

The Number 1
Secret to
HEALING



Hi . . . I'm Amy Clarke and I'm about to share with you my Number One Secret to Healing. But first I want to introduce myself. . .

Ten years ago, out of the blue, I was struck with severe neck pain. I thought it would go away, but it didn't. Instead it got worse, to the point I was overwhelmed . . .not only by the pain, but by a huge fear that I'd be like this forever.

I couldn't sleep; I couldn't manage my work or my family well . . . and all the joy and fun had gone from my life.

Of course I went to my doctor . . . tried all the "usual" remedies (pain killers, anti-inflammatories, physio, chiropractor, hot & cold compresses etc), but NOTHING took away the pain.

I was terrified. I felt trapped in my body with no escape from the pain.

X-rays showed a herniated disc and I was told it was pinching a nerve. "When it gets too bad," said the doctor, "I can send you for surgery." But I didn't want surgery! After the doctor's words, my pain increased.

I couldn't find an answer to the pain, so the only choice I had was to try and find the answer myself!

I'm a **qualified counsellor**. . . so using my training and intuition and re-searching everything I could find on pain and healing . . . I put together the most powerful threads of information I had found . . . to create my healing plan.

It was like going through a maze . . . finding a way through . . . and a way out. . . and at the end, finding a Hidden Door.

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The Hidden Door to HEALING

That's why I've called my 5 step method:

"The Hidden Door to Healing".

I persevered with my Healing plan (because I had no other option), and in **2 weeks** I had **NO** pain!

I can't fully express what that felt like . . .to have my life back again! And I've never had neck pain again . . . even with that medical "diagnosis"!

Passing it on

I knew there'd come a time I'd be able to pass my learning on to others.

That time's come . . . and I'm really excited . . . what I went through. . . and what I learnt . . .won't be wasted.

I can now pass this knowledge on, to help others who are suffering and overwhelmed with fear.

So, before you go any further . . . if you want to know more about my 5 step method, through The Hidden Door to Healing, that can work for Back, Neck and Head Pain . . .and **more** (I've also healed myself from a non- painful condition, that I talk about in my programme) . . . you can go to the link here:

www.thehiddendoortohealing.com

If you're in pain . . . or someone you love, is

Are you in pain . . . or know someone who is? Is pain the main focus in your life, making everything else fade into the background?

Maybe you're just curious about what's the best thing you can do to heal?

A Mine Field

Either way, we all know it's a mine-field of information out there, on how to have good health and how to heal.

We're bombarded by bill boards, junk-mail, newspapers, TV, internet, radio and well-meaning relatives and friends.

We swallow these messages, along with the latest fashionable pills and potions, making the pharmaceutical companies richer and our own wallets lighter.

My Grandparent's

My great-grandparent's and grandparent's lived well into their 80's and 90's. The marketing might of the "chemical crusade" had yet to march over the horizon.

Now it's "normal" to have bottles of various pills stashed in the cupboard for various ailments and the promise of "top-shelf" health.

I don't disagree with common sense health advice. Most of it's what my grandparent's lived by. You know that good old fashioned advice . . .

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- Eat lots of vegetables and fruit.
- Drink lots of water.
- Exercise - My grandparents didn't know what a gym membership was, but they did know about keeping up with the quarter acre section, vege garden and chooks . . . and the bike ride to work.
- Lose weight - This wasn't on my grandparents worry list . . . the quarter acre and biking took care of that.

So what do we find today on OUR "worry list"?

- Eat less meat
- Eat more meat
- Detoxify
- Fast
- Don't eat dairy
- Do eat dairy
- Don't eat too many eggs
- Do eat lots of eggs
- Do aerobic exercises
- Do weight bearing exercises
- Strengthen your core
- Take supplements - multi-vitamins; minerals, omega 3's, omega 6's etc. etc.

And on and on it goes, the information becoming more and more complicated.

Why are we now seeing vast numbers of people suffering various pain syndromes . . . syndromes that were unheard of in my grandparent's day?

Back pain today affects more than 70 million Americans, more than cancer, diabetes and heart disease combined. It costs the local economy more than \$100 billion per year.

It's also the #2 reason why people visit their doctor and the #1 reason people stay home from work.

Humans have evolved over many generations. Why in just a relatively short span of time has the human body become so weak that it's breaking down and suffering from pain syndromes . . . that include:

- Back & Neck pain
- Repetitive strain syndrome
- Shoulder pain
- Knee pain
- Tennis Elbow
- Leg pain
- Foot pain

Why don't East African Luo women who carry loads of up to 70% of their body weight balanced on top of their heads, have any evidence of harmful effects?

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Old Ailments . . . New Ailments

In some ways, nothing's changed . . . it's just the "ailments" that are different. Remember when "ulcers" were common . . . or rheumatism? Or if we went back to earlier times, "hysteria" with its often illogical pain manifestations, was the ailment in vogue.

Our Modern Pain Epidemic

I'm sure you know of people who've had back pain of some kind, and had various "remedies" including surgery, to then have further pain in their wrist, hip or shoulder etc. requiring more surgery.

Or other people suffering from disorders from which doctors are unable to determine the exact cause.

The medical sector with its "revolving door" patients . . . the "ongoing, never quite get better, returning clientele," has become commonplace and seemingly "normal".

You have to ask the question: "What's going on"?

The modern medical model, our health system is based on, has given us some incredible benefits and advancements. However much of the older holistic wisdom was lost, when Descartes in the 17th century said the mind and the body were separate entities.

This is not true (and there's lots of research to back this up.) The mind and the body are linked and affect each other.

Let me give an example.

If you **feel** embarrassed over something you've just said or done in front of a group of people . . . you're likely to have a **thought** such as, "How could I have said that . . . how embarrassing!"

Your **body** will respond to that feeling/thought in a number of ways:

- By blushing
- Increasing your pulse and/or blood pressure
- Sweaty hands

This has evolved as a normal human survival mechanism, no different to the "fight/flight" response that prepares us to stand and fight the tiger chasing us, or run from it.

Even if we just *imagine* being embarrassed or *imagine* the tiger chasing us, it can be enough for our bodies to physically respond in the same way, though probably to a lesser degree, as if it was really happening.

Our body responds to an actual happening . . . or to a thought, as if both were real.

It's interesting to know that prior to 1950, chronic back and neck pain wasn't common. It was not **THOUGHT** to be significant and was normally quickly resolved.

If you read the above statement again, you will have discovered part of the **NUMBER ONE SECRET TO HEALING!**

Yes that's right . . . it's the word **THOUGHT**.

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My Body followed My Brain

After I was given my “diagnosis” of a herniated disc and pinched nerve, my pain got worse.

You know why?

“ A placebo is proof that there is no real separation between mind and body.”

- Norman Cousins in Anatomy of an illness.

I **believed** the good doctor . . . after all he was the “expert”. So as my mind took this as “truth”, so too did my body.

After the doctor’s “diagnosis,” without realizing what I was doing, I imagined (visualized) my damaged vertebrae and squashed nerves and as I unconsciously did this, my body obliged my thoughts and feelings as being legitimate and true. . . creating further pain.

There’s a name for this negative association. It’s called NOCEBO, and means “I will harm”. It’s the opposite of the term PLACEBO.

Numerous medical studies have been done using placebos, often showing positive effects. Patients are given (unknowingly), a sugar pill, for their ailment and consequently get better.

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So . . . part of the Number One Secret to Healing lies in your THOUGHTS . . . or in other words **YOUR MIND**.

Another part lies in your **REPRESSED EMOTIONS**.

As a Counsellor and as someone who's spent many years interested in and looking at my own "interior world," I would not have thought this applied to me.

And it did!

The third part of the secret you need to know is this. . .

More than likely your repressed (mostly "unknown") emotions will involve a **CONFLICT** of some sort that you are "denying", or pushing away, because it just feels too difficult to sort!

The Medical Model

You are highly unlikely to find your medical practitioner telling you the answer to your healing lies in your Mind/Body and that it's your repressed emotions . . . mainly anger, which is at the root of your pain problem.

You won't find him/her telling you, that at the source of your unconscious anger, probably lies a conflict of some kind.

More than likely, you'll be prescribed a "remedy" that involves your **symptoms** . . .rather than the **cause**.

You also need to know there is absolutely **nothing** to feel ashamed about.

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It's **NORMAL** for all of us to have emotions we prefer to push or hide away.

It's just that . . . this is seldom acknowledged or talked about in our medical system today!

I want you to know, there **IS** another way through.



You **can** get rid of your pain and your suffering and have your life back again . . . just like I did.

With my 5 step method, I explain what you need to do and how to do it.

I take you through the process.

Please don't let pain be the master of your life any longer.

Let me take you through **The Hidden Door** . . . to **your** healing.

Let me help you get your life back again.

With very best wishes . . .

Amy Clarke

www.thehiddendoortohealing.com

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