



The Three Week

Natural Pain Relief

Program

Geoff D'Arcy Lic.Ac., D.O.M.

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by Geoff D'Arcy Lic.Ac., D.O.M.

Compassion is the tender readiness of the heart to respond to one's own or another's pain, without resentment or aversion. It is the wish to dissipate the suffering.

— Joseph Goldstein

Foreword

As a physician I have seen how devastating chronic pain can be in the lives of my patients. It is a sad process characterized by hopelessness and desperation that can lead an able-bodied person to struggle with day to day activities. Powerful pain medications, while providing some temporary relief, often become more a part of the problem than the solution. At the very least, you can expect side effects; although eventually the most problematic effect would be psychological dependence and alteration of the pain threshold. There must be something better than the use of drugs and over-medication. Fortunately, there is.

The Natural Pain Relief Program is a safe, drug-free solution. The program utilizes mind to body pain relief techniques that helps the user tap into his or her own inner resources to better manage the pain. I have referred patients to the Natural Pain Relief Program and most have experienced an increased ability to manage and control their pain; some have been able to reduce and even get off their pain medication completely.

This program helps you to stay ahead of pharmaceutically oriented treatment and assist pain sufferers in utilizing their major pain relief resource – themselves. I wish you patience and success.

Guillermo Asis, M.D.
Burlington, Massachusetts

*Powerful pain medications, while providing some temporary relief,
often become more a part of the problem than the solution.*

Introduction

This program is designed to activate your own, innate ability to heal yourself, or at least, mobilize powerful mind-to-body resources to help you in your suffering

This is an easy-to-use, three-week mind-to-body pain relief program that works! It is a compilation of the experience of many persons suffering from acute or chronic pain. The program is aimed at encouraging those who are experiencing pain to look at it from a new perspective and to realize that they have vast inner resources upon which they can rely to cope with it.

This booklet is actually a “workbook” for pain management. The format is designed to help you record your pain, and to enable you to personally involve yourself in your healing process. You will be encouraged to record your daily medication and stress levels, evaluate your pain and keep track of your goals. The program can be used repeatedly and can help you chronicle your progress, remember where you’ve been and guide you when you need help. I recommend using this booklet with the accompanying two audio tapes — one technique for each week of the program, ideally under the supervision of your health care practitioner.

You have vast inner resources upon which you can draw to cope with your pain. You can achieve a natural, safe, drug-free or drug reduced method of effective pain management.

At most, this pain workbook will help you accomplish what the program has done for hundreds of pain sufferers: achieve a natural, safe, drug-free or drug reduced method of effective pain management. At the very least, it will help you come to better terms with your pain. The audio tapes will guide you through relaxation and guided mind-to-body pain relief techniques that can help you, as a pain sufferer, mobilize your own inner healing resources. You are encouraged to actively and consciously participate in your own

healing process, eventually shifting the sole responsibility for pain relief away from your doctor or care giver. Your relationship with your health care giver can then become a cooperative one; a “team effort” where both parties are involved in the outcome. The program asks you to practice the techniques for at least 20 minutes daily and to make use of the daily assessment logs and recommended exercises.

A Reminder

This Natural Pain Management program only helps you with pain! It does not heal diseases such as arthritis or cancer that cause pain. This program should be followed under the supervision of your regular medical practitioner. An unsettling statistic shows that 18% of all people reporting pain, which they consider to be severe or unbearable, had not consulted a physician because they didn't think anything could help. If you are experiencing pain, consult a physician immediately.

You Are Not Your Pain

The Mind-Body Connection

According to the discipline of acupuncture, an imbalance in the subtle circuits of life-force contribute to disease and cause pain.

“The Mind-Body movement is the third revolution in Western medicine, ranking it alongside the advent of surgery and the discovery of penicillin.”

*– Stephen Locke, M.D. Beth Israel Hospital, Boston
Newsweek, Nov. 7, 1988, cover article*

For patients suffering from severe pain, the focus of these techniques will be on pain management.

If mental and emotional states can make you ill, they can also make you well! Mind-to-body mechanisms can trigger within us relaxation responses and the release of “endorphins” — the body’s natural morphine. If you’ve ever enjoyed a satisfying physical workout, you are aware of the feeling of well-being associated with the release of endorphins. Pain sufferers can also manage pain by gaining access to this natural bodily process. Many studies demonstrate that simple relaxation and meditation techniques actually produce a similar response of well-being in the body. For patients suffering from severe pain — whether the result of a serious accident, surgery, or advanced stages of cancer — the focus of these techniques will be on pain management. This program is not claiming to “take away” severe pain that is an everyday reality for some; however, pain can often be made more manageable and eased without the increased use of drugs or surgery in pain management situations.

Because any unpleasant mental or emotional state can magnify pain, this program includes relaxation techniques that can help dissipate the effects of prolonged mental and emotional stress often associated with pain. The techniques can also help relax the secondary

tension that builds up around the pain, isolating it. The journal space at the end of each week's practice is provided so you can write down your attitudes and feelings about your experience of pain. Writing can help you release any negative emotions and thoughts connected to your situation, while helping you to keep focused on the present and objectify the physical sensation you are experiencing.

Currents of Injury

If mental and emotional states can make you ill, they can also make you well.

The physical healing potential of this program is based on principles of bioelectromagnetic medicine, research pioneered by Dr. Robert Becker. Dr. Becker investigated the way minute electrical currents (in millionths of amps) can stimulate bone and nerve tissue repair and regeneration. Electricity in micro and milliamps were used in over 150,000 recoveries from orthopedic procedures to stimulate regeneration. Dr. Becker dealt with the phenomenon known as the “current of injury”.

The body utilizes minute electrical currents to initiate biochemical repair and rejuvenation; reinforcing these currents of bioelectricity enhances healing on the cellular level. Regeneration of bones, nerves, blood vessels and wounds shows us that healing occurs when the body's own minute “currents of injury” are reinforced.

Central to the theme that the body has its own bioenergetic healing program, Dr. Becker says that, “One of the main lessons of bioelectromagnetism, so far, is that less is often more.” The body's own innate tendency towards healing can be encouraged and reinforced by minute bioenergetic intervention. Reinforcement of the body's natural healing energy is central to another ancient healing art — acupuncture. Chinese medicine, an energetic medicine, works with the minute condensations of force-fields formed by the body's bioelectromagnetic energy. It has proposed for thousands of years

that Qi, or Life-Force, flows through channels, or meridians in the body. These meridians exist throughout the body like a 3-dimensional energetic road map. Imbalance in these subtle circuits of life-force contribute to disease and can retard healing and cause pain.

“Pain is an obstruction of life force.” Painful areas are often unconsciously isolated by the sufferer and may prevent the body’s healing energy from moving in and releasing the obstruction. Most “pain relief” relaxation and meditation techniques try to focus the mind away from the pain by concentrating on a mantra, prayer, image, etc. Although this is a helpful way to improve concentration, these techniques serve to distract the mind from the painful area and reinforce the mind’s aversion to pain. The pain remains isolated in the body/mind, and the natural currents of healing remain obstructed.

This “pain relief” program aims to incorporate the wisdom and experience of ancient Chinese medicine and modern bioenergetic research by training the mind to help move the energy of the body into painful and isolated areas.

Why a Natural Pain Relief Program?

The aim of this program is to assist you in creating a new relationship to pain . . . to look at pain with eyes that are not conditioned to turn away, and to approach pain without tension. You will learn to bring the focus of your mind to a painful area which may actually facilitate an opening up of the area This and release some of the unpleasantness. The view that pain is merely physicallybased is beginning to buckle under, thanks to an outpouring of new information and evidence about the interplay between mind and body from scientific and holistic circles. If you have no “physical” problem and yet continue to suffer from chronic pain, exploring mind-to-body healing channels can produce dramatic results.

Chronic pain is a problem of enormous proportions in the United States. Chronic pain afflicts 30% of all Americans — approximately

70 million people.² Between one-half and two-thirds of chronic pain sufferers are partially or totally disabled for periods of days, weeks, or months, and some, permanently. The major reason Americans visit physicians is “pain.” It represents a cost to the United States of \$70 to \$90 billion dollars a year in medical expenses and lost productivity. Ironically, only a minuscule amount is spent on modifying our psychological responses to pain. The idea that we can modify our psychological response to pain is alien to our culture. Yet so much is spent on trying to cope with biochemicals.

For example, about 127 million Americans report one or more headaches a year³, with 45 million people reporting they suffer from chronic recurrent headaches. Headaches sufferers make 50 million doctor office visits a year and spend \$400 million on chemical over-the-counter headache pain relievers.⁴ Arthur Kleinman, M.D., professor of Anthropology and Psychiatry at Harvard Medical School, writes in his book, *The Social Origins of Distress and Disease*, “Paradoxically, the biomedical health care system has become a dangerous place for chronic pain and other somatized patients. It encourages the addiction to narcotics and analgesic drugs, polypharmacy with drugs that can have serious side effects, overuse of expensive and risky tests and unnecessary surgery. The system thereby creates anger and frustration for patients and families and physicians.” Every year, billions of dollars are spent on drugs and surgeries. Often these only complicate the syndrome, and addict patients to narcotics and palliate symptoms. Fortunately, modern medicine is moving away from addicting drugs, unnecessary medication and surgical intervention. A few hospitals and clinics across the country are offering relaxation, stress and chronic pain classes, where natural pain and stress relief methods serves as an adjunct to treatment by health care practitioners.

New pain and the immune system discoveries suggest that our state of mind affects us, down to the cellular level. For acute and chronic pain sufferers, relaxation and guided pain relief techniques offers a new hope. “Natural” pain relief, promoted in hospitals and by health practitioners offices as an adjunct to treatment, can teach

us to modify and soften our aversive psychological responses to pain and keep narcotics and surgery to a minimum.

Acute Pain

The idea that we can modify our psychological response to pain is alien to our culture.

Dr. J. J. Bonica, (the father of modern chronic pain treatment) defines acute pain as sensation that is “caused by a noxious or tissue damaging situation” serving “the important biological function of warning the individual of injury or disease.” Acute pain is normally a great benefit. This kind of pain is a warning, a safeguard enabling us to survive childhood without doing ourselves in! Acute pain is temporary, i.e., a burn, torn ligament, etc. Persistent abdominal pain may mean an inflamed appendix, ulcer, a pain that remains in degrees until healing occurs. If it remains over time, it becomes chronic.

Chronic Pain

Chronic pain is often a symptom generated by the wisdom of the body-mind. Thanks to an outpouring of new information and evidence about the interplay between mind and body from scientific and holistic circles the view that pain is a merely physical phenomenon is buckling under.

Melzack and Wall define chronic pain as, “Pain (that) persists after all healing has occurred or, at least, long after pain can serve any useful function (for the physical body) is no longer simply a symptom of injury or disease. It becomes a pain syndrome — a medical problem in its own right.” Bonica adds that chronic pain does not tend to have biological function and often imposes devastating physical, emotional, social and economic stresses.

I believe chronic pain is not without its rhyme or reason. It is not a useless function, nor merely a symptom generated by life-threatening circumstances. Rather, chronic pain is often a symptom generated by or for the wisdom of the body-mind. Physical pain gives

us a message and a warning that healing needs to take place, or is taking place. On a deeper body-mind level, chronic pain may also serve a purpose that we need to explore. An ulcer pain that persists, even though all physical evidence shows that the ulcer has healed, may be the expression of a deeper pain in the psyche, or not, yet this premise should be explored.

What follows is a case study of a patient who participated in the Natural Pain Relief program. It demonstrates how physical pain can be an expression of a deeper pain in the psyche.

Case Study

This patient participated in the Natural Pain Relief Program. Her case demonstrates that physical pain can be an expression of a deeper pain in the psyche.

This female patient was raped by an old boyfriend. During the attack her back was injured. This emotionally painful incident faded from her memory but her back never healed, even after years of treatment. While participating in the program she had great difficulty moving the mind into the pain during the guided meditations. Awareness seemed blocked from the area.

With practice she was able to move the mind into the area of the back where the pain resided. When this began to happen, painful, isolated memories of the rape poured into her mind. She cried and released the pain that she had been suppressing in her memory. She realized that the rape and the back injury were connected, an injury to both the mind and the body! By regaining balance in her mind, she was able to gently move her attention into this isolated painful area. When the emotional pain was brought out of isolation to the surface, the healing could begin. Now, she could encourage the healing bioenergy to flow into the area.

Over the next few weeks, her physical therapy started getting results. She integrated the idea that the energy flow into her back had been blocked and shut down by her emotional pain. “Miraculously,” her back began to heal.

Accepting Your Role in Healing the Pain

The first step for healing or better management of chronic pain is accepting your role in your own healing program. Don't leave it all

Before you begin the three week program, it is very useful for you to objectively evaluate your pain from a number of perspectives. You will have an opportunity to re-evaluate your pain at the end of the program.

This program also provides a good opportunity to set personal goals. By purchasing this booklet you have made a new commitment to yourself. You can harness that energy to make some desired personal changes, and/or develop new positive habits. Remember to be nice to yourself. Don't overcommit. Change in any area of the life, whether physical, emotional, mental or spiritual, may also cause you to want to create changes in other areas. Be prepared, realistic and anticipate the best.

Fully participate in solving your own private puzzle.

“A single atom of the sweetness of wisdom in a man's heart is better than a thousand pavilions in paradise.”

– Abn Yazid Al Bistani

Natural Pain Program Overview

This program consists of:

- Evaluations prior to the program
- Daily and weekly activities, as indicated.
- A re-evaluation at the end of the program.

1. The Melzack/McGill Pain Score

To help you identify or describe your pain. Based on the words you choose, it will provide a score indicating the severity of your pain.

2. Drawing a Picture of Your Pain

A picture is worth a thousand words. This exercise will allow you to experience and express your pain in a non-verbal, non intellectual way.

3a. Present Pain Intensity (PPI)

To describe your current level of pain. This will be especially useful to acknowledge how far you've come in the re-evaluation at the end of the program. You will also do this evaluation every week.

3b. Location Scores

Using the PPI, you will mark the location with a value of the pain sites, on a drawing of the body to give you further clues every week.

4. The Medication Chart

To keep track of your own medication levels, their side effects and how you feel taking them. This can be a valuable medical record for your health practitioner in the future. You will also chart your medication every week.

Evaluation #1 • Before Beginning the Program

McGill - Melzack Pain Questionnaire⁵

How to Rate Your Pain Choose only one word from each section. Write the number of your choice in the space provided. Add the values of each of the 20 sections. This total represents your "Pain Rating Index."

<p>1 Flickering (1) _____ Quivering (2) _____ Pulsing (3) _____ Throbbing (4) _____ Beating (5) _____ Pounding (6) _____</p>	<p>8 Tingling (1) _____ Itchy (2) _____ Smarting (3) _____ Stinging (4) _____</p>	<p>16 Annoying (1) _____ Troublesome (2) _____ Miserable (3) _____ Intense (4) _____ Unbearable (5) _____</p>
<p>2 Jumping (1) _____ Flashing (2) _____ Shooting (3) _____</p>	<p>9 Dull (1) _____ Sore (2) _____ Hurting (3) _____ Aching (4) _____ Heavy (5) _____</p>	<p>17 Spreading (1) _____ Radiating (2) _____ Penetrating (3) _____ Piercing (4) _____</p>
<p>3 Pricking (1) _____ Boring (2) _____ Drilling (3) _____ Stabbing (4) _____ Lancinating (5) _____</p>	<p>10 Tender (1) _____ Taut (2) _____ Rasping (3) _____ Splitting (4) _____</p>	<p>18 Tight (1) _____ Numb (2) _____ Drawing (3) _____ Squeezing (4) _____ Tearing (5) _____</p>
<p>4 Sharp (1) _____ Cutting (2) _____ Lacerating (3) _____</p>	<p>1 Tiring (1) _____ Exhausting (2) _____</p>	<p>19 Cool (1) _____ Cold (2) _____ Freezing (3) _____</p>
<p>5 Pinching (1) _____ Pressing (2) _____ Gnawing (3) _____ Cramping (4) _____ Crushing (5) _____</p>	<p>12 Sickening (1) _____ Suffocating (2) _____</p>	<p>20 Nagging (1) _____ Nauseating (2) _____ Agonizing (3) _____ Dreadful (4) _____ Torturing (5) _____</p>
<p>6 Tugging (1) _____ Pulling (2) _____ Wrenching (3) _____</p>	<p>13 Fearful (1) _____ Frightful (2) _____ Terrifying (3) _____</p>	
<p>7 Hot (1) _____ Burning (2) _____ Scalding (3) _____ Searing (4) _____</p>	<p>14 Punishing (1) _____ Grueling (2) _____ Cruel (3) _____ Vicious (4) _____ Killing (5) _____</p>	
	<p>15 Wretched (1) _____ Blinding (2) _____</p>	
		<p>TOTAL _____</p>

Pain Evaluation #2 • Before Beginning the Program

Drawing Your Pain

A picture is worth 1,000 words. What image does your sensation have? Draw your pain using emotional and energetic imagery to describe your sensation / experience. Use color pens or pencils to depict different aspects of the sensation. Let yourself draw, uncensored, your experience, free from the intellect.

Pain Evaluation #3 • Before Beginning the Program

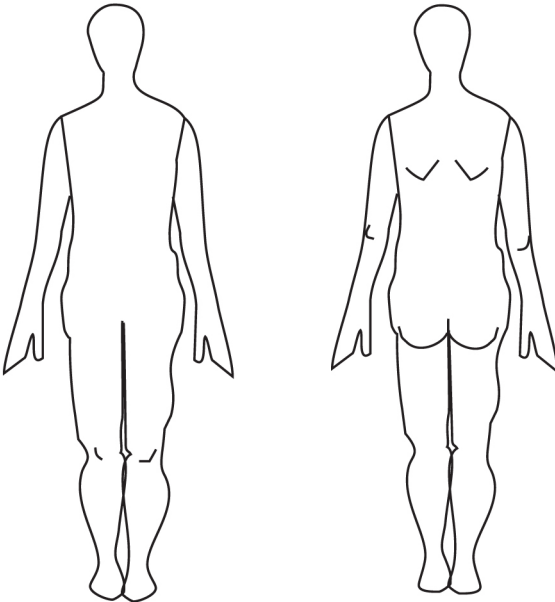
Present Pain Intensity

The overall “Present Pain Intensity” is based on a scale of 0 to 5 as described below.

- 0 No pain
- 1 Mild
- 2 Discomforting
- 3 Distressing
- 4 Horrible
- 5 Excruciating

What is your Present Pain Intensity? _____

Write the PPI number anywhere you feel the pain.



Pain Evaluation #4 • Before Beginning the Program
Present Medication

	date	medication	dosage	effects
Analgesics				
Weak Narcotics				
Strong Narcotics				
Tranquilizers				
Sleeping Aids				
Anti-depressants				
Comments:				

How to Use the Audio Program

The True-Wellness Natural Pain Relief Program includes three downloadable audio programs. Use one program each week. If possible, practice should be at the same time each day. Play the audio in a quiet place with your eyes closed and body relaxed. Lie in a comfortable position with palms turned up. Loosen any tight clothing. Under no circumstance use these audio programs while driving. Allow yourself to practice with eyes closed in a chair or while lying down, in a totally relaxed position.

Week I — Awareness

Technique: “Sweeping the Body” Relaxation

Week II — “Softening” around the pain

Technique: Guided Pain Relief Technique

Week III — Balance

Technique: Re-balancing the Mind with Breath Concentration

Commitment!

Daily Practice 30 minutes a Day.

Great lessons can be learned from looking at where you stopped.

"A smooth sea never made a skillful mariner."

— *Salada Tea Bag*

If you are tired of coasting between therapies that get “done to you,” give this program your full-hearted effort to initiate pain relief and healing, and “jump in” fully. To come to grips with pain, one must commit to train the body-mind daily, through good and bad days, during stressful work periods and peaceful holidays. By working consistently you can re-pattern your psychological responses to pain and get results. Do everything you can to help yourself now.

There may be days when, even though you feel fully committed to getting natural pain relief and healing, you will find reasons not to practice. You may be “too busy,” “too tired,” “too sore,” “too angry,” or any number of “legitimate” reasons. If this happens ask yourself, “Why did I stop?” and make sure your decision is a conscious one. Success isn’t based on rigidly following all the instructions, but by working hard and working intelligently and bringing all of your actions to the surface of the mind.

Great lessons can be learned from looking at where you stopped. Log any of your insights into your Daily Events Log. You may also choose to keep a diary as a way to keep in touch with your goals for the week. Work on changing the pattern that many chronic pain patients follow by only “doing what it takes” when you are at the end of your tether. What you get out is directly proportional to what you put in.

The daily log and diary provide a place to increase awareness of behavior patterns associated with increased pain or stress. It is also a place to observe and record the flow of feelings, physical sensations, thought processes – both negative and positive – observed without judgment as they relate to daily activities.

Try to establish a routine or practice. By the end of the program you will have developed a new, positive habit. If you don't practice the technique it becomes merely an intellectual pursuit. Make the next three weeks an opportunity to move your life into balance with less secondary tension in the body-mind, and less reactivity to the pain. Give yourself 21 days to develop a breakthrough. Perhaps you've already spent a great deal of money, time and energy on past treatments. Make this commitment to yourself and give this method a minimum of 30 minutes practice a day for the next three weeks. I believe you will like where it takes you.

The principles are simple. You get results by working. The techniques will aid you in time, but you need to use them. When the big storms come, be prepared.

You need to train. A weight lifter starts with 10 lbs., then 20 lbs., slowly building to 100 lbs., training hard to lift 200 lbs. You don't just walk into a gym and lift a 250 lb. weight. You will be able to handle the 250 lbs., the stress of pain, but only by training yourself.

“When you gaze at an object you bring blessing to it. For through contemplation, you know that it is absolutely nothing without the divinity that permeates it. By means of this awareness, you draw greater vitality to that object from the divine source of life.”

— Dov Baer of Mezeritch

Footnotes

² Bonica, J. J., The Management of Pain. Philadelphia: Lea & Feibiger, 1953.

³ Sternbach, Mastering Pain, New York, Ballantine Books, 1988.

⁴ National Headache Foundation

⁵ Reprinted by permission of Basic Books, Inc., New York, New York.