

5 Steps to a **pain free** life or The “Working Lamp Analogy”

Electrical system in a lamp is similar to our **Pain & Symptom “Alarm system”**

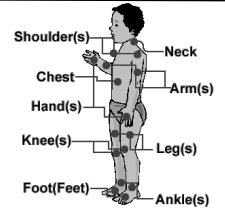
For a healthy lifestyle we must figure out - Where is the breakdown?

Electrical System / Body System

When your lamp at home doesn't turn on, what do you do?



When your body hurts, what do you do?



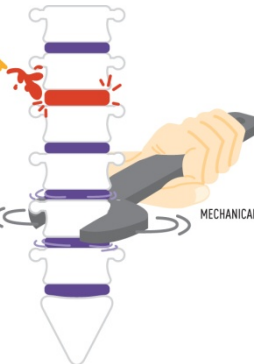
1



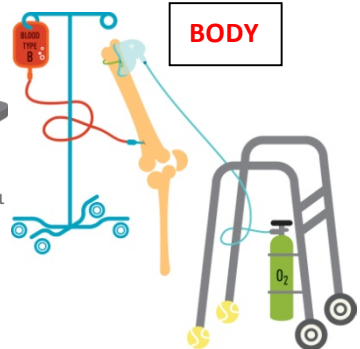
Check the light bulb and switch

Check the body part for chemical / mechanical inflammation or ischemia

BODY



BODY



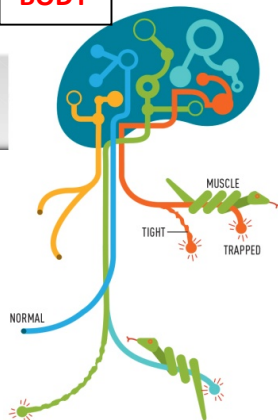
2



Check the cord and outlet

Check the Peripheral Nerve Is it tight or trapped?

BODY

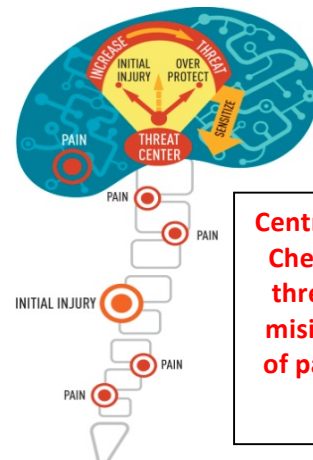


3



Check the circuit breaker

BRAIN



Central Sensitivity - Check the brain's threat center for misinterpretation of pain - beliefs of harm

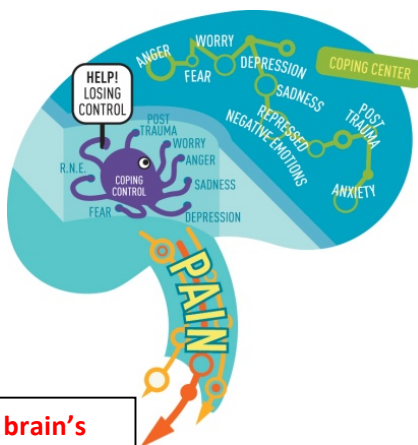
4



Check with the Electric Company

Affective - Check the brain's emotional and social centers for negative emotions and poor coping

BRAIN

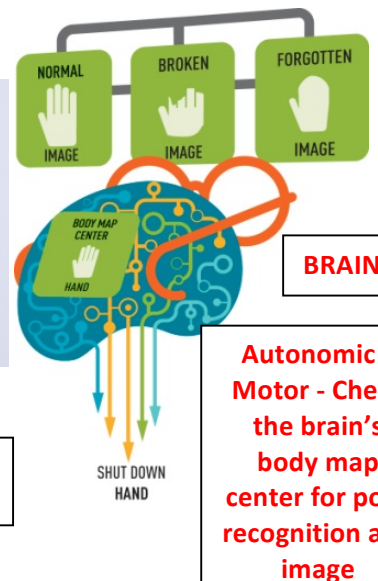


5



Check the incoming service from pole

BRAIN



Autonomic / Motor - Check the brain's body map center for poor recognition and image