

# Can You *Really* Get Rid Of Chronic Pain, Move With Ease Again & Return To Doing The Things You Love?

From The Desk of Dr. Kris Belfry

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Now, I know that this title sounds too good to be true, especially if you are part of the 1.5 billion people in the world who are suffering from chronic pain. But, stick with me...

If you've tried to fix your pain but it keeps coming back, you're not alone. Pain that comes and goes repeatedly is called a "relapse." This is a common feature of chronic pain, which many people deal with.

And you might be saying "Yeah, but I've already seen my doctor about this and they couldn't help me!" Maybe they diagnosed you with arthritis, disc degeneration, disc herniation, scoliosis, stenosis, sciatica, spondylolisthesis, ect. And said you "**just have to live with it**"

Believe me, I know. *I hear that exact same story* from almost every patient that has walked into my office. But there's a reason so many people say the same thing about trying to fix pain with regular medical treatments – it just doesn't work well for that.

Traditional medicine is great for a lot of things, like if you have a major injury. But when it comes to chronic pain, it has a pretty bad track record. About 60% of people with common pain conditions see their pain come back.

The main issue is that conventional medicine often focuses on the wrong things when dealing with chronic pain. That's why so many people with chronic pain don't find relief.

**Most therapies and medicines actually don't look at the root of the pain.**

You see, taking medication, seeing a chiropractor, taking supplements, getting a massage or doing exercise is like weeding a garden.

If you are only trimming the visible leaves and ignoring the stubborn roots beneath the surface – the problem will keep sprouting back, more pronounced, more consistent and stronger than ever.

In the end, it costs you more time, more money and more energy, with no end in site.

In order to clear the weeds you need to get deeper and **clear the ROOTS.**

Not getting to the root of your pain holds people back in life; keeps you from doing the things you love, doing simple household chores, playing with your kids, being intimate with your spouse, having too many sick days preventing you from a job promotion.

**I am going to show you how to clear the roots so you can find your way out.**

It includes many of the same tips, strategies and techniques that I've used for the last 20 years to help thousands of people to resolve their pain.

The best thing about this new approach is that it can get rid of chronic pain while also improving your overall health and well-being. Plus, it takes the guesswork out of pain treatment, so you'll know exactly what you need to do to feel better!

This approach centers around a simple 3 step system. It's the one thing that people in pain and their doctors often miss, and it's the main reason why so many people stay in pain. If getting out of chronic pain is the goal, then knowing how to use the process is the difference between success and failure.

So, what is this 'special' technique? Well it's understanding that the root of you pain is based on the repressed emotions. You've been holding onto emotions like anger, rejection, worry, resentment for years, even decades.

Sometimes we don't realize how stressful something is because our ego or sense of responsibility tells us to tough it out. So, we don't vent our anger, we hold back from complaining, and sometimes we don't even notice how much something is affecting us. To get our attention, the brain sends a strong signal, and the best way to do that is by creating pain in our body. That usually gets our attention.

If you're ready to take control of your health and learn more, you can avoid the biggest mistake of modern medicine in treating pain and finally get to the root of your pain. By doing this, you can restore your body's natural structure and function. You can get rid of your pain and reclaim your life.

Now, I've created this program to teach you how to harness the power to heal and get rid of your pain. The program is called the Low Back Pain Solution.

As I've always been looking to be better, give more and get better results for my clients this program is always adapting and changing. So know you are always getting the very best!

The existence of this program means that you don't have to live in pain. **You have the power to break your pain cycle – all you need are the right tools and the correct strategy.** Or, you can do nothing. Worse than that, you can follow the erroneous path of modern medicine and take your pain killers and block the critically important messages that your body is desperately trying to get you to hear. Maybe it's spending precious time sitting in waiting rooms for endless treatments that never seem to get to the root of the problem

***So why suffer needlessly? Why not let the Low Back Pain Solution show you how to get rid of your pain for good and get back to loving life.***

**Are you curious as to how I can help you? Book a FREE Low Back Assessment call where we can dive into your specific situation, how I may be able to help you. But more importantly you will learn specific tools that can help you right away, whether you join the program or not!**

**Book Your FREE call [here!](#)**