

Understanding Your Pain

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Every thought we think, gives rise to a physiological response in all cells of our body in which scientific research has termed psychoneuroimmunology.

Broken down into parts, psychoneuroimmunology means thoughts (psycho) affect the nervous system (neuro) and in turn then affecting the immune system (immunology).

Just by the thoughts, attitudes, beliefs and images we hold in our mind, our emotional and mental states have the potential to weaken or activate our immune system.?

Our subconscious attitudes dictate the outcome of our lives and health. The good news is that attitudes can be changed. They can be changed by the mere decision to be open to experimenting with new ways of thinking, regardless of your age or past history.

Change is the natural state of being, whilst stagnation means that there's something impeding it.

When we are in chronic pain, the pain message travels along the spinal cord to the hypothalamus which instructs the pituitary gland to release certain stress hormones. This is where our emotions are also processed, which explains why our feelings are so influential with regards to pain management.

Unremitting pain can become the central focus of a person's life. This can be accompanied by feeling such as anger, frustration, anxiety, bitterness and fear, which if left unresolved can all contribute to increased pain levels and tension stored and held within the body, weakening further an already taxed immune system.

We look at any discomfort, accident, sign, symptom or disease as a message which needs to be acknowledged, translated and given an action plan. Pains and discomforts are like blockages in the energy flow of the body and working with various healing techniques and methods we facilitate, support and trigger your dormant self-healing powers of the mind and body.

As Thomas Edison wrote:

"The Dr of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease".