



## Learn How to Reduce Pain without Rx

Almost 30,000 times a year, pain medicines inadvertently cause death. Anyone who has experienced pain knows the intensity can ebb and flow. Why? Do you a controllable factor that contributes to the changing experience of pain?

Non-pharmacological techniques you can learn have proven effective at reducing the experience of pain for many individuals. We help participants understand the science behind these techniques and share success stories. Belief in cures, whether they are medical or otherwise, has a powerful impact on success rates.

Even though pain is physical, we experience it mentally and emotionally. The right mindset matters. The wrong mental attitude sabotages efforts to improve wellness.

### *In Pain Management, you will learn:*

- How to deliberately reduce pain without Rx
- Techniques that increase your ability to sleep well
- How to condition your mind for increased wellness
- Important techniques that give you greater control over pain
- About alternative treatments and the science behind their success
- How to create a mental Happy Place you can use to escape pain
- How to develop more beneficial internal dialog, increase hopefulness
- A false premise has hindered society's ability to effectively treat pain—you'll learn the truth
- And much, much more

**Both researchers  
and clinicians  
now agree, pain  
is best managed  
with an  
interdisciplinary  
approach.**

## Program Dates & Locations

**Register now** to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc. Do not stop treatment without consulting your medical practitioner. See the Disclosure statement regarding this course and any treatments recommended by your medical practitioner(s).

