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Enjoy Better Health Through Reflexology

By Rory Foster, IIR Reflexologist



Many people today are turning to the complementary healing practice of Reflexology to reduce stress and tension, alleviate pain and help with an array of health problems.

Reflexology is a science based on the principle that reflex areas in the feet and hands correspond to all the glands, organs and systems of the body. It is a unique method of compression using the thumb and fingers on reflex areas, thereby improving nerve impulses and blood supply to organs and glands.

Our feet function like a barometer, reflecting congested or dysfunctional areas of the body. If there is a problem lurking, the reflexologist can trace it to a sensitive area of the foot. Then, by working the specific reflex, he can stimulate a healing process to the corresponding area in the body. As the human body naturally strives to balance and heal itself,

reflexology assists the body in balancing all of its systems.

Throughout the medical profession, doctors agree that the majority of our health problems can be linked to nervous stress and tension. Stressful thoughts and events create feelings that trigger our sympathetic nervous system, thereby releasing stress hormones that cause accelerated heart rate and respiration while inhibiting many organ functions. This is our "fight or flight response" and a healthy biological way of keeping us safe and protected for the short term. Continual stress over the long term, however, becomes corrosive and destructive to our organs and nervous system. Reflexology is important as it first and foremost relieves stress in the nerves and muscular tension.

This effective, complementary therapy is also being used more and more for conditions that include hypertension and cardiac

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disorders, gastro-intestinal conditions, backache and sciatica, respiratory conditions, fatigue, hormone disorders including diabetes, MS, fibromyalgia and neuropathy, plantar fasciitis, carpal-tunnel syndrome and anxiety and stress. It is also being used as a beneficial therapy of choice for cancer patients undergoing chemotherapy.

“Researchers at Michigan State University are finding that many women who are receiving chemotherapy while in the late stages of breast cancer are turning to a complementary therapy known as reflexology to help them cope.” (Michigan State University News)

Reflexology has helped many chemotherapy cancer patients with nausea while they are undergoing treatment. It is also beneficial with post-treatment conditions such as “Chemo Head,” which is a side effect that includes the inability to concentrate, reduced memory and difficulty thinking clearly, plus the often debilitating discomfort of neuropathy.

Where did reflexology begin?

Though we don't know exactly where it was first developed and introduced, reflexology as a pressure therapy has been used by many cultures throughout history. Many believe it originated in China 5,000 years ago and has a historical link with acupuncture and acupressure. Others believe it is older and originated in ancient Babylonian or Egyptian periods. The oldest proof of reflexology we have was discovered in Egypt. It is a pictograph dated around 2330 B.C. found in the tomb of the Egyptian physician, Ankmahor, at Saqqara. It depicts two men working on the feet and hands of two other men.

Research also shows that reflex therapy or practices similar to it existed in Russia, India, Japan and in ancient Greece until 200 A.D. In the Western Hemisphere we find evidence of the practice in the Inca and Mayan civilizations. It is thought that they passed this knowledge to the Native North Americans, who for centuries have applied reflex pressure to their feet as a healing practice. The Bear Clan of the Cherokee Nation in North Carolina have long acknowledged its importance in maintaining physical, mental and spiritual balance, and they continue to practice it today.

Modern Reflexology

Reflex pressure was given the name “Reflexology” by Eunice Ingham, the “mother of modern reflexology.” Over many years of working on clients she was able to map out areas on the feet

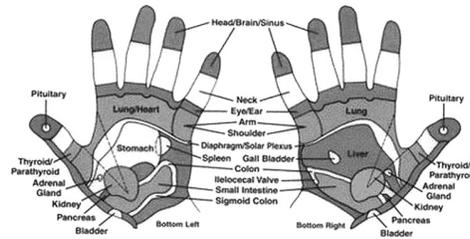
that related to every organ and gland in the body.

Her research was based on the work of Dr. William Fitzgerald, who developed the theory of Zone Therapy. Fitzgerald divided the body into 10 longitudinal zones — five zones each for the right and left hemispheres—that run from the top of the head to the tips of the toes and fingers. Each finger and toe falls into one zone. His theory was that parts of the body found within a designated zone were linked with one another by energy flow within that zone. So pressing reflexes on the foot in zone 2, for instance, will have an effect on all of the body parts within that zone.

Ingham further found that congestion and toxins develop and stagnate in the feet due to sand-like crystals that form on nerve endings. They are deposits of calcium and uric acid and are the culprits for many health problems as they impede normal nerve and blood supply to the parts of the body that correspond to that nerve reflex.

Through reflexology compression these crystals can be broken down and then removed by blood and lymph circulation. Ingham introduced her Ingham Method in the 1930s. In 1938, she published a book, “Stories the Feet Can Tell,” compiling and explaining her experiences and theories. In 1951 she published “Stories the Feet Have Told.” Her work continues today through the International Institute of Reflexology in St. Petersburg, Florida.

Many people assume that massaging the feet is the same as receiving reflexology. Reflexology is not considered massage by certified reflexologists. Unless a massage therapist



has been specifically trained in this modality he is not offering authentic reflexology therapy. Massage is regarded as external — working principally on the musculoskeletal system

— whereas reflexology is internal as it works with nerve reflexes that connect internally to the organs, glands and systems throughout the body.

Where to find a qualified reflexologist

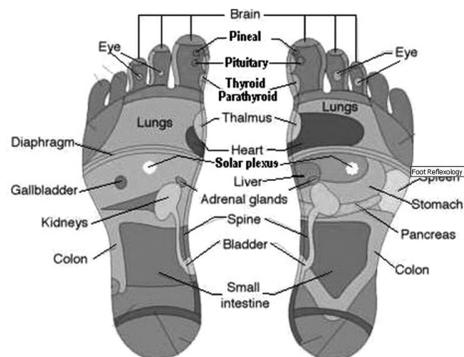
A certified reflexologist will never medically diagnose or prescribe, and not all reflexology practitioners are equally trained and certified. Many states do not have minimum training and licensing requirements for reflexologists as they do for massage therapists. Therefore, it is important to ask where someone trained and whether he has documented certification.

The International Institute of Reflexology and the American Reflexology Certification Board are the two most respected training and certification organizations in America. So if possible, look for an IIR or ARCB certified reflexologist.

Both of the above organizations have websites with referral pages that lists qualified therapists in your area. They are respectively, www.reflexology-usa.net and www.arcb.net.

Reflexology treatments can be given on the feet or hands, but treatment to the feet is recommended, as it is overall

more therapeutic. Hand treatments are recommended for conditions such as carpal-tunnel syndrome and in cases where it is not possible or convenient to work on the feet. Reflexology cannot in any way harm the body. Most



people find reflexology as relaxing as having a full body massage. Treatments are given fully clothed either on a massage table or in a zero gravity or La-Z-Boy type of recliner.

The nationally popular and respected Dr. Oz, Professor of Surgery at Columbia University says, *“Every patient that I operate on at New York Presbyterian Hospital gets a reflexology type treatment...”* Dr. Oz is one of a small number of allopathic physicians and surgeons who recognizes the value of complementary medical practices.

As the fee-for-service structure continues along with the rising cost of medical treatment in the U.S., we will likely see more and more people turn to holistic alternative and complementary practices to assist the traditional treatment of existing conditions, as well as for their preventative health care needs.

Rory Foster is certified by the International Institute of Reflexology where he trained under Dwight C. Byers, the world’s leading authority on Foot and Hand Reflexology. Rory is in private practice at the Multicare Centre for Integrative Medicine in Louisville, KY. He is on the faculty at the University of Louisville and on the teaching staff at the Baptist East Hospital/ Milestone Wellness Center. Contact Rory at 502.426.8666, through email at rory.reflexology@gmail.com or through his webpage www.RoryFoster.byregion.net.

Natural Sore Throat Relievers (Right In Your Cabinet)

Raw Honey

Mary Poppins may think a spoonful of sugar helps the medicine go down, but raw honey actually is medicine when it comes to sore throats. Raw honey is a natural antiseptic killing off the germs behind your sore throat while easing any throat-irritating coughs. Simply take a spoonful every few hours for soothing relief.



Note: Most regular honey found in stores has been processed with heat that destroys much of its medicinal and nutritional value. That’s why you should only buy organic raw honey. You’ll often find it in your grocer’s health or organic food section.

Salt Water & Turmeric

Do you remember Mom telling you to gargle with warm salt water when you complained of a sore throat? That’s because Mom knew what she was talking about. The salt water clears out collected phlegm and mucus relieving the feeling of fullness and difficulty swallowing.

Want to get a leg up on your mother’s sound advice? Try adding both a half teaspoon of salt and a half teaspoon of turmeric, a natural anti-inflammatory, to a half cup of warm water and gargle with that for fast relief.

Slippery Elm

Ok, maybe tea or powder made from the inner bark of the North American slippery elm tree isn’t right in your cabinet. But it should be.

Slippery elm has long been a natural treatment for sore throats. Mucilage found in the tree’s inner bark expands when mixed with hot water to make your tea, coating and soothing your throat all the way down.

You can find herbal teas with slippery elm for sore throats at most health food and grocery stores. Herbal lozenges made with slippery elm can help too.

The Truth About "Brain Healing"

By Steve Hefferon, CMT, PTA

Whether you have "mystery pain" or a confirmed diagnosis, there are two general approaches for recovery.

The first is to find out what is going on in your body and tackle the problem head-on with physical solutions. The other school of thought considers health to be one gigantic head game with some form of "law of attraction" giving you the key to healing.

I'm here to tell you today that both approaches are wrong... and right. Addressing the physical causes of pain and disease is often critical to recovery. But ignoring the role your brain has to play in restoring good health can keep you in pain indefinitely.

The truth is you can influence speedier recovery simply by changing the way your brain approaches the problem. Today I'll give you three "mind tricks" you can use to quickly reduce pain and get back on your feet faster than ever.

Distraction and the "Placebo Effect"

You've probably heard of the placebo effect before. Patients given a fake treatment often recover even though they didn't get the real thing. Sometimes a placebo works even better than the real treatment.

Take, for example, a study reported in *The New England Journal of Medicine*. In it, 180 candidates for the most common type of orthopedic surgery - arthroscopy of the knee - were divided into three groups. Two groups received two forms of real knee surgery while the third only received three minor incisions in their knee to simulate arthroscopy. Two years of follow up found those who got the fake surgery reported outcomes in both pain and



function as good or better in every instance as those who had the real procedure.

Scientists have known for years that placebos can influence healing and pain relief merely by changing the patients' expectation of results. But it's kind of hard to fake *yourself* out with a placebo. Fortunately, you can get the same kind of pain relief as the placebo effect not by faking yourself out, but by distracting your brain from the pain.

Researchers behind a brand new study published in *Psychological Science* found using the part of your brain that controls high-level cognitive functions like working memory and attention reduces pain just like the placebo effect.

Want the same pain-relieving effect for yourself? Try working on a complex puzzle or other mentally challenging activity to distract your brain from the pain.

Laugh Off Pain

Did you know depression and pain are closely linked? This isn't exactly news for most... but now we have a better idea why.

Researchers at the University of Oxford used a functional MRI to monitor brain activity in

healthy volunteers when exposed to a pain stimulus. After literally making the study participants sad with negative thoughts and depressing music, the researchers discovered their saddened emotional state changed how their brains processed pain. Simply being sad caused participants to process pain more emotionally causing pain to feel worse than when in a neutral emotional state.

Depression and sadness aren't always easily overcome, but one way to quickly improve your mood is to laugh. Try watching a funny movie or enjoying a fun activity with family or friends to lift your spirits and shrug off pain.

Changing the Outcome

The way we think about our health directly influences the likelihood of recovering from pain, illness and disease. No surprise there.

But ongoing research shows that the way we think about any given health condition and our likelihood to overcome it may be a more important factor in our recovery than how severe the actual condition itself is.

Clearly the takeaway lesson here is to maintain a positive outlook. You *can* beat the pain. You *can* overcome the condition, or at least lessen it enough to make a significant improvement in your life. What you believe deep down does make a difference.

If you think you can do a thing or think you can't do a thing, you're right. - Henry Ford

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The Amazing Plant of Immortality

By Jesse Cannone, CFT, CPRS, MFT

The ancient Egyptians called it the "Plant of Immortality" because it can survive and even bloom without soil. The plant took an honored position as an offering at the funerals of the pharaohs and was even used in the embalming process.

While it won't quite grant you immortality, this desert plant has many proven health benefits that just may prolong your life. Many use gel from its leaves to cope with sunburns every summer without ever recognizing its other

powerful medical uses. Of course, I'm talking about the aloe vera.

Yes, aloe vera is great for burns - sunburn or otherwise. And as a natural antibacterial, applying aloe can help heal all but the deepest of cuts, scrapes and bruises faster while helping prevent infection.

But if you really want to know the full healing power of aloe vera, try drinking it. Here's just a handful of the extraordinary health

improvements you may experience as a result:

Natural Anti-inflammatory

Rubbing aloe vera on sore joints can help ease painful inflammation and speed healing of wounds. But drinking aloe vera provides even more powerful systemic anti-inflammatory and wound healing effects. Of course, a great side benefit of lowering systemic inflammation usually includes reduced muscle and joint pain.

Lowers Blood Sugar & Cholesterol

Drinking aloe vera can significantly lower blood sugar, total cholesterol, and LDL cholesterol according to a new double-blind placebo-controlled clinical trial.

Eases Digestive Disorders

Aloe vera is widely known for its ability to reduce symptoms of many digestive complaints and even help cure many of them. Irritable bowel syndrome (IBS), Crohn's disease, Celiac disease, ulcers and acid reflux are just some of the more common complaints helped by drinking aloe vera on a regular basis. Aloe vera also serves as a natural laxative and cathartic, meaning it'll help you go both easier and faster.

Fights Cancer

Simply drinking aloe vera won't cure cancer, but it has been shown to stimulate the body's natural defenses to help suppress tumor growth and cancer-causing cell mutations. A specially extracted mucilaginous polysaccharide molecule from the aloe vera plant was used to treat 100 hospice care patients given only two to three months to

live, and 94 of them survived. The treatment was found to enhance the patients' immune systems while blocking blood supply to the cancer cells, leading to rapid shrinkage of tumors and eventual death of the cancer cells.

Overall, 80 percent of patients receiving the treatment, which cost about the same for the full course of treatment as a single week of chemotherapy, went into remission - with no major side effects, except one. It put a major dent in local oncologists' pocketbooks and the FDA swooped in to shut down the entire operation shortly afterwards in spite of the success, lack of ANY patient complaints, and an application already filed for it to be treated as an Investigational New Drug. Sadly, Big Pharma won that battle.

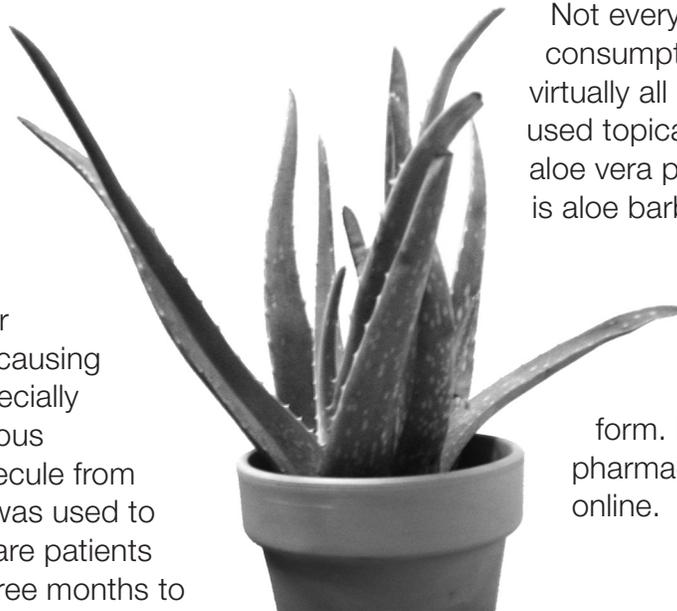
Oral Care

Toothpaste with aloe vera instead provides a virtually identical significant reduction in plaque and gingivitis as toothpaste with fluoride. Of course, aloe vera doesn't carry the same health risks. Try swishing your mouth with aloe vera juice before swallowing to improve the dental benefits of your daily routine and dump the fluoride toothpaste.

Where to Find Aloe Vera

Not every aloe plant is fit for consumption. While the gel from virtually all aloe leaves can be safely used topically, the most common aloe vera plant safe for consumption is aloe barbadensis.

You can find organic aloe vera suitable for consumption in either juice or capsule form. Look for it at your local pharmacy, grocery store or online.



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“Thanks for Giving My Life Back to Me”

“Hi GUYS,

It's been about a month since I got my Lose the Back Pain package. I have had sciatica for about 2 Years now, it was so bad I wanted to chop my leg off!! I consulted physiotherapists and chiropractors but I didn't get ANY relief at all.

I started very gently and slowly with my exercises because I haven't even been able to walk for 2 Years. I started to see results almost immediately. I am now walking without limping and managing most of my exercises. I'm feeling better every day. I even took my grandson to the zoo this week and managed to walk all day.

Thank You so much for giving my life back to me.”

Barbara
Perth, Australia



Coming Next Month!

Slipped discs, bulging discs and herniated discs are frequently blamed for back pain and sciatica. Next month we'll explain why that's often not the case - and what you can do to end the pain if your back pain really is disc related.