

## **Pain: Life Destroyer or Catalyst to Healing?**

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*“The body says what words cannot.”  
– Martha Graham, dance choreographer*

Are you suffering with pain that’s compromising your quality of life while believing that the underlying cause and true solution haven’t been found? Is it simply being managed with medication leaving you vulnerable to various negative side effects?

If so, don’t give up. There is hope for a healing answer to your dilemma. However, it requires your determination to follow a focused game plan over a period of time to stop your negative momentum, release you from your stuck dysfunctional patterns, and restore you to your optimum condition.

### **BACK PAIN TOPS THE LIST**

At least 50 million Americans live with ongoing pain. Back pain tops the list with headaches and neck pain close behind. Back pain disables more people than heart disease and cancer and costs more than both combined. 80% of Americans will experience a disabling back situation at some time in their lives. This is an epidemic crisis demanding more serious attention to earlier detection – and better yet, prevention.

Pain is universally dreaded but remains shrouded in misunderstanding leading to shortsighted decisions. We often focus exclusively on stopping pain rather than discerning its message of an underlying problem that needs to be detected and corrected.

### **THE CHOICE IS YOURS**

Pain can ultimately destroy your quality of life or it can lead you back to the dynamic vitality of your design. The choice is yours and the answer is determined by the actions you take in response to the pain warning.

Masking the pain with medication keeps you from dealing with the real issue, often resulting in serious side-effects, addiction, and even death. Actor Heath Ledger’s recent accidental overdose was the unfortunate result of taking five different prescription painkiller

and anti-anxiety drugs. He was treating the symptoms crowding into his life but not the underlying cause.

## **FINDING THE REAL PROBLEM**

If on the other hand, you respond to pain by finding and resolving the real problem, then it becomes a blessing that can lead you back to a fully vibrant and rewarding life.

The spine and its related structures, when functionally disturbed following injuries and life stresses, produce more pain than any other single cause. Chiropractic adjustments address the structural and functional source of that pain thereby restoring your innate self-regulating wholeness.

Have you had your all-important spine and nervous system function evaluated recently? Be proactive instead of waiting for the alarm of pain before you take action. It gets increasingly difficult to swim to the safety of the shore the closer you get to the rapidly approaching waterfall.

*Dr. Matthew Norton, a practicing chiropractor for 25 years, specializes in nervous system correction. He is a speaker and the author of the life-transforming new book **Where Does It Hurt? Surprising Stories and Insights for Releasing Pain and Restoring Whole Body Health**. He may be reached at 559-490-9550 or through [www.DrMatthewNorton.com](http://www.DrMatthewNorton.com).*