

# ENSURE YOUR HEALTH

## RESTORATIVE BODYWORK SOLUTIONS, LLC

### Painkillers



**Are you carrying painkillers in your purse or pocket as an essential lifestyle necessity along with your house keys, phone, etc.?**

**Did you know that caffeine supplemented pain killers marketed as energy supplements are a large source of headaches?**

**Did you know that adding caffeine to any pain killer will speed absorption?**

**Did you know that casual analgesics combined with alcohol have a respiratory depression effect and have caused numerous deaths?**

**Painkillers are highly marketed to women. Look at women's magazines vs. men's. Mid day TV has ads for painkillers yet sports channels do not.**

**Manufacturers of**

**any pharmaceutical drug are keen to avoid giving the impression they are selling potentially dangerous drugs. They promote with the idea that you will need these as a lifestyle accessory.**

**People become psychologically addicted to these because they cope by using one choice rather than from an array—.**

**Some Symptoms of Addiction include:**

1. **Headaches that won't go away**
2. **You prefer to buy in bulk**
3. **You take them as a preventative**
4. **You become an expert on the subject**
5. **Abdominal pain**
6. **You believe pain killers don't last long enough**
7. **You want to buy stronger medications OTC**

**Your body acclimatizes to frequent use of pain relievers and**

**with that comes withdrawal effects when you reduce or stop use.**

**The solutions include educating yourself and taking responsibility for what you do. Pain medications don't cure—just hide symptoms for a while. Look to more encompassing holistic treatments.**

**Nothing can be cured in isolation.**

**How Pain Works:**

**At the point of impact, injured tissue releases chemicals that stimulate nerve endings. This impulse is registered in the brain via the spine and the sensation is perceived.**

**These same nerves also carry touch and temperature sensations, so you basically swamp the system by rubbing or with applications of cold or hot— Hence these are examples of other forms of less invasive temporary painkillers.**

### Keys to Successful Living

- **Sleep when your body says sleep**
- **Drink water when you are thirsty**
- **Pay your bills**
- **Practice good hygiene**
- **Use common sense when it comes to exercise & food**

## Being with Pain



*It seems the natural response for people is to fight pain with whatever means works for that individual.*

*Have you ever considered getting curious and actually befriending pain?*

*How you do describe your pain? Don't be the outsider using words like sharp, stabbing, aching—but go deeper.*

*Does the pain have other qualities ?*

*When you snuggle up and own the pain, you will begin to see it is not just one thing but a mix of qualities.*

*The more you can become the pain, the more you can begin to know the subtleties.*

*But as you befriend the pain, a phenomena begins*

*to unfold. It starts to become less because you are no longer increasing the intensity in your struggle to push it away.*

*When natural man becomes one with pain, he knows how to heal. When technological man identifies pain as a separate entity, then what is provided is temporary.*

***“Dependence begets subservience, suffocates the germ of virtue, and prepares fit tools for ambition.”***

***—Thomas Jefferson***

*Have you noticed that we have been slowly indoctrinated into a philosophy of abusive dependence?*

*Our country is constantly overspending and running up debts it has no expectation of paying.*

*We, as people, are allowing our country to be irresponsible, yet are still holding citizens accountable and in the process being sucked into a sickly life of financial suffering.*

*All is based on an economy that will now only exist if we consume because we are minimally producing. Why is there a need for a stimulus check other than for the government to continue to perpetuate its own existence? This is not directly about helping citizens, it is about it's own illness and band aiding rather than fully healing the folly of it's way.*

*Our government 's lack of sound judgment is escalating the overall stress of all those who live here.*

*However, if you continue to listen to the financial philosophy the government lives by—mirrored by the financial institutions (spend by borrowing) the individual citizen will personally be hogtied to consumerism and living in debt for an entire lifetime.*

*We are having to revisit the principle that the only one who really cares about us is us. Those expounding for drilling for oil here are just barely awakening to this truth that we as a nation have sold our soul to consumerism via our government's intent. Are we being compromised via a grandiose illusion?*

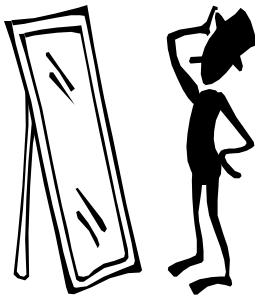
*We have devalued for too long the foundations of what we need in order to survive and are now paying the price of being lead by a government which seems steeped in self-sabotage. We are paying the heavy price of power being played out without constraints based on a dysfunctional structure.*

*We are the ones ultimately responsible for overspending because our government, acting as our representative has, is and continues to run up debts that we as citizens are personally liable. Is going to Mars more important than ensuring that Social Security is sound?*

*Trusting in a system we know is not based in a self-reliant/citizens first—is allowing the sabotaging of our own personal happiness, and survival.*

*Electing a new President or others in Congress within a system that obviously doesn't work shows we, as a people, still want to believe in magic .*

*Are the principles of representation mirroring what you believe is in your best personal interests?*



## The Chains of Fear

*Are you allowing yourself to be smothered in the chaos of fear?*

*Fear is the means of asserting power and control. Constantly tuning to fear creates terror.*

*This state has a paralyzing effect on your body and basically is a self fulfilling manifestation.*

*Holding tightly restricts the body—creating a stagnation and stasis. It keeps us from taking action and diminishes our power to*

*create something better and more positive. Closing down stops experience, learning and healing.*

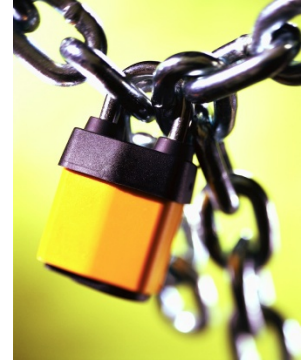
*Strength is minimized or negated because it is centralized in holding fear.*

*Being able to witness yourself in an objective and non-judgmental way, you have the ability to sink comfortably into this awareness, breathe deeper, and literally engage your thinking processes toward positive*

*benefits.*

*Faith and trust are the replacements. Trust and faith begins at a personal level. Without trust and faith in yourself, positivity, in any form, just isn't there.*

*It is hard work to become free of the chains of fear. Staying tied with these chains will not only shorten your life, but hide all the valuable beauties that could be experienced.*



## Alternative to Biopsy

*Several blood tests are available and reliable enough to use in place of biopsy. They have been utilized in Europe for years.*

*Unfortunately, doctors are unaccustomed to using these and automatically choose bi-*

*opsy.*

*Even though biopsy is still considered the gold standard, they still carry risks.*

*Much less invasive are these blood tests which can closely approximate biopsy and should*

*be considered as an option.*

*Two of the well known tests are Fibrospect and Fibrotest.*

*Be sure to discuss these with your physician when considering biopsy.*



## Stuffing Emotions

*From an early age, we have been instructed through our parents and even in adulthood to stuff your-emotions.*

*Does the phrases Don't Take It So Personally or There's No Room for Emotions In the Workplace sound familiar?*

*These emotions just don't dissipate and can live to haunt us mentally and physically.*

*What is it that compels an*

*artist or writer?*

*Emotions are intertwined in the creative idea and makes it sizzle.*

*If you dive into an emotion, you will discover it has two additional qualities. One is intention and the other is power.*

*Power is energy and disconnecting negative intention, you have a powerfully creative force that is not disabling.*

*With practice you have the*

*ability to see your way through the process of learning more about you and bring to conscious awareness your energy potential.*

*Turning yourself out of reacting to directing internal energy is one way of ensuring your not stuffing emotions and stiffening your body as well.*

*Learn to be as energy conscious of yourself as you are of the consumption of oil derived products.*



**Ensure Your Health**

**15 Sams Point Rd.  
Beaufort, SC 29907**

**522-0278**



**WE'RE ON THE WEB!**

**WWW.RESTOREBODYWORK.COM**

## **Self Healing**

***In most cultures the traditional healing system is based on supporting and enhancing the inborn healing energy. In the United States this concept has been lost because the focus has been extremely swayed to the idea that disease comes from outside and you are the helpless victim. Unlike other cultures we have not pursued and developed a tradition in support of self-health actions.***

***The ancient philosophical and medical theories of Eastern, European, aboriginal and even Native American traditions have demanded action and responsibility on the part of***

***the person who is seeking or enhancing health. These ideas have grown into the culture through traditions.***

***Americans, with the fledgling and currently prevailing system, are still lacking in strategies in how a person can implement and support this self healing process (immune system).***

***The ancient enhancement strategies, that have been used and proved over centuries in Asian traditions, can be used to complement the slowly evolving clinical strategy. These include:***

- ***Breath Practice***
- ***Relaxation Practice***



- ***Gentle Movement***
- ***Self Applied Massage***

***Doing these has little impact on time and yet the benefits are great. These are needed to enhance health and curb medical spending.***

***Unfortunately, the Bible only eludes to the idea of every seventh day you rest. Those in the US have accepted this, but there is more.***

***Why do you wait on Western theory when there are already established enhancements that have a long track record of success?***