



I'm not robot



Continue

The mindbody prescription summary

BODY HEALING, PAIN IMPROVEMENT Dr. John Sarno, M.D. Estimated healthy start by June Milligan, M.Ed., CCHt, PLR | In 1990, Dr. John Sarno wrote the best-selling books Healing Back Pain: The Mind-Body Connection. It sold half a million copies because his process worked. In this latest work, he claims that back pain, slipped discs, headaches and other chronic pains are caused by repressed emotions and that once the cause of emotions is processed, the pain disappears. In the Mindbody recipe, she explains how emotions such as low self-esteem, guilt, anxiety or depression can stimulate the brain to prepare physical symptoms such as fibromyalgia, hay fever, colitis, ulcers, recurrent stress injuries, migraine headache and others. Sarno quotes unablogically from Freud, who believed these symptoms were caused by suppression of emotions in the subconscious. The author also believes that childhood trauma is a major source of emotional problems that often lead to physical dysfunction. Sarno is well versed in the neurophysiology of mindbody disorders and lists the symptoms of dozens of disorders that he believes are based on emotions. However, he believes that if a customer is reluctant to accept the idea that they are happy to have something to do with health, they will not accept that person as a customer. He understands that faith has a lot to do with healing, and without it, the customer is compromised by their ability to heal with this method. Dr. Sarno stopped visiting anyone who wanted to see him in 1978. He had been 50% successful in relieving chronic back pain until then. In 1978, he decided to take only people who were open-minded enough to entertain the idea that their pain could be caused by very strong repressed emotions such as anger. His success rate rose to as high as 80%, which is unprecedented in the pain relief industry. Dr. Benjamin Sadock, M.D., a professor and vice chair of the Department of PSychiatry at NYU Medical Center, says: Dr. Sarno describes in clearly written and understandable language how emotions affect and cause disease. He has cured thousands with debilitating chronic back pain and now offers healing approaches to other painful diseases. I recommend this book. Sarno has a new explanation for how our bodies respond to one crushing trauma or series of traumas. We know our bodies have cell memory. The memory of what has happened to us is not just in the brain; It is also located in the cells of our body. This idea is gradually accepted in the mainstream medical profession, but massage therapists have been aware of it for decades. During the massage, the therapist may be startled to see that has burst into tears for no apparent reason or even started remembering and talking which happened a long time ago; Things that had apparently been forgotten. Rubbing an arm or leg, back or shoulder, somehow brought back the memory so clearly that it didn't seem to have happened until yesterday. That memory was stored in the cells somehow and was now back on the surface. Dr Sarno believes that the mechanism of this process is that when an unconscious person becomes aware in everyday life that a person is going to explode emotionally because they finally had enough of what made them angry or upset, (which may have accumulated for many years), the unconscious mind finds a way to distract that person from their emotional shock (and save them from doing or saying something socially reprehensible) by limiting the oxygen carried by blood to a specific part of the body. Maybe it's the body part that got the wound earlier. Limiting oxygen to that area causes pain. It distracts attention from their emotional challenges. It doesn't really help the whole situation, because now a person is in pain that he didn't have before; But she is now upset and doesn't suffer so much from an emotional reaction to any life situation because they focus on physical pain. But it seems that when emotional trauma is removed, the pain disappears and that's what Sarno's book is all about. Anyone who comes up with a new idea has made fun of; People stick to their programming, be it conventional Western medical education or a particular political or religious view. It's easier to hold on to it than to do research on your own. That's why it takes more than 20 years for a new idea, proven and peer-reviewed, to make it college textbooks. Most professors want to stick to what they were taught; It's nice. One of our greatest physicists, Max Plank, clearly understood this human strangeness when he said: Truth never wins. Its opponents just die. Science promotes funerals at a time. The author calls this mindbody process Tension Myositis syndrome. The figures include: Introduction to TMS; Manifestations on the lower back and legs; Manifestations on the upper, neck, shoulder and arms; Manifestations of the sinfe; Chronic pain and lyme disease; and the power of knowledge. This book is available online or at your local bookstore. Book Notes... Pain, disability, misin fact, fear – that the quartet has plagued western countries for decades and the plague is not a sign of abating. Back, neck and limb pain are resenting, and statistics show that the epidemic is spreading. This book is about that epidemic. It describes both clinical experience, which has identified the cause of pain disorders, and the method of treating them. Unfortunately, mainstream medicine rejects diagnosis because it is based on the theory that symptoms are triggered by emotional phenomena. In summary, the mindbody recipe tells about emotions, illness and well-being – how they are related and what can be done to improve good health and combat certain physical conditions. In other words, it deals with physical disorders caused by repressed, unconscious emotions. The ideas are based on 24 years of successful treatment for an emotionally induted physical disorder known as Tension Myositis Syndrome (TMS). What emotions can be so terrible that they induge the brain to cause someone severe physical pain and frightening neurological symptoms? The answer to this question is the basic question not only of understanding these pain syndromes, but also of all psychosomatic disorders. Mindbody and psychosomatic are synonymatic terms. In my previous books, I did not use the term psychosomatic because people believe it means imagination and that anyone with psychosomatic symptoms is weak or inadequate. No matter how we consciously react to the pressures of life, there is another world of reactions in the subconscious. Because we are not aware of those unconscious emotions and therefore cannot control them, and because they are so threatening and frightening, the brain automatically develops physical symptoms so that dangerous emotions do not regain consciousness and therefore consciousness. John Sarno tells us that repressed feelings of sadness and rage, as well as the fear of these emotions, are the root cause of many physical ailments, such as back pain and migraine headaches. ... rage in the subconscious has three potential sources: (1) What may have arisen in infancy and childhood and never dissipated. (2) What is due to self-inflicted pressure, such as motivated, perfectionist or benign people, and (3) the reaction to the real pressures of everyday life. I think the analogy of the bank account is useful in describing this to patients. Deposits of anger are made not only during childhood, but throughout a person's life. Since there are no withdrawals from this account, anger accumulates. This is how anger turns to rage; when it reaches critical levels and threatens to erupt into consciousness, the brain creates pain or some other physical symptom as a distraction to prevent a violent emotional explosion. While awareness of the existence of rage in the subconscious is essential, focusing on it alone is not enough. We must try to understand the causes of the rage so that we fully understand the process. Childhood and childhood experiences are the earliest contribution to the pool of hate. Emotional abuse can also occur under the guise of education. Strict codes of conduct such as Children Should Be Seen and Not Heard or Nice Little Boys and Girls Don't Have tantrums and stiff thoughts right false (religious education may dictate this) are familiar examples. Outside the principle of pleasure, Freud wrote: The subconscious itself has no desire other than to break the pressure that weighs it and force its way either into consciousness or unravel through some real action. When patients become aware of the presence of rage or unbearable emotions, these emotions can end their struggle to become aware. Eliminating this threat eliminates the need for physical distraction, and the pain stops. We can influence unconscious, automated reactions by using conscious thought processes. It's no longer a theory, because we've seen it work on thousands of patients. You have to think about rage, not where and how bad the pain. You ask: What's the point of causing pain to divert attention from repressed rage? I'd rather deal with rage than suffer. It's logical. But the way in which the human emotional system is now organized, from an evolutionary point of view, dictates how it reacts, and it is often not rational. I tell my patients that they must consciously think about repressed rage and its causes whenever they are aware of pain. This contradicts what the brain is trying to do. This attempt is a counterattack, an attempt to overturn the brain's strategy. It's important to focus on unpleasant, threatening thoughts and emotions to deny the purpose of pain - to distract attention from those emotions. When the pain is severe, it is difficult to focus on emotions, but you need to consider the process as a competition in which your conscious mind is set against unconscious, automatic reactions in the brain. The second method that Sarno recommends for the treatment of mental disorders is related to self-speech; He explains: It sounds silly, but it's very effective. The conscious mind speaks to the subconscious, the stronger the better. Successfully treated patients report that when they feel pain, the kind that used to be the oars of an attack, they talk or scream at themselves and the pain disappears. You tell your mind that you know what it does, that you know that physical pain is harmless and disturbingly repressed rage, and that you are no longer going to be misguided and scared. We are much stronger than we know, and we have the ability to influence what happens in our body. For the group of mindbody conditions described in this book, knowledge of the process, and in particular knowledge of its emotional sources, is necessary and almost invariably leads to a cure. Our greatest enemies are fear and misin fact. In a world of emotions, we have two minds that must not make the mistake of assessing logic and rationality rules that are characteristic of the conscious mind. Mind and body are indivisible and constantly interacting. It makes for a magnificent organism, infinite complex and miraculous.

