



# Understanding The Cycle Of Pain for chronic pain sufferers

*Take the first step towards freedom from pain*

**Hi, I'm Dawn Cady**, Pain Transformation Coach and Founder of Alleviate Pain. As Australia's No. 1 Pain Freedom Coach, I've developed The Neutral Alignment Method™, which brings together the world's best healing techniques to help chronic pain sufferers achieve true freedom from pain.

Having suffered myself from chronic pain for 31 years, I've learned everything I could about the most effective treatments. I'm happy to share my experience so you can:

- ▶ Feel in control of your pain and confident in yourself.
- ▶ Reduce the painkillers and expensive appointments.
- ▶ Enjoy your life and feel like 'you' again.

The first step you can take today is to learn how the Cycle of Pain is making you miserable, what's keeping you in it and what you can do to escape it for good.

**Don't let pain rule your life!**

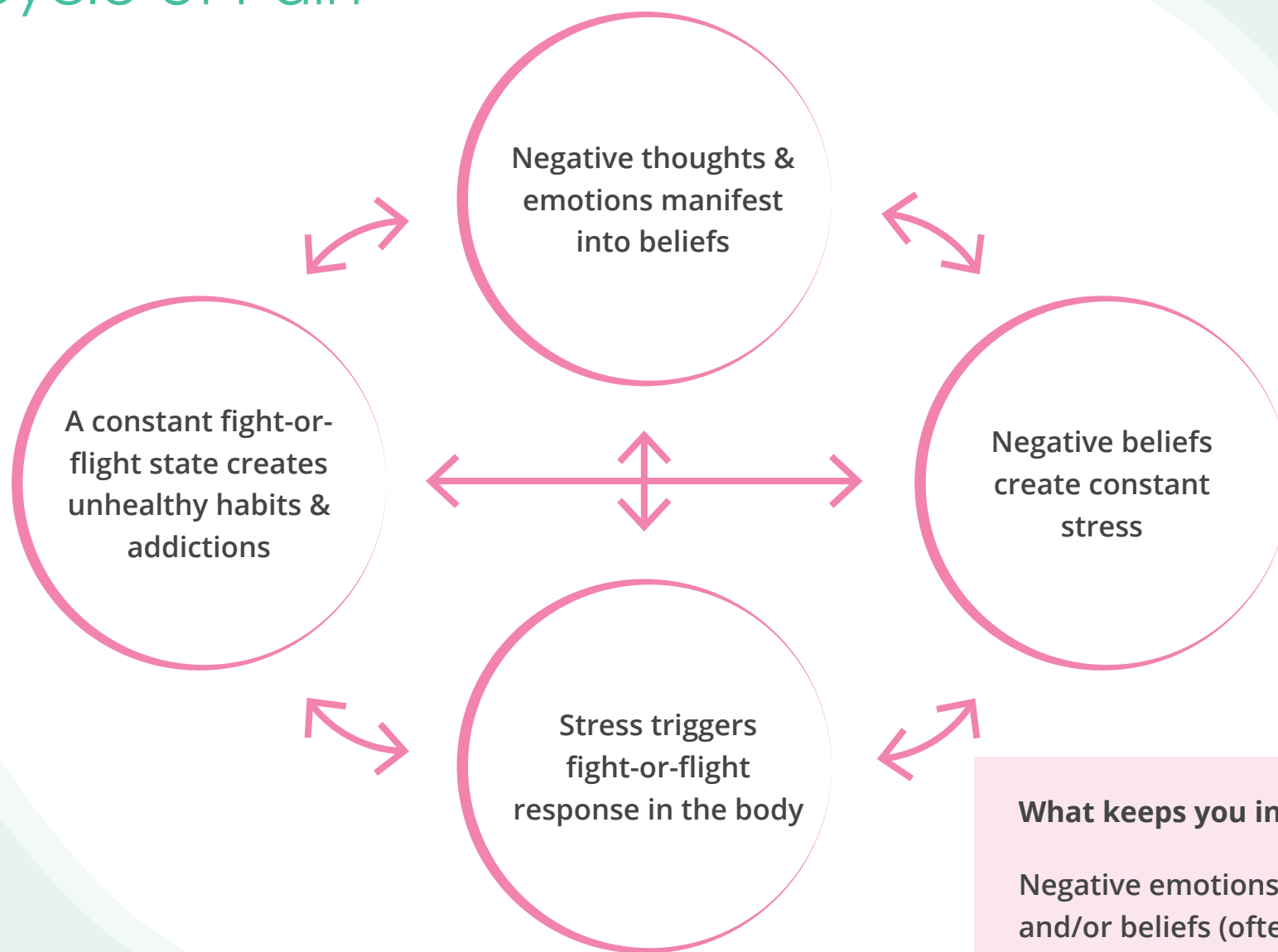
**Ready?**

**Let's get started.**





# The Cycle of Pain



**?**

**What keeps you in the cycle?**

Negative emotions, thoughts, and/or beliefs (often coming from the past).



# Negative thoughts & emotions manifest into beliefs

Does this sound familiar?

- ▶ You've tried everything – from medical treatment to alternative therapies – and nothing really works.
- ▶ You're often miserable and grumpy.
- ▶ You're low in energy or just plain exhausted.
- ▶ You're feeling alone and isolated.
- ▶ You're just sick and tired of being in pain.

Experiencing pain for a prolonged time often triggers a lot of negative thoughts, emotions, and self-talk.

When those feelings persist for months and even years, you eventually conclude that your situation will never change.

That's when your thoughts manifest into beliefs which are difficult to shake off.

**Step #1: It seems incredibly hard, but stay positive and don't give up. There is another way for you.**



**Being in touch with your emotions is important to a certain degree. However, don't forget that your thoughts and feelings don't define you. There is so much more that makes you 'you' than your pain.**



# Negative beliefs create constant stress

“I’m never going to be free of pain.”

“This is my life now.”

“I will never improve.”

Negative beliefs like these weigh you down to the extent that they’re affecting your body.

Your body feels constant stress.

While a little stress can be beneficial as it encourages you to take action and activates your mind, prolonged stress can lead to a series of health issues.

**Step #2: Techniques like meditation and deep breathing can help you cope with stress.**



**How constant stress affects your body in the long term:**

- ▶ Weakens your immune system
- ▶ Makes you look older than you actually are
- ▶ Affects your weight
- ▶ Makes it difficult to control your emotions



# Stress triggers a fight-or-flight response of the body

Our natural response to stress is deeply rooted in our brain. For our ancestors, it was important that their body reacted to danger in the right way. They had to either fight the saber-tooth tiger or flee the scene quickly. Their life depended on it.

This reaction to immediate danger and stress is called the fight-or-flight response. Hormones like adrenaline are released and put the body in a state of high alertness.

While you're likely not meeting a saber-tooth tiger anytime soon, the same response can be triggered by psychological threats, like strong negative emotions, as well.

**Step #3: Learn to recognize when you're feeling the fight-or-flight response and develop a way to escape it.**



## How to know when your body is showing a fight-or-flight response:

- ▶ You're heart is beating faster.
- ▶ You feel restless, unsteady, and unable to relax.
- ▶ You're breathing faster and more shallow.
- ▶ You're muscles feel tight and strained.



# A constant fight-or-flight state creates unhealthy habits & addictions

Being in a constant fight-or-flight state is hurting your body more when it is already suffering.

Likely, you'll be looking for ways to cope with the stress. Many coping mechanisms that seem to help at first are unhealthy and even addictive in the long run.

You might already know that those things aren't good for you. Maybe you're beating yourself up for still falling back on those crutches to get away from your pain.

As a result, you're overwhelmed with more negative emotions and start the Cycle of Pain all over again.

**Step #4: Forgive yourself for falling into unhealthy habits. You have the strength to change them for the positive.**



## Unhealthy and addictive coping mechanisms:

- ▶ Excessive use of painkillers
- ▶ Smoking and alcohol
- ▶ Junk food and overeating
- ▶ Unnatural sleeping patterns

If you've loved this guide, I'd like to invite you to join me in my FREE Webinar 'From Crippling Pain to Revolutionary Life.' I'll guide you through your next steps towards freedom from pain.

*Dawn*

**YES! Reserve My Spot!**



Interviewing Dr Phil on chronic pain





At alleviate pain we help people who suffer from chronic pain, fibromyalgia, chronic back pain, muscle pain, nerve pain, anxiety, and depression.

Being told “there’s nothing else we can do,” “we can’t find a cause for your pain,” or “here’s another prescription for painkillers” is not good enough when pain is affecting your ability to enjoy life.

We use The Neural Alignment Method™, a natural pain relief treatment that brings together the world’s best healing techniques. Developed by our founder, Dawn Cady, it helps people like you achieve freedom from a range of ongoing pain.

The best thing is that you don’t have to do it alone. We’re here to find the right program for you and will help you in every step of your way towards freedom from pain.

It’s time to end the suffering! We can show you how.

[www.alleviatepain.com.au](http://www.alleviatepain.com.au)