

How Brenda (Aged 57) got her life back (no pills or surgeries) Even with 15 years of back pain

One of my clients, Brenda, had been diagnosed with "Disc Herniation" and "Degenerative Arthritis" in her back. Her problem started almost 15 years ago after lifting heavy furniture in her home. After it began, she always thought that it would disappear eventually, but things kept getting worse... **Sleeping was one of her main struggles. Finding a comfortable posture became increasingly more difficult because of her constant pain. At night, she would toss around in bed in frustration... She had to stop gardening due to her back pain...**

Since she has a **high pain tolerance**, she tried to tough it out and live as normal as possible by "pushing through" no matter what. She is unwilling to take painkillers or injections because she knows that chemicals can affect her body negatively (and she hates needles).

When her doctor told her that she **NEEDED** to take painkillers after a **short, careless ten-minute consultation**, she was completely frustrated. She explained that the doctor "barely even looked at her". Even worse, the doctor recommended that she take **STRONGER painkillers** if the current ones did not work, and **steroid injections** if he deemed them necessary.

As a result, she had to cope with her back pain by taking painkillers occasionally that helped her to get going during the day, but often left her feeling sick and miserable. She then began to receive Chiropractic management every week, but it only gave her temporary relief. And, the cost of treatment had accumulated substantially.

However, Brenda, within only a **FEW WEEKS**, made a **FULL RECOVERY**—without any pills, injections or surgeries...**How did she do it??**

Because at Genuine Care Physical Therapy, we were able to find out what is the **root cause of her problem** was. One of the biggest problems today in traditional health care is the fact that most doctors and health professionals **DO NOT have enough time with patients for them to make a lasting difference**. The 10-20 minutes they usually allot just isn't enough. That leads to every single patient with back pain being treated in the same, useless and ineffective manner. This means that almost every patient with back pain is carelessly labeled with a "disc herniation" or "arthritis" ... and that they need to just accept it, take painkillers, and live with it.



They also say that eventually every patient will need to get surgery. This leads to a **DANGEROUS, systematic problem** of treating symptoms instead of identifying the real causes. For Brenda, after a thorough physical examination, we realized that the **FUNDAMENTAL** cause of her pain was **NOT** from her "disc-herniation" or "arthritis"... **but was actually from the following:**

- The right side L5-S1 (lowest part of spine) joint had a decrease in motion problem—the right side could only move 10% compared to the left side.
- Right hip mobility was limited—less than 30% compared to the left side
- Muscle imbalances—tightened hip/back muscles compensated for her back while there were severe weaknesses on abdominal/core muscles.

These were all authentic problems that will **NEVER** show up on an X-ray or an

MRI Scan. By addressing these problems through a **very individualized, natural, structured and detailed process**, she was able to get a quick and effective recovery. We used **hands-on treatment to specifically target the right L5-S1, and hip joint** very specifically. **Brenda was now able to:**

- Sleep without tossing around
- Get out of bed quickly (she used to take 20 minutes due to her back pain/stiffness).
- Start Gardening again everyday without the need for Painkillers.
- Play with her grandson and even lift him up without worrying that her back will "go out" again.
- Go on a cruise for her 30-year wedding anniversary with her husband.

Brenda started by claiming her "**FREE DISCOVERY SESSION**" to find out what was the root cause of the problem.



OFFER OF THE MONTH!

Are you a mom who has Back, Headache, Neck, and Shoulder Pain? Get to the bottom of your problem... In Under 30 Minutes -

For Free! This Month, we're able to offer you a

FREE DISCOVERY CONSULTATION

With a physical therapist - It's only for mothers with Neck, Back, Shoulder, and Headache

who want to discover what's going wrong to cause them. It takes just 30 minutes - and there's NO referral or payment needed. Offer Limited just to the first 7 readers who responded by calling this number now (quote, "Money Mailer offer!")

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STRONG BODY STRONG MIND

September/October 2018 BULLETIN

LEARN SECRETS TO KEEP STRONG AND ACTIVE, MAINTAIN INDEPENDENCE AND LIVE FREE FROM MEDICATION.



YOUNGSUN KIM
Doctor of Physical Therapy Board
Certified Orthopedic Specialist



Understanding Pain

Dr. Youngsun Kim
September, 2018

What is pain? Why do we have it? And how are we to treat it? When answering these vital questions, it's important to turn to history in order to trace the relationship humans have fostered with pain and its treatment.

The history of an understanding of pain – why it exists and what it is – closely corresponds to the history of medical science. According to the ancients, medical practice considered pain to be part of the natural course of life, that is, a trial set by God to test our faith, or a punishment to hone and strengthen faith in others. Whatever it may have been, it is clear that, for them, physical pain was a manifestation of spiritual turmoil, thus the reduction of pain meant peace both in the body and mind. As the body healed, so too did the patient's relationship with God. In contrast to our modern understanding of pain, the ancients had a much more stoic attitude, believing that pain is a natural way of life, and importantly, one which can draw us nearer to God.

Interestingly, ancient cultures believed the heart to be the organ that feels pain, not the brain. This is significant: for the ancients, healing was something holistic, that is, about emotion, mind, spirit, and soul. Healing was not just centered on the physical body. For them, then, the heart was where emotion, mind, spirit, and soul resides, therefore making the heart the focal point in healing pain. According to them, the heart embodied all the aspects they considered important for the healing process. The ancients seem to have understood something profound, and something which, I believe, most health practitioners do not hear anymore: they understood the connection between the mind and body; they knew that spiritual/mental healing simultaneously opened the door to physical healing.



In the 17th Century, however, all this changed drastically. With the rise in popularity of philosophical thinking that placed the human being at the center of all things, Rene Descartes' suggestion that the human body is akin to a machine, took off. Descartes theorized that pain is as a direct result of a single affected body part sending signals to the brain. For him, the brain controlled pain, and the brain itself was, in his opinion, a mechanism to be manipulated and healed accordingly. No longer was the heart recognized as the center of the human being, rather, the brain became the most valuable, researched, and revered part of the body. Spirituality and mental health took a back seat following the advent of Descartes's theory, and the traditional links between God, pain, and holistic healing were broken.

In lieu of this, it makes sense that we still see pain as the translation of damage to the body. Even though this is partially right, there is so much more to pain than such a one-dimensional approach.

Following in the footsteps of Descartes, early modern medicine focused largely on physical evidence to explain pain. X-rays, lab tests, microscopes, and needles became the domain of medical science, whilst mental health, spirituality, and psychology were relegated to the realm of the superstitious or taboo. Two distinct schools of thought thus emerged, and it is for these reasons that modern medicine still seems to overlook the importance of behavior, mental afflictions, physiological health, and spirituality when speaking of health.

Such an evident distinction between medical science and mental health gave birth to rapidly growing medical industries. These pharmaceutical giants focused largely on ways to kill germs, manufacture surgical equipment, and invent superior medical imaging machines. In other words, the medical industry moved further and further away from the world of mental health, and further and further into a physical, body-centric space.

There is, of course, no doubt that modern medicine has increased life-expectancy dramatically. Penicillin has, for example, saved thousands upon thousands of lives. And yet, modern medicine now faces a great crisis: the divide between physical and mental has become too great. Let me explain. Today, modern medicine has successfully eradicated the danger of infectious diseases, with the mortality rate attributed to them dropping significantly since the 1990's.

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If you want to contact me regarding more information through email, send your questions to admin@genuinecarept.com or call at (858)-847-2025.

Understanding Pain (cont.)

Now, however, the medical industry faces one of the biggest crises' it has ever encountered: chronic disease. Yes, that's right. Heart disease, cancer, and diabetes are amongst the world's top killers. Coming in a very close second is, in fact, suicide. Why is this? And why can modern medicine not tackle these problems?

Well, the truth is, the problem lies precisely in the fact that there is no 'magic pill', no medication to reduce suicide rates, reverse type 1 diabetes, or eradicate cancer overnight. And furthermore, surgeries just cannot fix a broken heart.

A big flaw in modern medicine is that, more often than not, the diagnosis is placed ahead of the actual cause. In other words, physical evidence is preferred over a thorough investigation of the cause. What if I told you that the actual cause of 10 of the most devastating diseases in the US was as a result of bad behavior and habits? What if smoking was giving you cancer, not the black dots on your lungs noticeable on your MRI scan? What if a lack of exercises is aggravating your diabetes, not the fat you can see in the mirror? What if your addiction to alcohol gave you heart disease, not your genetic predisposition? Stress, lifestyle, habits, addiction, social skills, exercise, and SO much more, contributes directly to your health. It's time we start seeing and acknowledging this.

And yet, the sad thing is that most people STILL believe modern medicine can cure them, despite their bad habits! This just isn't true! Most people would rather keep smoking, have a surgery, lose their home due to financial instability, and still run the risk of the cancer returning, than change their lifestyle. I don't want this to be you. Remember, there is no magic pill.

Nowadays, more 911 calls are due to psychological break downs than almost any another crime-related issue. It is clear that we do not live in a healthy society, and, unfortunately, our medical system is actually causing the disease rather than curing it.

Let me clarify. Take the opioid epidemic that has escalated over the last few years as one example. The increase in the misuse of prescription painkillers is one of the most devastating issues to befall the medical system. And yet, the medical system gave birth to it. Yes, that's right.

Because modern medicine regards pain as the manifestation of damage done to the body, that same system seeks to eradicate the pain, therefore, seemingly curing the damage. This is simply just not working! Once painkillers are prescribed for the pain, all they do is mask the pain, that is, the root cause of the ailment is ignored and hidden. The pain doesn't disappear – it just comes back! How, in fact, can pain be cured without a proper, holistic investigation into its cause? Unfortunately, our society glorifies painkillers. The patient keeps taking prescription painkillers in the hope that he/she will get cured, yet more often than not the patient becomes addicted to the opioid and ends up far, far worse off than he/she was to begin with. In fact, individuals taking opioids are 3 times more likely to develop depression. Suicides, stomach ulcers, brain damage, financial ruin, and emotional breakdowns are the result of abusing painkillers. The pain doesn't go away... it comes back much, much more aggressively, and in many different forms. Please, stop the opioid madness.

It is against the backdrop of this broken, unwell society that medical science has decided to turn back towards a more holistic approach to pain management. In the quest to overcome the scourge of non-infectious diseases, medical science has begun to accept that pain management is complex – that is isn't just a mechanism or machine. Studies have shown that an awareness of the mental, spiritual, and psychological state of the patient greatly increases his/her chances of overcoming ailments. If the root cause of the problem is identified, pain will be eradicated and overall health will be the result.

Understanding that pain is the result of physical, social, psychological, and spiritual aspects of an individual, is the key to finding the root cause of the issue, and thus a possible cure. Changing bad habits/addictions, exercising regularly, managing stress, seeking mindfulness, developing healthy coping skills, having peace of mind, nourishing the spirit through trusting God or having faithfulness, and eating healthily, are key elements to living longer and stronger without pain and disease. Understanding the whole person and finding the root cause of the problem is absolutely fundamental for your health.

In conclusion, I have one more thought to share. The 5-10 minutes afforded to you by your doctor is NOT enough to find the root cause of the problem, and it is certainly not enough time to examine the multidimensional aspects of your being. My advice is that you forego the painkillers, stop the shots, bypass the surgery, and seek a long term solution to the problem. It is precisely because we here at Genuine Care Physical Therapy take the TIME to examine our patients' problems from a multidimensional perspective, that our patients recover permanently. Our patients recover: they don't mask the pain. Our consultations last at least one hour, and you are guaranteed to see a board certified orthopedic specialist who has your best interests at heart. We say NO to painkillers, and we give you tailor made, hands on treatment that guarantees your recovery to health. We understand pain – let us eradicate it for you. The choice is yours



Back Pain for Golfers

Do you have back pain related to golf? Worry no more!
Download our "7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a guide for Golfers" TODAY!

By Youngsun Kim, owner of Genuine Care Physical Therapy



Here at Genuine Care Physical Therapy, we know that back pain is a golfer's worst enemy. We understand that 18 holes can so often feel like a never-ending nightmare if you suffer from back pain. So, if you're going to battle with your back every time you step up to the tee, our free "7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a Guide for Golfers" report is your key to victory.

Are you unsure whether you really need our report? If so, take a look at the following points to help you make up your mind.

You need our "7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a Guide for Golfers" if:

- You love playing golf, but have come to expect that back pain is an inevitable by-product of the sport. The truth is, back pain is ABSOLUTELY NOT something you have to live with, it can be overcome.
- You've rested your back in the hope that it will get better. Meanwhile, though, your golfing game and form have been thrown off, and you can't even remember what the course looks like anymore!
- You're taking painkillers to mask the pain. This is one of the worst things you can do: the root cause of the problem is being hidden and your health is taking a serious knock. If you don't find the root cause, you'll be spending A LOT more time away from the green.
- You've considered quitting golf altogether. We do NOT want this for you. Golf means something to you, and your health means something to us. Take this option off of the table right now.

So, can you see yourself in any of the above? If so, and you're still not convinced, take a look at what our free tip report will help you achieve:

- You'll learn more about the right exercise, fitness activities, and form, so that your back is protected and pain free. Period.
- You'll learn what the right warm-up routine is; this is invaluable for long-term, functional golfing.
- You'll learn how to check critical motions in 3 different joints on your body, thereby preventing back pain.
- You'll learn how to swing effectively, thus resulting in as little stress and pressure on your back as possible.
- You'll get family time back. That's right. We know that golf isn't just about hole-in-ones or birdies: it's about so much more. We know that family means something to you, and the time you spend on the green is about memories made with those you love. Our report will help you get them back.
- You'll get powerful, easy to implement, effective advice for your problem. Gone are the days of pain.

So, there you have it. Download our free report today. There is absolutely no obligation or risk – what do you have to lose? Get back to the game you love, RIGHT NOW, with our "7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a Guide for Golfers".

What are you waiting for? For your free copy of our exclusive report, please visit www.genuinecarept.com. Alternatively, why not give us a call at (858)-847-2025 to speak to one of our qualified, professional physical therapists today. We look forward to hearing from you!

About the Author:

Youngsun Kim, of Genuine Care Physical Therapy, is a leading expert in treating back injuries present in golfers. He is Titleist Performance Institute certified, a certified manual physical therapist, a Board Certified orthopedic specialist, and a Board Certified sports specialist.

