



The book was found

# Get Rid Of The Pain In Your Butt NOW! Pain Relief For Your Back, Legs, Knees, Feet & Sciatica



## Synopsis

This book explains physical pain disorders that are caused by psychological factors. One of the keys that makes this book an exceptional healing tool is that it is written by a person who suffered from chronic physical pain for more than 20 years. He is not a doctor, or a person who writes for a living. He is an expert on receiving physical pain caused by inner tension and more importantly he is an expert on how to eliminate this pain disorder from your life. This book will explain tension/emotional induced pain disorders. How they are disguised as injuries and how you can diagnose this disorder in yourself. You will find out why competitive, successful, conscientious and responsible people develop these disorders. You will learn about the pain strategy that is present in these disorders and how to challenge the strategy successfully. Through a question and answer format the author is able to address common everyday questions with simplicity and knowledge that everyone can understand and apply. This book presents research, information and wisdom from the scientific research labs, renowned experts from the field of integrative medicine, leading energy medicine pioneers and respected psychologists. This book is successful because it is able to combine these diverse disciplines of healing with the experience of real people who has suffered from and healed themselves from these dynamic pain disorders. In this book you will learn how to recognize in yourself the emotional awareness that is needed to begin the process of healing. You will be shown simple yet powerful everyday practices that eliminate this disorder from your life. You will discover why the established medical community often provides the wrong diagnosis and the wrong treatments. You will learn and understand why and how tension causes the bio-chemical processes in your body that initiate the pain symptoms. If you suffer from sore, stiff, tight, burning, tingling and sharp chronic pain sensations this book is for you. If your medical professional as been unable to properly diagnose and treat your pain symptoms this book is for you. If you have been diagnosed with a poor spine, degenerative disc, pinched nerves, fibromalgia, and tendinitis and are looking for a alternative explanation to your pain, this book is for you. If you have been diagnosed with common overuse injuries, muscle imbalances, and poor body mechanics as the explanation for your pain, this book is for you. Whether you are new to experiencing chronic physical pain that is induced by tension or whether you yourself are becoming an expert at experiencing this disorder and are searching for the information that will completely eliminate your pain. I believe the information, research and wisdom in this book can be the solution and answer for you.

## Book Information

Paperback: 144 pages

Publisher: MLH Publishing (August 28, 2003)

ISBN-10: 0974401145

ISBN-13: 978-0974401140

Package Dimensions: 8.4 x 5.8 x 0.7 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 3.0 out of 5 stars 1 customer review

Best Sellers Rank: #853,892 in Books (See Top 100 in Books) #101 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #102 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #827 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

I am just like many of you. I'm a parent, spouse, businessperson and athlete. I also have experienced chronic physical pain for many years. I have received all of the common wrong diagnosis and I have experienced most of the conventional treatments that did not work. I was fortunate to discover the real cause of my pain symptoms and how to eliminate these from my life. I have put my information in a book that uses a question and answer format as it distributes the concepts, research and wisdom that are necessary for your bodymind to heal. The treatments presented are powerful and effective. They can be life transforming powerful. I have personally put each one of them to test time and time again. Therefore I can tell you from my first hand experience that the results in many cases will be extraordinary. Now, you have the opportunity to put this information to the supreme test in your own life. I know that this book can help you become healthier, happier, more balanced and eliminate most if not all of our physical pain. I hope you choose to act now and begin a dynamic, exciting, informative way to eliminate the pain in your bodymind forever.

What is being said inside this book? "During my visits to doctors, chiropractors and other body specialist I received the following different diagnosis: Herniated Disk, Degenerated Disk, Pinched Nerve, Structural Imbalance, Tendinitis, Muscle Deterioration, Fibromyalgia, Plantar Fasciitis, Iliotibial Band Syndrome, Piriformis Syndrome, Curvature of the Spine, Strains, Sprains and Inflammation. Those are a lot of different diagnosis performed by many different medical professionals over a twenty-year time span. Each one of these diagnoses was based on a poor or injured bodily structure and every diagnosis was incorrect!" Page 122 "We have all been

conditioned to accept that physical pain means something is wrong with our body. This is because the phenomena of pain disorders appear so physical that it is difficult for any of us to accept that the pain could be caused by something other than a body that is in some way broken." Page 18 "This conditioned association that pain means injury to the body is one of the key impediments to recovering from this disorder. This is so important that it is worth repeating. As long as you continue to THINK that your pain is the result of an injury and as long as you continue to TREAT this pain as a physical injury you will not heal and you will remain in pain; in fact the pain symptoms will get worse and more difficult to eliminate." Page 48 "Be especially mindful of the words inflammation, tightness, strain, pulled and overuse. These are words typically used to describe conditions when Doctors cannot explain what is happening." Page 128 "The common themes from these bodymind experts is that thoughts and emotions (energy) are becoming stuck, blocked, buried, and stored in our bodies initiating a dynamic inner disruption (tension, anxiety, stress) which is then manifesting pain through a biochemical process in our muscles, nerves and other associated tissues." Page 52 "Our internal information signals, (energy) become stuck, stored, blocked and chronically dysfunctional in their ability to communicate properly throughout our system. Blood flow becomes restricted, less oxygen is flowing to our tissue and the result is physical pain." Page 73 "At this point we know the cause of our physical pain. It is not a physical injury even though an activity may have triggered our pain. It is not a structural deficiency even though we have been programmed and conditioned that this is the probable cause. Our intelligent bodymind is using pain as a defense strategy to protect us. One of the keys to eliminating this pain disorder from your life is being aware of this strategy." Page 55 "This pain disorder and its strategy taught me how to live life in the present moment without inner tension causing pain in my body. Now this new awareness and conscious living is how I have eliminated my chronic physical pain forever." Page 14

This book has been written by someone who felt it was necessary to provide more psychological tools to work on the Tension Myositis Syndrome as described by Dr. John E. Sarno (read his books first: *Healing Back Pain & The Mindbody Prescription*) Monte Hueftle displays a lot of sincerity and enthusiasm in this self-published work. He obviously understands Dr. Sarno and has done a lot of personal soul-searching, possibly, I would guess, in psychotherapy. This book provides information and ideas that are useful, considering that Dr. Sarno's books are heavy on convincing/explaining but a bit light on practical ways for one to "work on his brain". On the downside, the author is not a professional writer and it shows. There are numerous typos and some strange sentences that require a re-read to understand what he is trying to say. All in all, if you have read Dr. Sarno's books

and are left with an appetite for more, you will probably benefit from reading this book.

[Download to continue reading...](#)

Get Rid of the Pain in Your Butt NOW! Pain Relief For Your Back, Legs, Knees, Feet & Sciatica Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) Beginner's Guide to Sciatica Pain Relief: A Concise Guide to Pain Relief & Spinal Cord Anatomy How to Get Rid of Fleas: Reveal the Secrets of Getting Rid of Fleas & the Methods to Get Rid of Fleas Fast! TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Back Pain: How to Relieve Low Back Pain and Sciatica Sciatica: Low Back Pain Relief Once and For All (Super Spine) New Doctor Approved Exercise Guide For Sciatica & Lower Back Pain Relief: FREE VIDEOS INCULDED Sciatica Exercises & Home Treatment: Simple, Effective Care For Sciatica and Piriformis Syndrome How To Get Rid Of Lice: Learn how to Get Rid of Lice Once and for All! Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Homemade Repellents, Natural ... Homesteading, How to Get Rid of Bed Bugs) Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Home Remedies, ... Homesteading, How to Get Rid of Bed Bugs) Fix Your Feet: Build the Best Foundation for Healthy, Pain-Free Knees, Hips, and Spine Every Step Is A Journey: Your Guide To Pain Free Feet, Knees, Hips & Backs How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies - On Your Thighs, Stomach and Legs (Natural Remedies For Cellulite) Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports) The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Fixing You: Back Pain: Self-Treatment for Sciatica, Bulging and Herniated Disks, Stenosis, Degenerative Disks, and other diagnoses.

Contact Us

DMCA

Privacy

FAQ & Help