



Don't Tell Me It's All In My Head!

Everyone talks about how the mind and body are connected, but what does that really mean and how does it apply on a personal level? This issue will explore just that and give you an update of upcoming events, free access to listening to many past events and links to fascinating articles on all types of health issues....Enjoy!

When Is My Pain Physical and When is it Something Else?



When I am working with a patient I often find myself explaining to them that their physical complaints and symptoms are similar to those flashing highway signs that announce a traffic jam is ahead. Physical symptoms are the body's way of saying that something has gone awry and is out of balance. It is a message delivered to each of us to say "Pay Attention", only it does not clearly explain what the cause of the problem is.

Sometimes, a physical symptom, say perhaps a neck pain, can be traced directly to something that happened, like whiplash in a car accident. Other times, a neck pain in the neck can result from the stress of having to work with someone who is "a pain in our neck". Pain can be a powerful metaphor for emotional situations that are ongoing sources of stress. This stress can result in muscle tightness and soreness which can become hard-wired into our bodies as real ongoing sources of pain and dysfunction.

Most people still remember the sarcastic way that physicians might have said that their condition "was all in their head". Now, ongoing brain research continues to elucidate how difficult unresolved stressors lead to anxious or disturbing thoughts, creating neurotransmitters that may result in an emotion (i.e. anger) that results in hormone release (i.e. cortisol) which leads to a wide array of physical system effects including vascular, respiratory, digestive, neurologic, immune responses, and others. This then can result in hypertension, heart disease, digestive disturbance, immune system susceptibility, amongst others.

In reverse, any physical pain, especially when it doesn't resolve as quickly as you would like it to, may result in feelings of frustration, anger, hopelessness and more. these emotions only serve to increase stress hormones that can make the pain even worse and extend the cycle..

Whether your pain began with a physical trauma, or was the result of ongoing emotional and psychological stress, the interplay between the two are inseparable. Healing must address all involved aspects. Some situations certainly tend to be more physical or more emotional in origin, but a holistic and broader approach is always a useful and more effective way to go.

So don't feel bad if you do not know what trauma might have been responsible for your pain, its not just in your head. But at the same time, .yes it is, .for all of us, and that is just the way we are wired.

My personal thanks to friend and visionary artist Deborah Koff-Chapin, for permission to use her Touch Drawing image. (Above). See her site: www.touchdrawing.com to explore her powerful library of images.

Transformational Dialogues Archive Available for FREE viewing/listening.

Visit our website's Audios & Videos page to view or listen to many of our fabulous past presenters including:

Video:

"Exploring the Infinite; On Remote Viewing and More" with Stephan A. Schwartz, Senior Samueli Fellow for Brain, Mind and Healing

Audios including:

"Change Your Body, Change the World" with Mick Dodge, aka "The Barefoot Sensei"

"Matrix ReImprinting; Re-Writing Your Past, Transforming Your Future" with Alina Frank, EFT Universe Trainer

"Happiness; The New Science of Joy" with Vicki Robin, author of Your Money or Your Life

"European Bio-Energetic Healing and Naturopathy" with Robert Jangaard, N.D.

"How Do I Know What's Best For My Parents as They Age?" Col. Grethe Cammermeyer, PhD., R.N.

"The Role of Love and Forgiveness in Healing" with Rick Ingrasci, M.D., M.P.H. co-author of Chop Wood, Carry Water

"The Healing Power of the Runes" with Ralph Blum author of the Book of Runes

March Transformational Dialogue:

12 Secrets of Success for Heart-Based Community Non-Profit Groups with Lynn Willeford



Tuesday, March 29, 6- 7:30 at the Sears House

Her husband calls her "the idiot savant of social entrepreneurship." Lynn has lived on South Whidbey for 38 years and has helped her husband Blake run The Clyde Theatre in a community-oriented way for about 35 of them. Her other paid job has been as a freelance writer/editor, specializing for 15 years in integrative medicine. Over the years she has started or helped start more than her share of nonprofits including the South Whidbey Free University, Citizens for Sensible Development, Hearts & Hammers, Friends of Friends Medical Support Fund, the Back to School Program and Fair University. She has been on more nonprofit and governmental boards and committees than she'd like, but enjoys brainstorming with organizations and individuals to help them become more effective and/or creative in their work.

This evening is designed to inspire volunteers, directors, board members, etc. and to assist them in seeing and learning ways that they can create unique events and activities that will financially support the fulfillment of their vision for their organizations.

All dialogues are by donation only with a suggested donation of \$10-15. The net proceeds of this event will benefit both Friends of Friends Medical Support Fund and Hearts and Hammers.

The event will also be audio-recorded and available after the event on our website: www.chirozone.net

P.S. Pre-Registration is strongly requested... dr craig@chirozone.net



Welcoming and Celebrating a new Sears House Neighbor!

Gala Opening Saturday, March 19, 4:00 - 6:30

Enjoy refreshments, live music, other surprises and explore the space.

BodySoul Work

The Psychotherapy Practice of Lisa Fladager, MCAT, LMHC, R-DMT, CMA

Lisa is a depth psychotherapist, dance-movement therapist, Laban-Bartenieff movement analyst and teacher of Authentic Movement. Her clinical work spans 26 years and is grounded in the integral practices of C. G. Jung, the expressive arts, dance-movement therapy and somatic psychology. Her practice addresses areas that are often overlooked in mainstream behavioral health: the role of the unconscious in symptom formation and healing how the body and dreams express the needs of the psyche and offer a path for transformation while balancing conscious and unconscious aspects of the self to support the unique individuation journey. The goal of her work is the restoration of vitality, creativity and presence to everyday life. Lisa has been in private practice on Whidbey Island since 2000.

Adults, Children, Couples, Groups

www.lisafladager.com

360-221-2677

HEALTHY FINAL THOUGHTS:

Many of you may not even make it down this far in this newsletter, but for those of you that do take the time to read it all, I want to make sure that you know there is a lot more if you wish. On our Chiropractic Zone Facebook Fan Page I link to a fascinating array of health and lifestyle articles and resources that are far too many to list in this newsletter but are available for you to check on and receive when you LIKE the Chiropractic Zone. Here is but a small sampling of recent links:

1. Consuming fish regularly can reduce Macular Degeneration by up to 42% in women over 40
2. Poor sleep quality linked to before bed use of electronic devices
3. Osteoporosis medications linked to increased fractures and kidney failure
4. Chiropractic helps children with colic
5. Sitting on the Job; the new back pain epidemic

and so much more...

Until next month, be well, choose happiness and please hold those around the world who are in turmoil in your hearts.

Namaste,
"Dr Craig" Weiner
The Chiropractic Zone

Upcoming Chiropractic Lectures

Friday March 18th, 10am at the Good Cheer Food Bank. Food Bank Volunteers can attend a **FREE BACK SAFETY CLASS**.

Sat. March 19th, 2:15-3:30. **Oh My Aching Back** at the Whidbey Gardening Workshop at the Coupeville High School

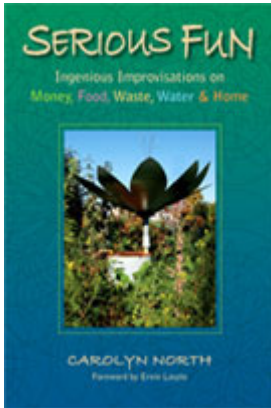
March 26th, at Whidbey General Hospital; **Taking Back Your Spinal Health, At Home**. Visit: www.whidbeygen.org/communityeducationclasses to register.

Upcoming EFT Events:

EFT Level Two training in Seattle at the SeaTac Embassy Suites with EFT Universe Certified Trainer Alina Frank on March 19/20. Visit: www.regonline.com/Register/Checkin.aspx?EventID=944001

Levels One and Two also available in Ft. Lauderdale, Florida in April and Whidbey Island at the Sears House on June 4/5 and 11/12

To read this month's article by Alina on using EFT to assist with Love for Self, Visit:
www.whidbeygen.org/communityeducationclasses



Mark Your Calendar for **April 12** when my dear friend, Carolyn North will read from her new book, *Serious Fun, Ingenious Improvisations on Money, Food, Waste, Water and Home*. She will be accompanied by Claudia Walker, playing the harp. Visit: www.healingimprovisations.net for more information on Carolyn's work.