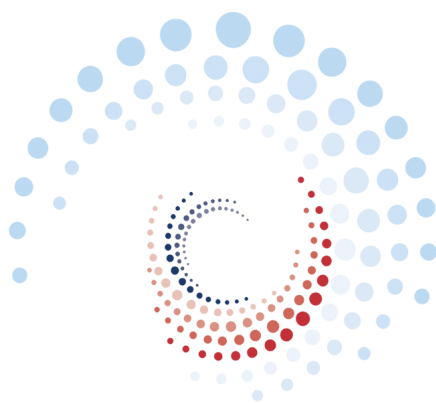




living from the inside out
KRIS HALEY

Busting Six Myths of Overcoming Pain

If you have found your way to this page, you have probably tried multiple healing techniques and various medications. You may be feeling frustrated, angry, disheartened and hopeless. I understand because I also tried various healing techniques, multiple medications and felt those feelings. Once I shifted my attention away from looking for the answer outside of me, through a practitioner or medication and focused my attention on learning to work with my body's own self-repair systems, I began to experience lasting relief. The first step is shifting our mindset and to recognize the myths we have about overcoming pain. Here's to pain free living!

Busting Six Myths

Myth # 1 "I just need to have the 'right' test."

While having tests is not necessarily a bad thing, ruling out serious health issues is advised. However, chronic aches/pains usually don't have one single cause or event that triggered the pain. Instead the body has been trying to get our attention for weeks or years but we have not paid attention to its messages. As a mind/body educator I teach clients how to listen to their body, which is a key part of the healing process.

Myth # 2 "I just need to find the 'right' health practitioner."

I know for sure that YOU are the "star" of the show and practitioners are supporting players. It is important to utilize health practitioners, but you know your body's history better than anyone and you have the answers. In the words of Glinda, the good witch from the Wizard Of Oz, "you have always had the power." What we do, as health educators, is hold up a mirror for you to see your body in a new way and help you make sense of the information you intuit.

Myth # 3 "I just need to get the 'right' medication."

Living on pain medication is not a way to live. It is expensive and may become addictive. There are natural alternatives that work if you are patient and willing to do them daily. Pain is a messenger and one of the main messages of pain is to SLOW DOWN. Step off the merry-go-round and schedule rest and play into your life. Allow your body's self-repair system to do its job.

Myth # 4 "I just need to get the 'right' amount of rest."

I know in my previous answer I said slowing down and scheduling rest/play into your life is part of the healing process. The key is to know when bed rest will be helpful and when it will make the situation worse. What doctors now know is that prolonged bed rest is almost never helpful. Instead, scale back on your activities, but do keep up your normal schedule including any physical activities that do not aggravate the pain. Here is where you have to be a good listener and friend to your body.

Myth # 5 "I just need to find the 'right' exercise."

Different exercise routines may produce positive results if you are working with a professional who corrects your form every step of the way. Repetitive movement patterns and the compensation habits we all acquire are one of the key factors that trigger pain to begin with. So while exercise is important it may not be the first step in the healing process. As a mind/body educator, I focus on active recovery techniques using the MELT[®] method, along with teaching my clients about proper sitting, bending, lifting, etc. I know you can unlearn compensation patterns, thereby reducing your likelihood of injury and/or pain in the future.

Myth # 6 "Hey, I am 'right' in line with other people my age, pain is an inevitable part of growing older."

This is one of the most pervasive myths out there! Yes, our cells are aging, but that does NOT mean we are bound to become riddled with aches and pains that can't be easily managed on our own. Our bodies need attention daily in the form of active recovery techniques like foam rolling that relieves the stuck areas of stress we experience every day. In the same way that we brush our teeth every day, in an effort to ward off cavities, we use foam rolling/MELT[®] techniques to manage daily stress from becoming chronic aches and pains. The research shows that on average, humans experience 50 stress responses every day. When that stress goes unmanaged and is allowed to accumulate it turns into back pain, stomach pain, shoulder pain, headaches, etc.

I am no stranger to chronic pain. For most of the past 20 years, I have suffered from mild aches to debilitating pain. I spent countless hours going from one appointment to another and countless amounts of money. In my search for answers, I discovered that I needed to take responsibility for my healing. First, I *decided* it was possible to live pain-free. Second, I believed I had the power to figure out what my body needed in order to heal. Third, I became a really good listener to the messages my body was sending me and I made changes to my lifestyle and exercise routine accordingly. Fourth, I acted like a partner with any health practitioner, whose help I enlisted.

And, finally I was patient with the process. It took me a good year to get my body out of crises mode. Today, I still enlist the help of a few practitioners but the difference from then to now is that I can easily go 3-4 weeks between visits. Whereas I used to just be hanging on until my next appointments, which were usually ten days to two weeks apart. I absolutely know that we all have this power to heal ourselves from chronic aches/pains.

What the mind thinks, the body feels. The western medical community has known for decades, and the eastern healing modalities even longer, that relaxation and meditation practices can affect the body's ability to heal. Our bodies are designed with their own self-repair mechanisms. According to Dr. Lissa Rankin, in her book, *Mind Over Medicine: Scientific Proof That You Can Heal Yourself*, "When you're happy, relaxed, and free of stress, the body can accomplish amazing, even miraculous, feats of self-repair...you've heard before that meditation is a good idea, but it's not just good for your mind, it's a critical technique for countering the effects of chronic stress in your life and in your body."

If you are ready to feel great, I invite you to contact me and schedule a FREE consultation.

What to Expect

Improve your:

- **BALANCE** because our body needs to be able to handle surprises as we walk through the world so that we can avoid injury.
- **POSTURE** which makes you look taller and appear more confident.
- **ABILITY TO FALL ASLEEP** and stay asleep because it cannot be overstated, a youthful, vibrant appearance and energy is NOT found in a jar but in adequate, quality sleep.
- **DIGESTION** so that nutrients can be absorbed and transported into the bloodstream and you can eliminate waste without difficulty.
- **ABILITY TO CONTROL YOUR WEIGHT**, which is directly related to adequate sleep and the absorption/elimination process.
- **MENTAL FOCUS** so that you don't experience the mid-day brain foginess.

Have less:

- **JOINT PAIN** so that movement becomes more effortless and you feel more stable and flexible.
- **BACK PAIN** so that your body feels more comfortable during your day-to-day activities.
- **NECK PAIN** because without neck pain we generally don't experience headaches.
- **HEADACHES** which means less pain medication and side effects.
- **ANXIETY & MOOD SWINGS** so that we can be more effective in handling daily stressors.
- **CONSTIPATION** which speaks for itself.
- **STIFFNESS** upon rising in the morning so that you can let your light SHINE bright all day long!

Finally, with improved sleep, digestion, and fewer aches and pains, you'll have more energy and feel a greater sense of overall well-being.

Meet Kris Haley



Kris Haley is a certified Pilates instructor, as well as a certified Hand/Foot MELT[®] Method instructor. In addition, she has over 200 hours of continuing education related to fitness, which include 75 hours of instruction on the role of the psoas and the body's fluid system with Liz Koch, somatic body educator and author of *The Psoas Book and Core Awareness* and *Enhancing Yoga, Pilates, Exercise, and Dance*.

Prior to her education into the body, Kris obtained a Masters Degree in Communication Studies and has taught college courses in the art of public speaking and effective interpersonal skills. She is passionate about the inner workings of the body, the mind and human potential. She believes where there is a will, there is a way and she is earnest in her desire to help you find ***“your way.”***