

How to eliminate pain without pills and surgery and minimize the risk of injury.

Many people go to great extremes to get out of pain and believe that the latest gizmo and gadget, pain pill and even surgery will alleviate their symptoms. In some cases this may help temporarily however what most people don't understand is the reason why they have pain or how injuries occur in the first place. Fixing the symptoms tends to lead to future complication because the reason why the injury or pain occurred was never addressed or fixed.



You see, pain is just our body telling us it's not happy with its current condition. What do I mean by that? First we must understand what pain is. Pain is a signal the body gives us to say "Stop doing what you are doing". I know I am simplifying this but the bottom line is that your body knows what is right and what is wrong and when something goes wrong it tells us.

It is very easy to take pain away. In fact, this approach is what modern medicine and our microwave society is really all about. We want to get out of pain now, the quick fix! Doctors, pharmaceuticals, the latest gizmo and gadget are designed to make you feel better fast. Our mindset towards pain and discomfort is simply that, we just want to feel better, at whatever cost. Some of these approaches work, temporarily only to come back or develop a problem "pain" somewhere else. This is the analogy of a dog chasing its tail.

The traditional approach towards alleviating pain and symptoms involves focusing on that part or area of pain. Makes sense on the surface because if you can reduce and eliminate pain then nothing is wrong, but, and this is a HUGE but! Have you fixed the reason WHY that area or part hurts in the first place? NO!

In most cases that overall problem involves muscle imbalance, movement pattern limitation and or postural compensation for lack of stability elsewhere in the body. The symptoms most people experience are the signal that something is not working correctly with our bodies and is why just addressing the symptom is usually only a temporary fix.

You don't call a plumber to the house for an electrical problem, right? If you have a postural alignment and movement pattern dysfunction then you need to a postural alignment and movement pattern solution not a pain pill, surgery, gizmos or gadgets.

The ACM System will help you identify, understand and correct the most underlying movement pattern dysfunctions and postural compensations that contribute greatly to increased risk of injury or the current pain most people suffer from. Become an expert at Corrective Exercises Therapy. Differentiate yourself and grow your business with a proven program that you can be certain in.

