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# STEP 12 MAGAZINE

Carrying A Message of Hope in Recovery™

## HOPE is a Virtue

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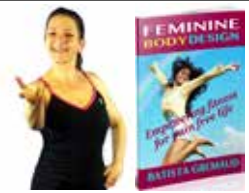
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# Against Relapse

by Batista Gremaud

## Pain Relief: The Muscle/Nerve Connection



While there are many triggers that push the addict to relapse, pain, physical and/or emotional, is certainly not to be underestimated. Is there hope for a pain free life? To answer this question, lets first explore what pain is.

There are several categories of pain including but not limited to:

- Physical
- Emotional
- Contrived

Pain could be described as an unpleasant sensory and emotional experience, with objective and subjective aspects. Both pain and response to pain are influenced by beliefs, expectations, health conditions, gender, age, culture and other psycho-social factors.

We are emotional human beings: All movement in the body is caused by our feelings, which are controlled by our nervous systems. For example, physical pain that we perceive when we have an injury or infection alerts us to the potential tissue damage, by sending pain signals via the spinal column to the brain. Sometimes pain persists after the injury has healed or may even appear when there was no apparent cause (contrived). The persistent pain is linked to changes in our nervous system, which responds to internal and external changes.

Interestingly enough, whether pain is contrived, physical and/or emotional, studies show that the brain perceives all pain in the same way. The nervous system uses a set of chemicals called neurotransmitters, to communicate between neurons within and across these stations in the pain pathways.

A conventional way to handle pain is by administering narcotics to interrupt the relay of these pain messages. The problem is the body develops a dependency; you will need to increase the dose for the pain to subside as time goes on. Side effects when taking any particular drug or drugs combined can be worse than the original condition. It also further weakens the nervous system, which is responsible for the healing process of the body.

When the body is too weak, the nervous system becomes frazzled and the person involved worsens the condition by overreacting to situations “without thinking about the consequences first”, usually resulting in imaginary stress or pain, which over time can become an exaggerated or chronic condition. The stronger, more grounded individual is able to first evaluate situations, before acting in any decision being made, such as a call to positive action, which will end in a more positive result without escalating the feeling of pain.

So the question is: ”What safe and revolutionary tool can I use in my recovery process, to heal emotional and physical pain and go beyond conventional therapy?”

First understand that a key aspect of behavioral health is for the self-development of one’s own responsibility. You have to be responsible for your own health before you can be responsible for others, such as your family, parents, children, associates, students, or people under your guidance and or care. There’s a whole realm of responsibility, but if you can’t take responsibility for your own health then how can you take responsibility for others?

Solution: Specific strength training tool that produces a twenty to fifty percent strength increase, grounds the body and strengthens the nervous system physically, by sending healing messages to the brain through the release of positive and natural chemicals. This is a revolutionary tool for stress management as it instantly quiets the mind, allowing you to overcome injuries more rapidly while handling emotions that seem to come up out of nowhere.

Specific strength training can unlock the mysteries of how to achieve the next level of greatness in your life, giving you new hope for a pain free life, the self confidence and poise to exercise freedom of choice, and be all your can be from the inside out, finding self-acceptance and being loved and recognized for whom you truly are and so righteously deserve.



© Batista Gremaud AKA Batista is a published author, empowerment speaker, entertainer and Co-founder of Body Design Formula and the International Institute of Body Design. She is a 7th Degree Master Teacher in Dr. Fitness USA’s protocols, Body Design. Her recent book, Feminine Body Design is now available at Amazon.com. You can contact Batista for more information at doc@DrFitnessUSA.com

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