

WHY US?



The "Getting Ahead of Pain" program incorporates The Neural Alignment Method® (2014), a multi-award-winning treatment framework to help people in pain. Developed by Dawn Cady, founder of Alleviate Pain, ex-chronic pain sufferer.

How do you feel about your health?

Are you in control of your health? Or Is it controlling you?

Over 95% of the global population suffer from health problems. Find out how to become part of the 4.3% of the world's population that has no health issues. This program is for seekers of a pain-free life.

GETTING Ahead of Pain

WHAT'S IN THE PROGRAM:

Module 1: Reduce Stress and Anxiety

- Lesson 1: Introduction.
- Lesson 2: You are not alone - Chronic pain is an epidemic of grand proportion.
- Lesson 3: Steps to overcome stress and anxiety.
- Lesson 4: Identify your main triggers.
- Lesson 5: Learning the EFT technique.
- Lesson 6: Summary of Module 1.

Module 2 - The Cycle of Pain

- Lesson 1: Introduction.
- Lesson 2: The cycle of pain - Knowing this allows you to not be a victim of it.
- Lesson 3: What are emotions - Learning to communicate with the body.
- Lesson 4: Ask yourself - Discovering how powerful you really are by asking questions.
- Lesson 5: Mind-Body mastery.
- Lesson 6: Summary of Module 2.

Module 3: Why You Feel so Yuck

- Lesson 1: Introduction
- Lesson 2: Understanding the Nervous System
- Lesson 3: Why you feel so yuck
- Lesson 4: Your thoughts and how to control them.
- Lesson 5: Effects of other people - How others can influence your pain
- Lesson 6: Summary of Module 3

What this means for you:

- you will be able to understand why you are in pain;
- access actionable steps to take to heal yourself;
- you will attain knowledge that will change your life, if you allow it

End result is you feel more in control, stronger, more confident and therefore more at peace.



BONUSES:

- Replay of a Live training:
 01. Tapping works for everyone - Helps you to overcome any resistance to the technique.
- Replay of a Live training: The Power of the ego - Helps you to understand your psyche and how it impacts your health.
- Replay of a Live training: Emotional triggers and root cause - Helps you to understand the biggest pitfalls and how to avoid them.
- Replay of a Live training: Understanding Relapses and Flare Ups - Helps you to understand how your body heals.
- Workshop Replay "Create Your Unique Healing Plan".

WHY THE "GETTING AHEAD OF PAIN" IS THE MOST EFFECTIVE ONLINE PROGRAM FOR THOSE SUFFERING IN LIFE

We aren't meant to suffer, and in order to heal we must target the real cause of chronic pain, including both emotional and physical, it's the only way to bring you long-term results.

When we look at symptom control we are simply managing the issue, managing is not healing its coping. Coping will never bring a long-term solution. Now it's that symptom control is wrong it's just not going to take you to what we all want. Which is to live a life we want not one of constant pain and suffering.

What you need to know:

There is no silver bullet, no magic pill it takes time and commitment. If you want a fast solution it will only ever be symptom control and that is only a band-aid solution. The long-term solution comes from commitment and showing up. Know that by reading this you have already shown commitment and you have shown up, it's baby steps. The next step is deciding if is this right for you or not. If it is the next step after that is to buy, after that is to commit to watching. The next step after that is to show up and watch. And keep committing to showing up. We all have it in us to keep committing we just have to decide to do it.

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FAQ:

01.

What if the technique doesn't work?

There is a training provided to help you to move beyond this.

02.

Will this work for everyone?

I would love to say yes, it has the potential 100%, but if you don't commit and show up for yourself then no.

03.

Can you help me to get through this program if I struggle?

Yes, we offer support through our emails that have been designed to keep you on the path. There is also the opportunity to work with a practitioner/coach this is an additional cost.

04.

Do I have to complete the course within a period of time?

This course is yours to access as long as we run the program, this includes all updates to the program.

05.

If I don't understand parts of the program is there support to help me?

Yes, ask@alleviatepain.com.au will answer any questions relating to the content if you are struggling to understand. If it is deemed to be beneficial we may suggest you book in with a practitioner/coach as some questions you have maybe personal and require in depth support.

06.

If a new version of the program becomes available do I have to pay?

No, when you purchase the program it comes with the guarantee you will access the updated version.

07.

Is there a money back guarantee?

If by the end of the program you feel you learnt nothing, you feel it didn't help in any way. We will give a full refund. There are conditions and criteria. You must have given it your best shot. You must let us know within 12 weeks that you are struggling and let us assist.

We put these in place because we want you to walk away knowing that you have given yourself and the process the best opportunity, as we know if you invested you are wanting to heal.