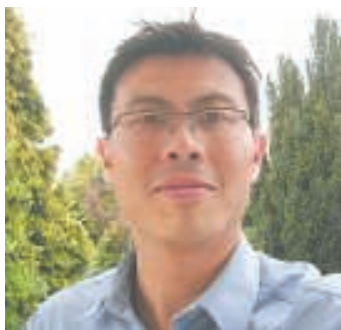


Beating Ongoing Pain and Discomfort

If you have been in pain or discomfort for some time, one thing to avoid is relying solely on passive means of coping with it. This may be things like overly relying on medication, avoiding physical activities which bring on discomfort, becoming more sedentary or less social, etc.

Research has shown that pushing yourself to do a little bit more physically, mentally and socially for yourself tends to be helpful for your long-term wellbeing. This is why the "expert" back pain advice in the 1980s – to pop pills and take bed rest – was so harmful. This advice may indeed have decreased the pain for some people, but for many what it did was generate a day-to-day level of disability. Important: a heightened level of pain does not necessarily mean a heightened level of disability. Yes, chronic discomfort or pain can be wearying. But pain often bears only slight relationship to how



Dr Tat Loo: Chiropractor

much you can get done in a day: you might not get as much done as you could have being pain-free but you can still get through a heck of a lot. Take control and pace your activities; don't push too hard to get it all done at once but get them done.

Don't develop negative scenarios in your head based on the problems of pain and discomfort impacting your life. Doing so

tends to make things worse. Notice if you are starting to do so and stop the process in its tracks the moment it starts. Place yourself in supportive, friendly environments; the use of positive affirmations and general relaxation techniques can also be helpful to counter negativity. There are many options available to you for dealing with pain and discomfort, from medical means to chiropractic care to psychological support. And it is important to realise that there are many things that you can get done which you want to do – remembering that pain is an unpleasant sensation, but it certainly does not automatically equal disability. If you haven't had that much success with drugs and other conventional therapies in helping you with your pain or discomfort, chiropractic care should be next on your list to try.

This content reflects personal opinions of Dr Tat Loo, a Dunedin-based chiropractor.

He may be contacted on 474-0030 or at info@bodymindspine.co.nz. Download a .pdf copy of this ad to keep or forward to friends by visiting our website and clicking "Health News".

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