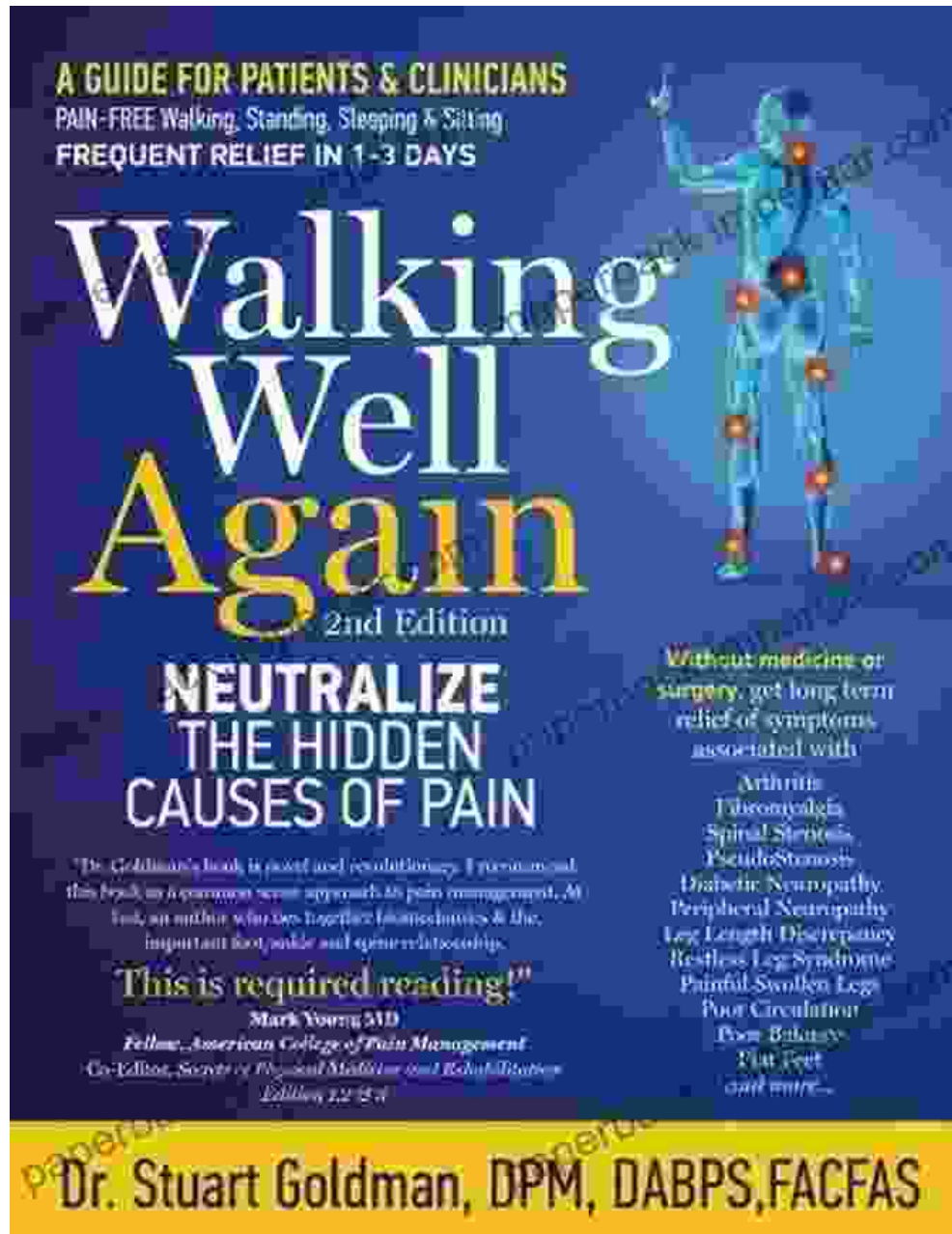


# Neutralize The Hidden Causes Of Pain: Unlock Your Body's Healing Power



Are you struggling with chronic pain that just won't go away?

Walking Well Again: Neutralize the Hidden Causes of Pain Second Edition



★★★★☆ 4.6 out of 5

Language : English

File size : 12494 KB

Print length: 375 pages

Lending : Enabled



If so, you're not alone. Millions of people around the world suffer from chronic pain, and it can be a debilitating condition that can make it difficult to live a normal life.

The good news is that there is hope. In his book, *Neutralize The Hidden Causes Of Pain*, Dr. John Sarno reveals the groundbreaking discovery that most chronic pain is caused by a mind-body connection, not by physical damage.

In this book, you will learn how to:

- Understand the mind-body connection and how it relates to chronic pain.
- Identify the hidden emotional triggers that are causing your pain.
- Develop effective strategies for managing your pain and improving your quality of life.

If you're ready to take control of your pain and live a healthier, more fulfilling life, then *Neutralize The Hidden Causes Of Pain* is the book for you.

## **What is TMS?**

TMS stands for Tension Myositis Syndrome. It is a mind-body condition that causes chronic pain in the muscles, tendons, and ligaments.

TMS is not caused by physical damage to the body. Instead, it is caused by a combination of psychological and emotional factors.

These factors can include:

- Stress
- Anxiety
- Depression
- Trauma
- Unresolved emotional conflicts

When these factors are present, they can trigger a cascade of events that lead to TMS pain.

### **How TMS Causes Pain**

TMS pain is caused by a process called "central sensitization." This process occurs when the brain becomes hypersensitive to pain signals.

As a result, even minor stimuli can trigger a pain response. This can lead to chronic pain that is out of proportion to the actual physical damage.

### **Treating TMS**

The good news is that TMS is treatable. In fact, most people with TMS can experience significant relief from their pain.

The key to treating TMS is to address the underlying psychological and emotional factors that are causing the pain.

This can be done through a variety of therapies, including:

- Cognitive behavioral therapy (CBT)
- Mindfulness-based stress reduction (MBSR)
- Psychodynamic therapy
- Hypnosis

These therapies can help you to identify the emotional triggers that are causing your pain and develop strategies for managing them.

If you're struggling with chronic pain, don't give up hope. There is help available.

Neutralize The Hidden Causes Of Pain can help you to understand the mind-body connection and develop effective strategies for managing your pain.

With the right treatment, you can take control of your pain and live a healthier, more fulfilling life.



## **Walking Well Again: Neutralize the Hidden Causes of Pain Second Edition**

★ ★ ★ ★ ☆ 4.6 out of 5

Language : English

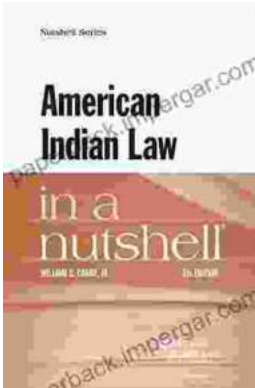
File size : 12494 KB

Print length: 375 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK



## Unlock the Complexities of American Indian Law with "American Indian Law in a Nutshell"

Welcome to the fascinating world of American Indian law, a complex and dynamic field that governs the relationship between Indigenous peoples, their...



## Master Street Photography: The Ultimate Beginner's Guide

Are you ready to embark on an exciting journey into the world of street photography? Whether you're a complete novice or an aspiring enthusiast,...