enough wire together - forming new "memories" based on a painful experience.

One word I didn't see referenced - trauma - although to be fair - that word was hinted at via the emotional aspect associated with pain. It's now well known the "intensity" of ones emotional response to pain does contribute to the pain level. If a person has a fear-driven emotional response - the experience of pain is heightened. While tough in those moments of intense pain the phrase "stay calm carry on" is applicable because it can reduce rapid breathing thereby "shifting" one's vagus nerve into high vagal tone and the associated "feel good" chemicals/hormones. There are different nasal breathing patterns that do help to facilitate that vagus nerve shift - it just takes a bit of time, practice and persistence. Of course...there's always the time honored practice for pain relief...FERMENTS...used reasonably that is;-)))! Be well my friend! LBP!

Posted On 10/25/2017

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## seg

Good info Gui..Yam i was dancing with that pain off and on for a few years, but earlier this year when it struck, it was relentless, no giving in to anything i tossed at it and it was jamming right up against the tooth in front of it, growing sideways "past the missing tooth" and impacting against the next tooth in front..YIKES! as much as i hated to extract it, i know it was time to get rid O' the bugger...

Posted On 10/25/2017

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## stanleybecker

segacious, about your claim that "all roads lead to Rome" - it is abundantly clear - look at almost any road map and you will see that this statement is not true

Posted On 10/25/2017

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## mirandola

I agree with you Seg. I think we must address the physical in order to work with the psyche. And frankly, the root cause of back pain can be structural, not *\*only\** emotional. I would surely believe that emotions are stored in the body, yes. And I would surely believe that many, but also not all, people would respond to emotional release. But much of back pain, in my own experience, has *\*always\** been physical and relieved only by chiropractic intervention....every time!

Also, the Weleda arnica massage oil is, in my belief and experience, the best on the market. It contains anti-inflammatory herbs alongside the arnica. One person with knee issues told me "I don't even believe in that stuff, and this really works!" Arnica contains helenalin, which according to Potters Herbal Cyclopeadia, supports the activity of macrophages which come to work on the localized area where it is applied. Do not apply to broken, burned or abraded skin.

St Johnswort oil (not the tincture for topical use) contains many flavonoids that are nervous system anti-inflammatories. Apply topically. Internally the tincture/oil will interfere with a long list of mainstream medications, but topically where it bypasses the liver, renowned herbalists I studied with said it is no problem. Wild yam tincture may also have some anti-spasmodic properties. Yoga, the best of all for an aching back! Nothing better or even as good....so long as it is gentle, and not too rigorous where there is back pain. Gentle stretches and breathing into the stretch is marvelous. If any pose or movement causes pain, stop it immediately and consult your chiropractor. When there is back pain, see a chiropractor if yoga doesn't help. Nerve or muscle inflammation from a pinched nerve, is not good. Can cause damage if left untreated. I have seen people suffer and suffer with mainstream back pain treatment. And I see them getting better with chiropractic. The mainstream prejudice against it has little rhyme or reason.

Posted On 10/25/2017

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## Acroyali

Yikes Seg, I remember wisdom tooth pain and you're right--it's brutal. Some many years ago I woke up around 2:30AM with a start, it felt like something was hammering the side of my face and it was a wisdom tooth causing the grief. I still remember that night, the pain would subside a little if I were moving (such as when you're shifting sleep positions, etc.) but come back immediately when I was still. I tried to distract myself with a book of Far Side comics I had, no luck.

Later on they got me high as a kite with laughing gas and then proceeded to knock me out completely. Partially because I was still reacting to the work they were preparing to do, and partially (probably) to shut me up, LOL. That thing was impacted tight. If a physician told me my problems were all in my head, my translation would be "you're too stupid to figure it, out so therefore it doesn't exist. Gotcha."

Posted On 10/25/2017

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## mirandola

I'm back. I would question who wrote and posted this article while Dr Mercola was not looking. Would an osteopath discourage chiropractic and the physical addressing of subluxations (spinal misalignment leading to pain, stretching and straining and inflaming of nerves/muscles both alike, and it can lead to damage later on if untreated) ? I would think no osteopath would do that.

As I said above, the mainstream prejudice against chiropractic is ill founded. As for using studies to "convince" (???) us, Dr Mercola himself has written all up and down, how studies can be tweaked and abused. And used. To ill effect. So why should we, his readers, be convinced based on the invocation of studies alone? Some studies are very well designed, objective and helpful. Others may be biased and tweaked. By special interests. I don't think Dr Mercola is serving those special interests. At least, not willingly and consciously.

Therefore, if I am correct, somebody is abusing Dr Mercola's goodwill and intentions by posting this when he is not looking. Is Dr Mercola on vacation or otherwise not attentive at this moment in time? Who wrote and posted this article? I want to know. I recall one article about using four habanero peppers and garlic, ginger to gargle with. Who is trying to cause burn blisters to someone's throat and asthmatic attacks and worse? I want to know. I find this very suspicious and wrong and even crafted. Go figure, that article had been posted during the holiday season, presumably when Dr Mercola was out of town. Go ahead and ban me. I am waiting. Have a good day.

Posted On 10/25/2017

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## seg

Mirandola and ACR I see y'all are on da ball and that is a good call.. Independent thinking coupled with a good dose of that common sense tincture sure does wonders for a body..Keep on separating the wheat from the chaffe, much answers lie somewhere between.. Cheers and a pleasant night to ALL..



Posted On 10/25/2017

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## TheDrSunshine

I appreciate everyone's enthusiasm about health. Everyone is entitled to their own opinions, however as an evidence based Chiropractic Physician and Traditional Chinese Medicine Practitioner I would like to say that chiropractic subluxations are "philosophical" and not proven. I understand that this may ruffle some feathers but bear with me. The purpose of my posting is to open some more windows and allow more light to shine on the subject of back pain. The whole pinched nerve idea effecting nerve flow to organs and so on is outdated. The Chiropractic Colleges don't teach the Meric Chart anymore because it doesn't hold much water. The current clinical research shows that it is through the inflammatory process that the nervous system gets aggravated/irritated. This occurs through what I call the Healthcare stool. Health or wellness is divided into three items, the physical, mental-emotional, and bio-chemical. To ignore any of these in treating the patient would do them a disservice. To say that there is only one factor is to claim ignorance as we are the culmination of every experience we've ever had. Whether it was the concussion from Football, Wrestling, falling off the ladder, or rough housing with a sibling, I can't tell you which was the one that did it all. All the experiences add up in a physical, mental-emotional, and biochemical fashion. When one of those factors falls out of balance, it effects the others as a symptom. I co-manage with a therapist who uses EMDR and by myself I can treat a fair amount of patients however their function/pain ADL's plateau. When I co-manage with the therapist we get phenomenal results. If all you have is a hammer, everyone is a nail... it's an important skill to "keep a bird's eye view."

Posted On 10/30/2017

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## Guillermou

Our worries, stress, negative feelings, are able to sick our mind-body. The back is not only affected by poor posture, bone wear or contractures. Chronic stress is able to make metabolic changes in our body: neurotransmitters, hormonal imbalances, changes in heart rate and blood pressure, which has an impact on our health. The relationship between emotions and back pain is consistent, with such imbalances

Acupuncture, relates the discomfort of the back, and its symptoms with energy blocks, related to the emotions. It divides by zones: The cervical vertebrae of the shoulders and neck, are related to communication, and how we face life. It binds to the intestines, bladder, gallbladder. A pain in the neck indicates rigor, and stubbornness, and a pain in the shoulders, lack of emotional support. The central part of the back nourishes the main organs of the body. Emotional and emotional guilt is stored there. It affects the energy of the heart, with feelings of restlessness, the lungs with anxiety and sadness, obsessions to the stomach and pancreas, to the liver, causes acidity. They are people, who worry too much about the lives of others.

The lumbar area is the most important area, which supports our whole body. In acupuncture would treat the kidneys. Recovering the will and spiritual firmness is necessary to achieve its balance. When there is pain in that area, there is inflammation, you can apply a gentle massage that will help to discharge the entire back. The pain in this region is a sign of material and affective insecurity. To the coccyx, it is linked to the first chakra, where survival, the realization of basic needs. An imbalance in that area can lead to disorders of the bladder, prostate, obesity, or anorexia, and poor circulation of the extremities.

[gpcacupuncture.com/emotions](http://gpcacupuncture.com/emotions)

[www.earthgrids.com/Eng\\_emotional\\_map.htm](http://www.earthgrids.com/Eng_emotional_map.htm)

[annamcrobertblog.com](http://annamcrobertblog.com)

Posted On 10/25/2017

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seg

GUI yes a good Magician always keeps his bag full of tricks.. Sure many cases of pain can be resolved by correcting one's emotional well being, but not everything can be corrected by fixing ones emotional disconnect, {physical structural damages} should be included as well..Once the root source of the problem(s) are identified then we can get to work to fix them once and for all.. This is just my humble opinion...I wrote about my wisdom tooth case waay below in case anyone wants to have a read, not going to replicate here again , time is of the essence right now..I just heard Fats Domino passed at eighty nine. Adios for now..

Posted On 10/25/2017

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## Guillermou

Effectively SEG, diagnosis and holistic treatment. Many diseases and symptoms are related to the back, many of them, caused by small displacements of the vertebrae, which oppress the nerves, which sustain our organs and different parts of the body, or wear and tear, trauma, metabolic changes caused by stress, food, pesticides, environmental pollution, etc. Spinal column. is the support of all physical and emotional loads, overlays. In fact, it is believed that 90% of the sufferings have some connection with the spine,

Franz Anton Mesmer and several of his followers throughout the nineteenth century used hypnoesthesia to perform surgical procedures. With the emergence and generalization of the use of chemical anesthetics, hypnoesthesia fell into disuse. In the mid-twentieth century, very relevant works came from Ernest R. Hilgard, a psychologist and researcher in the field of human learning, and Josephine R. Hilgard, psychiatrist and clinical researcher.

They created the Hypnosis Laboratory of Stanford University in 1957 for clinical use in the treatment of pain, from surgery, dentistry, cancer, migraine. One of the pains that most frequently appear in the world of work is back pain, especially low back pain. In these patients, there are emotional problems, and maladaptive behavior patterns such as the abandonment of activities and the dependency behaviors that perpetuate their incapacity.

To address this serious problem, cognitive-behavioral treatment is one of the most frequently used complementary interventions, along with relaxation, increased activity level, and reorganization of pain and dependency behaviors. Hypnotic treatment is usually integrated in psychological intervention, as well as for the relief of one's own pain, for its valuable contribution in the enhancement of relaxation strategies, and in the treatment of fear of recovery of movements, and activities lost through guilt from pain.

Posted On 10/25/2017

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## **iamblessediam**

Hola ALL -- About stress and lower back pain - ever hear of the "muscle of the soul" - the Psoas Muscle? The psoas muscle needs stretching from time to time - doing so often alleviates lower back pain. It's the reason I do classical stretching at the first hint of lower back pain. Interesting read with embedded video demonstration of a yoga routine that stretches psoas muscle:

[[upliftconnect.com/release-the-stress](http://upliftconnect.com/release-the-stress)]. Be well everyone! Love, blessings and peace!

Posted On 10/25/2017

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## **Guillermou**

IAM, excellent article. It is a pleasure to learn from your ample knowledge. Reading several articles, this short summary: The psoas plays an important role in relation to the kidneys, heart and thoracic diaphragm. The shortening of the psoas causes a tension of the vertebrae down, causing a disc pressure and a lumbar hyperlordosis. This problem can cause long-term low back pain, clamping, tension in the iliac fossa, and thigh. Spending many hours sitting down causes psoas shortening. If we add to this, an incorrect posture, by the use of the computer or by not using an inappropriate seat, the effect multiplies.

Recent studies also consider the psoas, an organ of perception composed of bio-intelligent tissue that literally embodies our deepest desire for survival, and spokesperson for emotions. This is because the psoas is connected to the diaphragm, through the connective tissue, so it is affected both in the breath and in the reflex fear. If we constantly keep the psoas in tension, due to stress, over time it begins to shorten, and to harden. This will hamper our posture, and the functions of the organs that inhabit the abdomen, giving rise to back pain, sciatica, disc problems, hip degeneration, painful menstruations or digestive problems.

Posted On 10/25/2017

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## **jlandl**

when all else fails, a systemic enzyme formula used for a few days will provide complete relief.

Posted On 10/25/2017

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## Bob121042

I have developed a technique that helps when I have lower back pain. I just lay flat on my back on a comfortable surface (a bed or carpet works well), and grab my right knee with my left hand. Then I grab the left side of my head with my right hand. Then I pull my right knee to the left and the left side of my head to the right. Then, what really makes this work, is that I kick with my right leg three times. Then I repeat in the opposite direction. Grab my left knee with my right hand, ect. This turns out to help both lower and upper back pain. This takes very little time, and is relatively inexpensive (think free).

Posted On 10/25/2017

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## Acroyali

I've found for minor lower back pain (meaning, "you overdid it again today, Acroyali, great job"), laying flat on my back on hard floor with a rug underneath for 5-10 minutes, then doing the same on my stomach helps as well. The hardest part is finding an unoccupied room to do this in, as the moment I lay flat I have dogs and cats cartwheeling around me in glee, or attempting to use my face as a springboard to pounce on their unsuspecting housemate. Or they take to peering into my face like "Whatcha'dooin', Mom?" =D

Posted On 10/25/2017

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## 1momski

two weeks ago, when I was walking my dog, a tree blew down upon me causing two spinal fractures. Although I am feeling better, I am still stiff and sore most of the time. These injuries are not in my head, they are in my back.

Posted On 10/25/2017

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## RobertSniadach

"Back Pain – Is It All in Your Head?" Mine sure was. Overly tight erector spinae muscles in the lower back in my early 20s. Got into health and diet, and that took the edge off the excessive tension, but did not get to the root of the problem. Then a herniated disk due to overaggressively playing racquetball really flattened me out for about 6 weeks. Excruciating. That was enough to get me to intensely study posture, body mechanics, psychosomatic interactions and all that. Afterwards, my bottom-line diagnostic conclusions were these: 1) Excessive low back muscle tension and rigidity, due to 2) Learned and habituated poor body mechanics/movement patterns, which were due to 3) My particular somatic expression of my intrinsic ego and personality traits at the time - shyness, various insecurities, and all those nuances that each of us carry around from childhood onwards.

So, I got on with tackling these levels of dis-ease. Practically speaking, the greatest change and improvement by far was implementing the self-taught Hanna Somatics method of neuro-muscular relearning and retraining. [duckduckgo.com](http://duckduckgo.com) I found it to be a simple, direct and magnificent system for getting my body-mind back in synchrony and ease. It's basically this: you re-establish conscious awareness of your mind to your muscles using specific, slow and gentle movements. Then, as excessive tension melts away all over your body, you reteach yourself the basic movement patterns that provide ease of movement in our lives. That's it. If you apply it to yourself diligently for a few weeks or a couple of months, it will radically improve your own body awareness and ease of movement. Pain is gone, permanently. Most importantly for me is that you do not rely on doctors, experts or therapists. It's self-taught and self-rewarded. Later, deeper spiritual work revealed even deeper levels of subtle tension and insecurities, which opened up a whole new world to explore.

Posted On 10/25/2017

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## BeatriceW

Although I am 63 I don't usually suffer from aches and pains but about a year ago I developed a pain in the back/hip area. I see a chiropractor regularly as a preventive and if I hurt myself (in the garden for instance) he puts it right immediately. Unfortunately he hasn't been able to help me with this which had mystified me. About a month ago someone gave me Dr Sarno's book and suggested that it could be stress causing the pain. My husband died over 2 years ago but I am really struggling to cope so I was happy to accept that my mind could be causing the problem as my brain feels very excited and chaotic most of the time. My chiro has relieved this to an extent with cranial work and I credit him with keeping me as sane as I am but on a day to day basis I am not good. I decided to put some of Dr Sarno's suggestions to work and do mindfulness first thing in the morning, when I am at my worst, and last thing at night before sleep. Although I still have the pain and stiffness I think there is a definite improvement with the pain being less and my range of motion much improved. With regard to my brain it now feels quite a lot calmer and more still.

Posted On 10/25/2017

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## resonnant

One thing that really stood out to me in the first video, is Dr Sarno is quoted as saying, "Sitting does not cause spine problems". Yet what I see written all the time now is 'sitting is the new smoking' when it's not.

Posted On 12/11/2017

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## thankfuln2grace

Thank you! I can certainly testify to the information regarding the emotional connection. I had a very traumatic childhood, and then placed in an orphanage at age six. The trauma continued, then headaches, along with low back pain manifested. I was told I was too young to have pain, but the pain persisted, and grew as I grew up. Knowing no options, but Western medicine, I submitted to two neck surgeries, and a lumbar fusion. I even read Dr Sarno's book many years ago, but wasn't convinced, sad to say. I know better now. As I learned how we are a three part being, and began learning to love myself, because of God's love for me, the healing began to manifest.

Posted On 10/31/2017

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## rodismyname

Dr McGill is one of the top back experts in the world:

[www.youtube.com/watch](http://www.youtube.com/watch)

[www.backfitpro.com/books/back-mechanic-the-mcgill-method-to-fix-back-p..](http://www.backfitpro.com/books/back-mechanic-the-mcgill-method-to-fix-back-p..)

[www.backfitpro.com/video-interviews](http://www.backfitpro.com/video-interviews)

Posted On 10/25/2017

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## artfore

I had back surgery in 2012 because of cysts on each side of my spinal cord at L4-L5. They removed the cysts and done a bone graft. My last Xray showed I have bone-on-bone at L3-L4. Im take 5,400 mg turmeric da day, Astaxanthin, Calcium in m the form of Metabolic Maintenance Rebuild, Boswellia, Vitamin d, Vitamin c. This keeps the pain at bay much better than Ibuprofin.

Posted On 10/25/2017

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## malan43

So my destroyed back from a traffic accident back in 2006 that left me pretty much crippled and on my back for two years, and in severe pain with nearly every one of my disc's blown out and severe pain from sciatic issues to this day is really just all in my head? Wow I feel better already! Too bad my body doesn't feel that way. I've been hobbling around all week barely able to make it downstairs. Can you PLEASE tell my body that it's all in my head?

Posted On 10/25/2017

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## JOEL\_WS

I have back pain because my lumbosacral region of my spine is \*\*\*\*ed up. Emotionally speaking, I've always been the sanest one in my immediate, blended family despite it all. I may even be the most well adjusted individual in my extended family as well. Humble too. Not bad for someone with a potential medical death sentence hanging over my head. I will let you MGUS as to what I am referring. A bit crazy in good, creative ways and nowhere near perfect. Always striving for improvement, like planning to see my 200th birthday by eating better and cleaner and considering wearing a helmet when I'm cycling. (Maybe someday. I tuck & roll pretty well.) H.I.I.T. / V.I.I.T. on my road bike always seems to fix the back issue, albeit temporarily. When conditions and low temperatures put bike riding on hold, the lower back pain returns. I'm looking for an alternative like power plate or resistance bands for the winter off-season. The stationary bike just doesn't provide the same exhilaration as the real thing. Anybody know where I might find a full body exoskeleton on the cheap? Powered preferred, but passive support would be acceptable too. Something which fits my Air Trekkers would be a real bonus.

Posted On 10/25/2017

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## farmercist

My theory is that back is caused by inflammation. If you have excess weight around your stomach caused by leaky gut and subsequent inflammation, there is an excellent chance you also have back pain. Suppressed emotions could cause inflammation in some cases I suppose

Posted On 10/25/2017

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## NewlandsWanderer

I saw the full 20/20 segment about Dr Sarno on You Tube some years ago. At the time I was getting particularly angry at some issue and immediately understood what he was getting at. My brain was getting fed up with my ranting and was causing a diversion into lower back pain. In fact, I burst out laughing at the realisation and the pain left me within hours. The full 20/20 segment is remarkable, and showed how his approach works - particularly for those who have anger issues, or are perfectionists. He said that the pain is real enough, but it is the brain taking the persons mind off the repressed anger and emotions - giving them something else to think about. The studio who made the film took twenty random reports from patients treated in the past - and each one had either been healed, or had radically improved. He also showed that bulging discs are quite normal calling them "normal abnormalities" and proved through numerous X-rays that many people had damaged discs, but no pain, and that some with perfectly good spines had serious lower back pain. I would definitely recommend anyone who has repressed emotions and lower back pain to spend half an hour checking out Dr.Sarno's remarkable and revolutionary 20/20 film on You Tube.

Posted On 10/25/2017

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## kor53419

The best treatment for my back pain was a divorce!

Posted On 10/25/2017

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## MarkPitt

I found Dr Sarno's book and bought his VHS, 2 tape series about 25 years ago. I worked diligently with his methods for more than 9 months. In 2003 I became an EFT practitioner and worked on my low back pain for many months and finally had a discectomy in 2011 because my left leg felt like it was on fire all the time. The fire is gone, but I still have constant low back pain/discomfort. I don't regret anything I tried, but I'm just saying that the methods in this article, while very valid, sometimes aren't a magic bullet...

Posted On 10/25/2017

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## garuda58

NeuroEmotional Technique (NET) and Network Spinal Analysis (NSA) are two low force chiropractic techniques that are effective dealing with the mind/body connection. .... How stress causes defence/tension in the body and nervous system especially Adverse Mechanical Spinal Cord Tension (Breig). [networkchiropractors.ca/lc/roh/network-spinal-analysis/nsa-overview](http://networkchiropractors.ca/lc/roh/network-spinal-analysis/nsa-overview)

Posted On 10/25/2017

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## Katy69

The late Louise Hay identified lack of (emotional) support in an individual's life as the origin of chronic back pain. This lack of support in turn may lead to or perhaps was the result of an overly independent character flaw that will not accept help and support when offered. When the burden is not shared and is physical in nature this may well lead to back and joint problems. Whatever the origins of chronic back pain, few would exclude any kind of relief whether drug or non drug therapy as a means to an end - if only to get a decent night's sleep for example. Although regular movement and avoiding inactivity is essential for joint and muscles, the idea of keeping going with all normal activities and ignoring the pain results in ....more damage and .... more pain! Any chronic pain is made worse by emotional upsets but the both the physical and emotional components need to be addressed.

Posted On 10/24/2017

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## Julianne

Katy I so agree. The comment " I know your back hurts, but go run, be active, instead of taking a pill." is lacking in both sympathy or understanding when you can barely move for the pain, which is the position I am in right now. I am close to tears and can hardly walk. I have been doing regular exercises which should have helped, but they didn't. And how do I suddenly come up with emotional support? I didn't find this article helpful. I refuse to feel guilty if I sometimes need pain relief, especially at night. I have never found any of the suggested natural alternatives to be of help with severe pain.

Posted On 10/25/2017

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## Acroyali

Julianne I'm with you, especially since you opted to try less-invasive methods before reaching for heavy artillery. I think problems stem from people abusing those things, such as starting a months long regime of Vicodin when they stub their toe, bump their arm against a coffee table, or something minor like that. There's a world of difference between "a little boo-boo" and years of chronic pain that's idiopathic and difficult to treat, be it naturally, holistically, conventionally, you name it.

I've had great luck using Arnica for anything pain related, but a few months ago I had a problem tooth taken out and no amount of Arnica did the trick. A dog I love very much had an illness that I was sure was going to take his life. We used conventional means to save him from death, and once he was stable and on the mend the medications were weaned away and he was started on supplements recommended to us by our vet. In his case, regular medications kept him from dying, and alternative medications allowed him to heal.

Posted On 10/25/2017

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## Warwickian

As a deep muscle therapist for 45 years I have worked on a lot of back pain. I totally believe that a multifaceted approach is helpful. But the flip side of attributing back pain solely to psychological causes is that very often physical causes and treatments get ignored while the patient goes week after week to a psychotherapist in the hopes that if they go long enough they will feel better. A case in point from my own experience is that Lyme disease, the most underdiagnosed disease in the country probably is often a cause of back pain. For decades I would have recurrent back pain that ran down my legs, and would either work on my own muscles which would sometimes fix it, or if it got worse take antibiotics which would stop the pain for months, so I did suspect Lyme disease.

Finally when I took a 4 month course of Chinese herbs for Lyme the pain disappeared for good. It was chronic Lyme, and no doctor or chiropractor ever suggested this. I also caught the Lyme in several patients over the years with good results. This article does mention massage being helpful, and if the pain is caused by spasmed muscles which are pulling on the back, and those muscles are released, you can get an immediate cure. The problem is that there are all sorts of massage techniques and all caliber of therapists doing them. Massage might always be soothing, but in the long run it can do little if not deep enough and directed to the right muscles.

Most back pain that I have treated is caused by tight leg muscles. The problem does not originate in the back. This is why surgery fails so much of the time, and massage too. I have had patients come to me from other massage therapists who have worked only on their backs for years, with little improvement. After one treatment of deep muscle therapy (Pfirmer method) on the whole body specifically on the legs they were much improved, and shortly all better. It is important to search around and find a massage therapist who works for you.

Posted On 03/05/2024

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Thanks for your point of view - so many times pain is reflex in nature. My personal experience makes me think that if an emotional hold up shows it's self in a physical symptom then a physical solution is within reason to remedy. I had digestive disturbances all along my system and the physicians assistant gave me something for ulcers - which clearly said on the box caused cancer, so I didn't take it and they sent me to a specialist who said it was idiopathic...in the meantime my son (age 15 and learning to drive) totaled my car with me in it and decided he would never drive again. Since I had seatbelt injuries I took advice from a co-worker and went to her chiropractor.

Digestive symptoms had gone away and I continued to go to the chiropractor when my son started to drive again - digestive problems back (anybody want to speculate with me that this was a psychological problem) and my chiropractor said drink some cabbage juice! I did it was so delicious and digestive problems gone. I have attempted to drink cabbage juice since and couldn't stand the taste! So whether right or wrong or a combination of both I conclude that physical symptoms - though they may originally have stemmed from repressed angst of some sort and available to be dealt with in a physical nature - maybe as simple as exercise.

Posted On 03/05/2024

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## Guillermou

Thank you for your dedication. The pelvis is of great importance in the balance and stability of the spine, and any alteration that occurs in one will have consequences in relation to the other. The sacroiliac joint is the relay between the spinal column, which is characterized by being flexible, and the stability of the pelvis, which is located below it, so the pelvis, being attached to the vertebral column, is key to maintaining the integrity of said joint. structure. Lumbar lordosis varies depending on the degree of inclination of the pelvis.

These inclinations are given a name that is explained below, in the links, informing about retroversion and anteversion. In retroversion the pelvis goes backwards, causing the glutes and hamstrings to pull on the spine and as a consequence it rectifies. In this position the lumbar spine flattens and the hip muscles become tense. In anteversion the pelvis moves forward, generating more lordosis in the lumbar spine and hyperkyphosis of the dorsal spine. This position occurs when the abdominal muscles are not yet strong enough and it is the lower back muscles that contract, arching the spine and projecting the stomach muscles outward.

[es.hingehealth.com/resources/articles/lower-back-pain-that-radiates-to..](https://www.hingehealth.com/resources/articles/lower-back-pain-that-radiates-to-) .---- [www.spine-health.com/blog/overlooked-pelvis-problem-might-be-causing-y..](http://www.spine-health.com/blog/overlooked-pelvis-problem-might-be-causing-y..) .---- [www.verywellhealth.com/do-you-have-a-tilted-pelvis-296662](http://www.verywellhealth.com/do-you-have-a-tilted-pelvis-296662) .---- [www.ncbi.nlm.nih.gov/.../PMC4812023](http://www.ncbi.nlm.nih.gov/.../PMC4812023) .---- <https://www.youtube.com/watch?v=JHA2ZikaPuM?v=j0CxnPYvFNw?v=zN..> .---- [www.youtube.com/watch](http://www.youtube.com/watch) .---- [www.youtube.com/watch](http://www.youtube.com/watch) .----

Posted On 03/05/2024

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## Guillermou

Sarno's teachings are featured on 20/20 and in a recent documentary, *All the Rage: Saved by Sarno*, which was screened around the world. Sarno's followers continue to record his stories in their "Thank You, Dr. Sarno" project. "I know you never liked hearing it, but I owe you my life," Ted H. wrote on the blog. On his living room table, he kept a thick scrapbook given to him by members of TMS Wiki, a support forum. In his pages, patients and strangers alike wrote about experiencing years of pain before coming across Dr. Sarno's writings; some posted recent photos of themselves running marathons and climbing mountains.

"Since 1982, I have used your books to help almost a hundred friends and acquaintances," wrote one pain sufferer. "In a just world, you would have the Nobel Prize in Medicine." Dr. Sarno argued that pain was actually the result of a psychosomatic process and emotional factors. [www.thankyoudrsarno.org](http://www.thankyoudrsarno.org) The book's release is also chronicled in the inspiring 2017 documentary, *All The Rage (Saved By Sarno)*. You can see the documentary at the link. [vimeo.com/.../234897811](https://vimeo.com/.../234897811) [www.youtube.com/watch](https://www.youtube.com/watch)

Posted On 03/05/2024

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## Guillermou

Most back pain is classified as non-specific low back pain, meaning that it cannot be attributed to a recognized pathology or that there is no specific problem or disease causing the pain. Nonspecific back pain may include pain caused by muscle strain, back injury, overuse, bulging and herniated disc, muscle disorders, pressure on a nerve root, or poor posture. People whose job involves lifting objects repeatedly are at higher risk of back pain. Your myotherapist will perform a thorough evaluation to rule out any serious conditions, including radicular syndromes or specific pathologies.

Once your myotherapist has determined that your back pain is non-specific, they will discuss a treatment plan with you. This may include education (postural management, self-care), physical therapy (massage, joint mobilization, stretching, dry needling), and a personalized exercise program. Movement is the key in the successful treatment of low back pain.

[www.myotherapyandmovementclinic.com.au/lower-back-pain](http://www.myotherapyandmovementclinic.com.au/lower-back-pain).-----.. 3 WAYS A MYOTHERAPIST CAN HELP RELIEVE BACK PAIN [www.2rightfeet.com .au/blog /2022/5/21/3-ways-a-myotherapist-can-help-the..](http://www.2rightfeet.com.au/blog/2022/5/21/3-ways-a-myotherapist-can-help-the..) (2022).-----

Posted On 03/05/2024

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## **lollypopsmom**

Check out The Emotion Code to help release emotions trapped in your body. It is an interesting book.

Posted On 03/05/2024

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### **Guillermou**

Behavioral symptoms, including depressed mood, fatigue, and sleep disturbances, intensify pain and reduce quality of life. Patients characterized by a more depressed mood, fatigue and sleep disorders had a higher inflammatory state. Inflammation may contribute to the relationship between behavioral symptoms and pain intensity. Chronic inflammation increases cytokine production and activates proinflammatory pathways that can lead to nonspecific low back pain (LBP). In this systematic review, inflammatory biomarkers are associated with low back pain specifically for CRP, TNF, IL-6 and IL-8. Prolonged pain affects depression, anxiety and insomnia which can affect disability and quality of life.

Some patients improve after psychological treatment with respect to symptoms, functioning, and quality of life. Illness behavior and inflammation are possible factors to consider in the maintenance of prolonged pain, and these factors may influence the outcome of treatment.

[europepmc.org/.../31990692](https://europepmc.org/.../31990692) (2020)

[www.sciencedirect.com/science/article/abs/pii/S152490422030237X](https://www.sciencedirect.com/science/article/abs/pii/S152490422030237X) (2021)

[biblio.ugent.be/.../8756952](https://biblio.ugent.be/.../8756952) (2022) [www.sciencedirect.com/.../S1699258X22001590](https://www.sciencedirect.com/.../S1699258X22001590) (2022)

[openarchive.ki.se/.../48067](https://openarchive.ki.se/.../48067) (2022)

[journals.lww.com/clinicalpain/Abstract/2022/04000/Are\\_Changes\\_in\\_Sleep..](https://journals.lww.com/clinicalpain/Abstract/2022/04000/Are_Changes_in_Sleep..) (2022)

Posted On 03/05/2024

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## Guillermou

The subconscious refers to everything that we have stored, "hidden", in our consciousness, and we cannot 'see' it with the naked eye, as happens with the submerged part of an iceberg. The information that we have stored in the subconscious, and which we cannot easily access, usually contains deep fears, repressed desires and traumatic experiences that, even consciously, we would not like to remember. The Irish doctor Joseph Murphy, in his book "The Power of the Subconscious Mind", maintains that it and thoughts influence our results; That is to say, the power of the mind directly interferes in the success and directions of our life, molding our destiny.

The mind is divided into two areas, with different functions: the conscious mind and the subconscious. The first is the objective part, responsible for making decisions, planning and storing short-term memories; and, the second, which constitutes almost 90% of our mind and where long-term memories, habits, behaviors and our beliefs are found, is the one that has the most power and that we do not know how to use.

Posted On 03/05/2024

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## Guillermou

Murphy argues that the subconscious is open to the power of suggestion, so that if we think about good things, they will come true, and if we think about bad things, they will also happen. Our subconscious does not argue with us, we program it and that's it. Therefore, it is essential to have constructive and positive suggestions and thoughts of harmony, health, and peace. All this will be accepted by the subconscious mind, turning it into reality. Finally, he advises eliminating all negative thoughts and energies, such as anxiety, pessimism, fear and worries; stay away from all negativity, such as toxic news and people; visualize the life we want to have, and sleep 8 hours, since sleep is essential for inner peace, body health and spiritual recharge.

Likewise, he suggests always having good thoughts about the people we live with, not holding grudges, resentments or bad feelings and wishing for others what we wish for ourselves, because what we feed is what we conquer. [www.youtube.com/watch](https://www.youtube.com/watch) .--- [lawyersofpakistan.com/wp-content/uploads/power-subconscious-mind.pdf](https://lawyersofpakistan.com/wp-content/uploads/power-subconscious-mind.pdf) .--- [www.learnmindpower.com/using-mind-power/the-subconscious-synchronicity..](https://www.learnmindpower.com/using-mind-power/the-subconscious-synchronicity..)

Posted On 03/05/2024

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## lac6048

Back in the early 1980s, my postdoctoral internship in clinical health psychology and my subsequent appointment as an assistant professor in a university-based doctoral-level professional psychology training program involved the design, implementation and management of a day-treatment program for chronic benign pain. At the time, a biopsychosocial approach to any chronic health issue was largely unheard of and only a few fledgling inpatient pain programs existed. We took the biopsychosocial model for chronic pain rehab and applied it to a day treatment setting involving medically supervised detox, nursing, active physical therapy, occupational therapy, and individual and group psychotherapy and education activities.

The initial results were so positive, our state government copied our program design and established its own system of chronic pain rehab programs for its own Workers Comp population. Unfortunately, that meant the state would eventually redirect our program's funding into their own programs, leaving us broke and out of business. Ironically, the state's program eventually went under too because of Big Pharma's amplified push to get the medical profession and hospitals to embrace newly developed "miracle" narcotic analgesics as the preferred option to chronic pain treatment.

As a result, we saw an epidemic explosion of chronic pain disability cases created, no doubt, by the iatrogenic adverse effects of long-term narcotic analgesic use. Short story, the biopsychosocial approach to chronic pain management that started in the 1980s was killed by Big Pharma for the sake of profit and at the expense of pain sufferers and our society.

Posted On 03/05/2024

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## Luvvy

Your program sounds like it was wonderfully Wholistic and like it provided whatever the whole person accepted, as a need to restore their health.

Posted On 03/06/2024

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## **CMARTI1121**

I was a patient of Dr Sarno. He was a wonderful man and Doctor. He was very accessible to his patients. I was pain free till my granddaughter was diagnosed with a very rare disorder no one seems to know how to help except throw chemo at her. She has been sick 14 years no answers but I am still functioning. Reread Dr Sarno's book and it help's tremendously.

Posted On 03/05/2024

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## **020202**

When I wake up - I pull my computer out and put it in bed with me, I push myself up on my elbows and read my computer, I lay here for a while, up on my elbows - and since I started doing this - my back pain - which was horrid - is completely gone. It's called the cat stretch.

Posted On 03/05/2024

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## **grulla**

Your comment makes a good argument as to lying in bed can be healthier than sitting in a chair. I'd like to hear more about that idea from Dr. M and others.

Posted On 03/06/2024

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## **karmana**

There are EMDR (Eye Movement Desensitization & Reprocessing) protocols for pain relief, see the work of Dr Mark Grant from Australia. [overcomingpain.com](http://overcomingpain.com). Significantly reduced my residual back pain from an old, physically healed injury. He provides self help and professionally implemented protocols. There is also an EMDR protocol for migraines.

Posted On 03/05/2024

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## Guillermou

This systemic review and network meta-analysis (NMA) suggested that non-pharmacological interventions show promise in reducing psychological symptoms among patients with CLBP. In particular, mind-body therapy and a biopsychosocial approach show great promise, and mind-body therapy body can be considered a priority option to reduce depression and anxiety.

[journals.lww.com/international-journal-of-surgery/fulltext/2024/01000/..](https://journals.lww.com/international-journal-of-surgery/fulltext/2024/01000/) (2024).---- Yoga's focus on balance and stability encourages the body to develop defenses against the causes of back pain, which include weak abdominal and pelvic muscles, as well as lack of flexibility in the hips.

When you strengthen these muscles, you improve your posture, which reduces the load on your back, thus reducing the pain you feel. Additionally, stretching can increase flexibility by increasing blood flow to tight muscles. In 2019, low back pain (LBP) was the most prevalent musculoskeletal disorder among adolescents and young adults globally, accounting for 76.4% of incident cases and 45.2% of prevalent cases in 204 countries and territories.

[journals.lww.com/international-journal-of-surgery/fulltext/2024/01000/..](https://journals.lww.com/international-journal-of-surgery/fulltext/2024/01000/) These postures could make you stop taking painkillers [www.everydayhealth.com/back-pain-pictures/best-yoga-poses-to-soothe-ba..](https://www.everydayhealth.com/back-pain-pictures/best-yoga-poses-to-soothe-ba..) This systematic review found strong evidence of short-term effectiveness and evidence of long-term effectiveness of yoga for chronic low back pain across major patient-centered outcomes. [journals.lww.com/clinicalpain/abstract/2013/05000/a\\_systematic\\_review\\_..](https://journals.lww.com/clinicalpain/abstract/2013/05000/a_systematic_review_..) (2013)

Posted On 03/05/2024

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[geodevosyahoo.com](http://geodevosyahoo.com)

The pain I had from foraminal stenosis, (narrowing of the foramina which is where nerves exit the spine) was very real, very mechanical, and apparently not in any way spiritual or emotional. One of many Doctors thought it was in my head and prescribed Zoloft. The first (and only) 30 day course of this drug had my thinking suicide was very an interesting and reasonable possibility. Fortunately I remembered that I was doing very well in life and the pain was relieved by medication so suicide made no sense at all, not for me anyway. I knew it was the Zoloft talking me into something. After the 30 days I told that Doc to forget it. Eventually I had surgery to relieve the pinched nerves in my neck. After 8 years of suffering, I am pain free for 24 years now. Thanks for nothing Zoloft. Like another poster, I don't trust the motives behind this article. There may be some validity to it but to say all or even most back pain is mental is a stretch to the breaking point.

Posted On 03/05/2024

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[annesulztelus.net](http://annesulztelus.net)

In my own experience, repeated accidents have caused pain issues. My suspicion is that these studies were funded by those who pay for treatments post-accident, such as insurance companies, & don't want to pay. I have been treated in an extremely abusive way by insurance companies due to these sorts of theories. My own experience does not support what he is saying. Just yesterday, after I went snow shoeing, which I hadn't done in ages, for two days in a row, I was in agonizing pain afterward because my neck, which was injured in a whiplash injury, got aggravated, affecting my whole body. There was zero emotional component involved in that.

I've also found, in the past, after an accident, my pain issues have improved with finding the correct exercises that strengthen my body. This has zero to do with one's emotions. In this article, Dr Mercola states that prolonged sitting contributes to pain issues -- this has zero to do with emotional issues. As a society, most of us sit way too much & don't move enough. A sedentary lifestyle is just that: sedentary -- no emotions involved in that. Exercise also releases natural painkillers: endorphins, making pain less noticeable. I feel Dr Mercola is doing people a disservice by supporting the idea that "it's all in your head."

Posted On 03/05/2024

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## Almond

I agree with you. if it was all in my head, I would not hurt after doing heavy lifting. I work only until it "begins" to hurt. I have had more injuries than I can list. Almost all are due to the negligence of others and being in the wrong place at the wrong time (vehicular accidents and such). It is important to keep moving... I do 15 minutes of "stretchies" every morning. However, it is also important to rest. One study showed that the outcomes were the same for back surgery and 10 days of bed rest. Part of the solution is learning to pace oneself. I have learned to recognize when it is time to take a break and then resume work. Also, to use helpful tools, leg braces and move differently.

Unfortunately, I lost an excellent rehabilitative massage therapist who was not licensed as a physical therapist, but seemed to be extremely knowledgeable in that field. I had expected a relaxing massage, but his technique hurt like hell. I kept going because I felt so much better after he stretched and manipulated me back into shape. Massage was more of a passionate side gig to bring harmony to his life since he worked in some high-stress high-tech computer job. One day, he just disappeared and left no forwarding address. It is worse than pain if I get to the end of a day and feel like I have not accomplished anything. I am just grateful to still be moving and pursuing my interests.

Posted On 03/05/2024

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## plastické

Almond, you hit one of my key words to hard work: PACE. After I had a heart attack 44 years ago, my cardiologist, one of the best in Chicago at that time, told me exactly what you just posted. At that time, I was nearly done in, could not stand the pain. His advice was to do as much as you can until you are just barely aware of the pain, then stop. Pace yourself throughout the day and long term as well, gradually doing a little bit more as you can. It has worked for me.

Posted On 03/05/2024

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## **pecanroll**

This I disagree with. I started back on atovaquone and my back and neck pain resolved in 24 hours. I believe infections cause a lot of musculoskeletal pain and doctors do not know how to treat anymore.

Posted On 03/05/2024

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## **Hom52828**

As a Fibro patient who also has scoliosis, I really was disappointed in the premise of this article. Too many Dx have been laid at the feet of "psychologically caused"!! Nothing is more demeaning and discouraging than this dismissive pronouncement. I realize we're in the throes of learning how Big Pharma has "kept us l'll" to line their pockets but the old fallback position of pain being psychological is just a slap in the face of sufferers.

Posted On 03/06/2024

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## **grulla**

Article title: "Is Most Back Pain Caused by Repressed Emotions?" Is that where the adage, "a PITA" came from? :-)

Posted On 03/06/2024

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**kit3889**

All those suggestions you make are good if your pain is definitely physical. But if your pain is mind/body they will do nothing. I had chronic back pain for 10 years and had tried almost everything you can think of to no avail, and after reading Dr. Sarno's book my back pain diminished and has not returned in 20 years. Doing things to alleviate the pain just reinforces to your brain that you have a physical problem and so your subconscious brain will continue to give you pain in an effort to help you not think about your emotional problems (which doesn't work because the subconscious mind is illogical).

Posted On 03/05/2024

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**[geodevosyadoo.com](http://geodevosyadoo.com)**

Kit I think you mis-spoke (or mis wrote) you meant if your pain is definitely NOT physical which in may case it WAS definitely physical. 8 years of therapy was useless. After surgery to relieve pinched nerves I am pain free for 24 years and counting. Eight years I suffered because some quacks thought it was in my head.

Posted On 03/05/2024

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**[annesulztelus.net](http://annesulztelus.net)**

I think the key is to figure out what the cause of the pain is. Several people have mentioned different causes/different modalities that worked for them. My problem with Sarno's approach is that he puts too much emphasis on emotions. This can get translated by unscrupulous people, like insurance companies, into the idea that pain is always related to emotions. What this does is demoralizes and belittles people who are suffering from the physical effects of pain issues. I think the biggest problem is that pain is a complex issue and there are those who try to oversimplify it for whatever reason.

It is unhelpful and offensive to people who are suffering from genuine physical pain issues to attribute it all to emotions. One quote says that Sarno essentially argued that "pain is all in a person's head." I don't have any problem with people who have been helped with his methods but it's his approach of "all" pain is in people's heads that is offensive to me because, in my experience, it isn't true.

Posted On 03/05/2024

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## **Warwickian**

There is also the possibility of working on one's own muscles. A very good book to learn about how to do this is: The Trigger Point Therapy Workbook by Clair and Amber Davies. Although Deep Muscle therapy is not a Trigger Point Technique per se, because we work on the entire involved muscle, not just the trigger point, this book is a good place to begin. It will show you what muscles are involved with the pain in each particular area and a technique that may help a lot. The results may surprise you.

Posted On 03/05/2024

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## **BookGal11**

Thank you!

Posted On 03/06/2024

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## **Smudge2**

If you research Brandy Gillmore and Joe Dispenza, all pain is in your mind. Gillmore cures pain in 15 mins. Gives free sessions online, too. Absolutely amazing. I wish we were all in that state of mind to be able to get rid of it.

Posted On 03/05/2024

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## **plastictekkie**

Last month I closed the car door on my left thumb. The pain was in my thumb, and boy, did I mind.

Posted On 03/05/2024

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