

# 5 Steps to a **Pain Free Life**: "The Working Lamp Analogy"

## Electrical system in a lamp is like our "**Pain & Symptom Alarm System**"

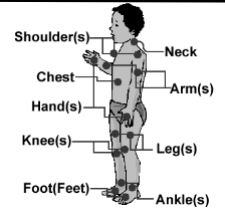
### For a healthy lifestyle we must figure out - Where is the breakdown?

#### *Electrical System / Body & Brain System*

When your lamp at home doesn't turn on, what do you do?



When your body hurts, what do you do?



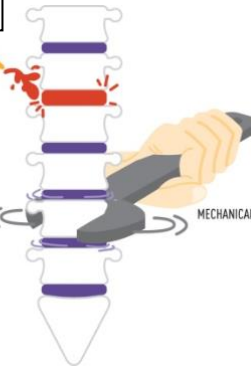
**1**



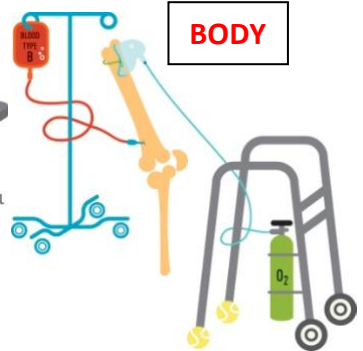
Check the light bulb and switch

Check the body part for chemical inflammation or ischemia

**BODY**



**BODY**

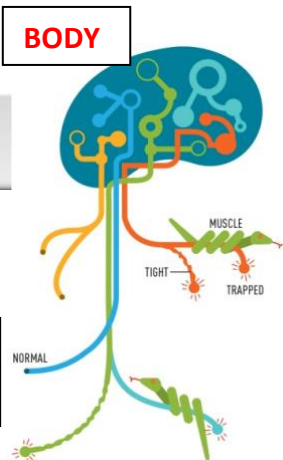


**2**



Check the cord and outlet

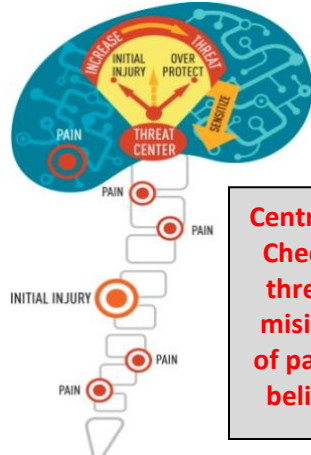
Check the Peripheral Nerve Is it tight or trapped?



**3**



Check the circuit breaker



**BRAIN**

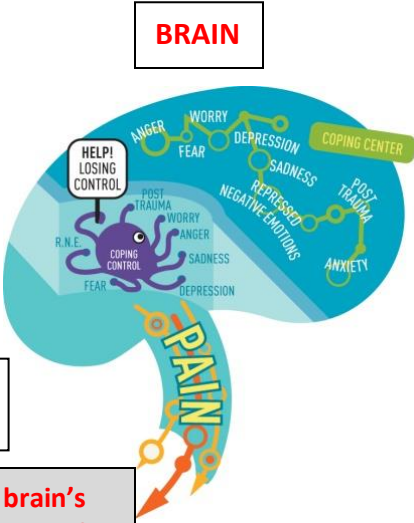
Central Sensitivity - Check the brain's threat center for misinterpretation of pain – thoughts, beliefs of danger

**4**



Check the Electric Company for power outage

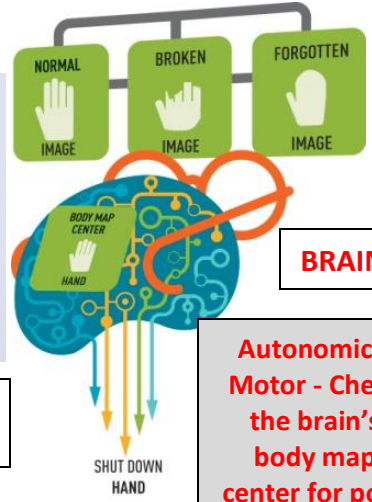
Affective - Check the brain's emotional and social centers for negative emotions, social conflict and poor coping



**5**



Check the incoming service from pole



Autonomic / Motor - Check the brain's body map center for poor recognition and image

A World of Hurt: A Guide to Classifying Pain