

STRONG BODY STRONG MIND

November 2018

BULLETIN

LEARN SECRETS TO KEEP STRONG AND ACTIVE, MAINTAIN INDEPENDENCE AND LIVE FREE FROM MEDICATION.



Genuine Care
Physical Therapy

YOUNGSUN KIM

Doctor of Physical Therapy Board
Certified Orthopedic Specialist



Tel: (858) 847-2025 • Fax: 1-844-270-6457 • www.genuinecarept.com

Holistic Healing For Your Pain

Dr. Youngsun Kim

Understanding the whole person and finding the root cause of the problem is absolutely fundamental for your health.

Medical science has begun to accept that pain management is complex – that isn't just a mechanism or machine. Studies have shown that an awareness of the mental, spiritual, and psychological state of the patient significantly increases his/her chances of overcoming ailments. If the root cause of the problem is identified, the pain will be eradicated and overall health will be the result.

Interestingly, ancient cultures believed the heart to be the organ that feels pain, not the brain. This is significant: for the ancients, healing was something holistic, that is, about emotion, mind, spirit, and soul. Healing was not just centered on the physical body. For them, then, the heart was where emotion, mind, spirit, and soul resides, therefore making the heart the focal point in healing pain. They understood the connection between the mind and body; they knew that spiritual/mental healing simultaneously opened the door to physical healing.



In the 17th Century, however, all this changed drastically. With the rise in popularity of philosophical thinking that placed the human being at the center of all things, Rene Descartes' suggestion that the human body is akin to a machine, took off. Descartes theorized that pain is as a direct result of a single affected body part sending signals to the

brain. Pain is a single physical, sensory input to feel how much damage was done in the body. Nothing to do with heart or spiritual.

Continued on Back...

Holistic Healing For Your Pain

...continued

Following in the footsteps of Descartes, early modern medicine mainly focused on physical evidence to explain the pain. X-rays, lab tests, microscopes, and needles became the domain of medical science, while mental health, spirituality, and psychology were relegated to the realm of the superstitious or taboo. Two distinct schools of thought thus emerged, and it is for these reasons that modern medicine still seems to overlook the importance of behavior, mental afflictions, physiological health, and spirituality when speaking of health.

A big flaw in modern medicine is that, more often than not, the diagnosis is placed ahead of the actual cause. In other words, physical evidence is preferred over a thorough investigation of the cause. What if I told you that the actual cause of 10 of the most devastating diseases in the US was as a result of bad behavior and habits? What if smoking was giving you cancer, not the black dots on your lungs noticeable on your MRI scan? What if a lack of exercises is aggravating your diabetes, not the fat you can see in the mirror? What if your addiction to alcohol gave you heart disease, not your genetic predisposition? Stress, lifestyle, habits, addiction, social skills, exercise, and SO much more, contributes directly to your health. It's time we start seeing and acknowledging this.

Well, the truth is, the problem lies precisely in the fact that there is no 'magic pill', no medication to reduce suicide rates, reverse type 1 diabetes, or eradicate cancer overnight.

My advice is that you forego the painkillers, stop the shots, bypass the surgery, and seek a long-term solution to the problem. Medical professions should take enough time to examine patients' problems thoroughly from a multidimensional perspective so that they recover permanently. They shouldn't just mask the pain. Medical professions should give each patient tailor-made, the best care that fit for each's needs, and changing bad habits and focusing on holistic lifestyle, so it guarantees the full recovery to health.

FREE DISCOVERY CONSULTATION

Discover the causes of your Neck, Back, Shoulder and Headache pain.

**30 MINUTES WITH A PHYSICAL THERAPIST.
NO REFERRAL OR PAYMENT NEEDED!**

Offer Limited just to the first 7 readers who respond by calling (858) 847-2025 NOW.

Mention this Money Mailer offer.

Tel: (858) 847-2025 • Fax: 1-844-270-6457 • www.genuinecarept.com 