



Solution Principles

There are three aspects of solving chronic pain.

- Awareness
 - Of the nature of chronic pain and the principles behind solving it
 - Of your specific medical situation
- All of the variables affecting your chronic pain must be simultaneously addressed.
- You must take control of your care and situation. You are unique.



Here are some important facts about the human body and pain.

- Every living creature evolved and stays alive by gathering sensory input (peripheral and autonomic nervous system) from the environment and then the brain (central nervous system) determines whether the next action is safe or unsafe. Most of this occurs below the level of consciousness. Life is centered around avoiding threats and seeking rewards.
- Survival depends on not only correct interpretation of these signals, but consistently taking appropriate action to dampen or resolve the threat.
- Every input counts; and if there is danger, the sensation will be anxiety, regardless of the source of the threat. Consider the different warning signals.
 - Eyes – bright light
 - Ears – Unexpected loud, shrill, unsettling sounds (i.e. fingernails on a blackboard)
 - Nose – decay, dangerous odor (Natural gas)
 - Tongue – bitter, too salty
 - Stomach/ bowels – cramps, nausea, vomiting, distention, hunger
 - Bladder – burning sensation, urgency
 - Cardio/ pulmonary – shortness of breath/ suffocation
 - Physical pain receptors
 - Scalding hot
 - Freezing cold
 - Crushing pressure
 - Sharp/stabbing
 - Burning/numbness/tingling
 - Mental pain
 - Bizarre, inappropriate thoughts
 - Verbal threats
 - Negative self-talk
 - Shame/guilt, etc.
 - Repressed thoughts and emotions

This is a short list of various sensory inputs that your brain will collect, unscramble, interpret as dangerous, and then create a response so unpleasant, you are compelled to take action to resolve it. The species of creatures who did not or could not act on these signals didn't survive. The species that exist today represents survival of the most anxious, in addition to survival of the fittest.

Acute versus chronic pain

Acute pain from any source resolves once the threat is gone. If the pain persists regardless of the reason or source, it becomes a permanently embedded memory that cannot be erased. Chronic pain exists when there is nothing physically wrong with you, but your brain continues to signal a threat. This is why interventions aimed at a “source” of chronic pain can't and don't work.



However, you should not lose hope. There are many ways to “turn off” these pain circuits and program new brain circuits around them. As you use the pain areas less and the pleasurable ones more, your brain will physically change structure and shift onto these more functional and enjoyable areas regardless of the source. It can happen quickly.

In summary, you will learn tools to stimulate your brain to change and also calm down your nervous system. There will be a major shift in your body’s chemical profile. You can program your brain around most anything. Remember, this is not, “mind over matter.” You will lose that battle. Think of it more like a sculpting process and you have the power to create whatever reality you would like.