

Healing Chronic Pain

By Kathleen Downey

Pain is considered inflammatory in nature. Inflammation is a natural response to injury or infection. There are many ways to ease inflammatory pain using natural foods and herbs like turmeric, ginger, lobelia, oil of oregano, arnica with an anti-inflammatory diet. Eliminates dairy, gluten, soy and sugar will help to ease the pain of inflammation. This diet may seem overwhelming if daily meals have consisted of the usual widely produced wheat breads, pastas, pancakes, muffins, cereals that you may have been raised on or are limited to when traveling. Getting support to change your diet may be the first step towards living without the limitations of chronic pain.

Yoga is another way to ease pain and inflammation such as arthritis, joint and spinal pain. When done correctly movement is a significant support. An anti-inflammatory diet, available in Healthy is Delicious and yogic exercises together can aid in balancing diabetes as well as the inflammation from injury, Lyme disease and other immune system issues.

Often lifestyle changes aren't enough, looking further we find the liver is directly related to joint pain. Healing the liver, our filter system where toxins gather involves individually guided detox, since everyone is different and, as every organ system has a reversible pathway to and from emotional responses born of subconscious trauma ie. The liver is emotionally triggered by anger and repression, gallbladder supports the liver, it's emotional trigger is resentment. The trigger for kidneys and some low back pain is fear. Healing deeper issues related to these emotional issues and the subconscious trauma that began the emotional response is key.

When seeking healing of subconscious trauma that weakens our physical body we learn and heal in the same way that we best learn in life through a first hand experience, which is received through one of the oldest healing traditions that is found in the history of every culture, Soul Retrieval. Soul Retrieval maps out significant relationships when combined with Past Life Therapy, which helps us to experience how traumas to your soul and influences in your life have shaped your subconscious beliefs and then helps us to see the roles we've been playing, expectations we deeply hold. Most significantly, these combined therapies give us a new choice that the powerful subconscious agrees to. This can and has released chronic pain and imbalance improving life for the long term.

After two Near Death Experiences, Healing severe health issues with these therapies, training for 7 years and working on behalf of others for 25 years Kathleen Downey has developed a therapy that includes all of the subjects touched on here, individualized for your needs. She is the Author of Healthy is Delicious and a highly

respected Shamanic Counselor, Past life Therapist, Nutritionist, Yoga, Acting and Voice teacher. See www.corelevelhealing.net call 858.401.3144 or email corelevelhealing@gmail.com