

WHAT ABOUT MY ... PAIN?

Pain is a reliable sign that there is something significantly wrong in your body: ***You might say that pain is your body screaming at you to stop hurting it!*** (Even if you don't know what it is you've been doing to abuse it!)

Pain is not always a reliable sign of what is wrong, how much something is wrong, or where something is wrong.

Someone having a heart attack can have a mild pain in their arm; another with liver problems can get an ache in their shoulder blade; a kidney infection can produce a dull low back ache. Many cancers can be totally symptom free until they are life threatening.

Similarly a headache can come from the upper part of the neck; pains in the shoulders and arms can radiate from the lower neck or upper back; chest and abdominal pain can be referred from the mid spine; buttock, hip and leg soreness can spread from the low back. These are all examples of referred pain.

And, more detailed understanding of the nervous system reveals that tension in one part of the spinal system can transfer tension to another part of the spine. In other words you may be feeling soreness in your low back, but the actual source of the tension leading to that pain could even be in your neck!

And, you can have Subluxations that are serious, but symptom free.

The good news is that TRT is a system that aims to detect and direct your Chiropractor to the source of spinal tension, and the adjustments are focused to reduce this root of your problems.

This has an important application: We won't always adjust you or treat you where you are feeling your pain. This doesn't mean we don't care about your pain or are not interested in relieving your pain. It just means we are looking at



your body from a more holistic perspective. Many clients are fascinated by how seemingly remote and unconnected aches and pains can mysteriously disappear once they start receiving TRT.

Try to assess your progress by more than just how much pain you have: How well are you moving, carrying out daily activities, sleeping, relating to others, feeling emotionally, energy levels changing? LOOK AT THE BIG PICTURE.

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