

# Doctors Report From The 2010 Pain Elimination Boot Camps!

Here's what's ALWAYS happened in every class we've taught:

## **"Well Known M.D. Amazes Patients and Audience By Turning Off 100% of Trigger Point Pain With P.N.T.!"**



"2 weeks after I attended the June 2010 Boot Camp, I held a seminar, partly to introduce the techniques I learned from Dr. Kaufman. I bravely decided to take my chances by asking for volunteers from the audience to see if I could relieve their pain from tender trigger points. A dozen people volunteered to put me on the spot. **To my amazement, to the patients' amazement, to the audience's amazement, every person who volunteered reported complete relief of tenderness after less than a minute of treatment.**

I don't expect 100% effectiveness in the future, but I trust these treatments to melt away my patients' trigger points and substantially improve the quality of their lives." **Terry Chappell, M. D. Bluffton, Ohio. Past president, American College for Advancement in Medicine, founder, International College of Integrative Medicine, and one of the pioneers and leading practitioners of alternative medicine and chelation therapy**

## **"Pain Management Specialist M.D. Eliminates His Own Facet Pain in Seconds!"**



"Not only were the results on other patients/physicians stunning, but also the treatment I had at the boot camp: in 2-3 seconds, all of my own trigger points and facet pain disappeared!" **David Walsh M.D., Pain Management Specialist, Mobile, AL**

## **"15 out of 17 Patients Eliminate All Pain As P.T. Applies the Pain Elimination Techniques the 1<sup>st</sup> Day After the Seminar!"**



"Following the PNT class in 6/10 I returned to my PT practice where I treated 17 patients and had incredible results with turning off all pain in 15 of the 17 patients. This has been the best technique I've ever learned in my 30 years of PT practice. My patients are in awe of it. Thanks Steve so much for sharing these techniques with us".  
**Teena Petree, P. T. Plano Tx.**

## **"Constant Neuropathy and Butt Pain of 2 Years Gone After Treatment!"**



"I had a chronic constant pain of my left buttock with left foot numbness and neuropathy for over 2 years. One treatment at the Bootcamp stopped the pain! Thanks for fixing the 'pain in my ass!" **Thomas Hnatko, D.C., Lloydminster, Alberta, Canada**

## **"Pain Specialist M.D. Refers 5 New Patients a DAY to Acupuncturist After His Own Pain Is Eliminated Using The Pain Elimination Techniques!"**



"After utilizing the basic PNT protocol on my local pain specialist M.D., he has been so impressed with the results he has referred up to 5 patients a day to my practice! He has been to many other pain specialists in other areas of the country and locally with no results. After only a few PNT treatments, he is comfortable at work as well as other activities. He is now working toward returning to a very strenuous tennis routine." **Brian Osborne L.Ac., Plattsburgh, NY**

## **"Chronic Post Surgical Gall Bladder And Back Pain of 7 Years Disappears After PNT Treatment !"**



"I had chronic right lower quadrant pain with heaviness in the cecum, and pain in the gall bladder area, after a cholecystectomy 7 years ago. It went down my right flank with pain at L5-S1. All symptoms were eliminated after a treatment at the bootcamp!" **Clarke Odden, D.C., Ogden, UT**

## **"Stunned Former Skeptic Sees 'Unbelievable Results', Also Loses His Own Trapezius Pain, at Pain Elimination Boot Camp!"**



"I came to the seminar as a 'respectful skeptic' but nothing could have prepared me for the unbelievable results I observed. Problems that either respond slowly (or not all) in my office were eliminated in a few minutes. This information will enhance my clinical skills immeasurably. As an added bonus, the constant upper trapezius pain I walked around with on a daily basis was greatly relieved in just a few minutes. I feel very confident that I will be able to apply these procedures in my practice Monday morning." **Michael Clancey, D.C., Fairmont, MN**

## **"Miracles are Common, All Day Patients Say "That's Amazing!"**

## **"My Own Breathing Improved Dramatically for the 1<sup>st</sup> Time in 26 Years!"**



"I've been doing Dr. Kaufman's techniques for 3 years. I can honestly say that miracles are commonplace. Every day, all day, I hear "That's amazing!" The Kaufman Techniques will get you consistent results. The more you learn, the better your patients get. And that is why we all got into healthcare. When I signed up for the September 2010 workshop I called Dr. Kaufman to request the respiration treatment, because I was jealous of the patients that I help with asthma/bronchitis/COPD: they were getting great results, but I still had my own respiratory problems. After a severe injury I had a total chest reconstruction surgery 26 years ago, and have had breathing problems ever since. After treatment at the boot camp, I felt air reaching points of my lungs that I haven't felt in 26 year." **Reuben Mickel, D.C., Vancouver, WA**



## **"Post Surgical Hernia Pain of 5 Years Gone in Seconds, and Stays Gone!"**

"Dr. Kaufman relieved my post-surgical left inguinal hernia pain. I've had a nagging constant chronic pain for 5 years. It took him 15 seconds to resolve it. 6 month follow up: the pain is still essentially gone." **Patrick Whitaker, D.C., Belvidere, FL**

## **"Vascular Surgeon Has A Myofascial Pain Practice Using Only the Kaufman Pain Elimination Techniques!"**



"I'm still performing the PNT techniques with very good success (2 years after the boot camp). My practice only uses your techniques." **Marvin H Wilson, M.D., vascular surgeon, Topeka, KS**

## **"Constant Neuropathic Pain Of 4 Years STOPPED After 1 Treatment At the Boot Camp!"**



"I had constant neuropathic pain radiating from my hip and pelvis to my groin and front of my leg due to surgical complications 4 years ago. To my amazement, the constant shooting pain eased, then stopped after treatment at the seminar. This pain has limited my lifestyle for the past four years, and I'd tried everything traditional and alternative medicine had to offer with limited results. This is most wonderful for someone who had been told either I could learn how to live with it (as I'd done) or become a nonstop user of painkillers!) I know more than one treatment may be needed, but what an AMAZING result for just a few moments of effort. 'Wow!' " **Christy Wilson, L.M.T, Dallas, TX**

## **"Peripheral Neuropathy of 17 Years Turned Off, Narcotic Dosage Reduced!"**



"A patient with idiopathic peripheral neuropathy for the last 17 years came to me for acupuncture treatment. She is on methadone to control the pain but even so the pain would be unbearable by the end of a day's work. While acupuncture dramatically improved her numbness, she would still have pain by the end of a day. I used meridian bending to neutralize trigger points in her lower legs and **the pain turned off instantly!** We were both shocked and on follow have found the pain relief to last about 5 days. And the technique is so simple that I showed her son how to do it between office visits. She has dropped her methadone dosage for the first time in 17 years and is planning to drop it again. I can't wait to use the new techniques I learned at the seminar for neuropathy." **Jim Stegenga L.Ac., Olympia, WA**

## **"Clicking TMJ and pain gone in under a minute, Stays Gone 2 Weeks Later!"**



"My 14 year-old son, Allen, had a 'popping' jaw, causing him a lot of discomfort. **After a 45 second treatment the 'popping' was gone, on the spot!** Very impressive results!! **2 week follow up: the jaw has not clicked at all since the seminar.**" **Curt Maxwell, M.D., Yuma, AZ**

## **"Frozen Shoulder Goes From 90° to 160° in Minutes; Is Still Normal 8 Months Later!"**



"I had fantastic results with a left shoulder problem. At the October 2009 Bootcamp I couldn't raise my arm more than 90°. After the first and only treatment, I could raise it 160 ° and now in June, 2010, **my arm is 180° with just a slight pain toward the end of abduction.** Also, I find my vision is better after neutralizing trigger areas in my neck. My experience with your approach has been phenomenal. I'm now especially sure and confident when taking care of people!" **André Laplante, D.C. Gatineau, Québec**

## **"Osteopathic Physician Gets Consistent, Rapid Results With Migraines Instantly; Also ITB Syndromes, Lumbar and SI Joint Pain, Upper Trapezius Pain, etc., Using the Pain Elimination Techniques!"**



"Since the seminar in June 2010, I've had much success in treating chronic ITB syndrome, lumbar pain, SI dysfunction and upper trapezius myofascial pain. Acute migraines have substantially decreased on the spot! Kaufman Techniques are a wonderful addition to my acupuncture/osteopathic practice, gentle, non-invasive...and effective!" **Rosalie Bondi, D.O., Arvada, CO**

## **"M.D. Had Neck Pain For 8 Years, Gone in One Minute At the Boot Camp! (It Was So Severe Only Codeine Would Relieve It Before!)"**



"I've had upper neck pain for the last 8 years without relief except from codeine. My range of motion was also decreased significantly, bilaterally. After treatment at the Bootcamp, in less than one minute, my pain was gone and my range of motion was **NORMAL**. I had hoped that I would get some help but was **stunned** to get this degree of relief."

PS: I was really impressed by your skills as a no- BS, articulate teacher. I also enjoyed your sense of humor very much. You were constantly dropping hilarious comments almost under-your-breath--often directed at yourself-- just a hoot! At one point, I thought I might get hell for laughing all the time. I'm really excited about actually doing something definitive for people, rather than a pill/pat on the head/surgery, etc. **Eric Gable M.D., W. Vancouver, BC, Canada**



"The Pain Elimination Boot Camp last year was the best thing that I've done educationally in 30 years of practice." **Debbie Powell, P.T. Jackson, AL.**

## **Best Selling Author/Psychiatrist Hyla Cass, M.D. Gets Dramatic, Instant, and Lasting Results with Hip Pain!**



"Stephen is a miracle worker! I've had many different types of body work and chiropractic, but what he does is beyond anything else I've experienced. He **literally removes the cause of structural pain, and the pain stays gone!** I met him several yrs ago, have been fortunate enough to experience his work direct from him on several occasions, and I am always amazed and gratified. He's got the goods! I recommend that his seminar and DVDs be seen by every healer-- bodyworker, DC, or other physician, and be the standard of care. Simply - it works. He's also an excellent teacher. It's one thing to be a master of your craft, and another to be able to convey it successfully to others. He does it all." **Hyla Cass, M.D.**

## **"I've Seen Evidence Based Results, Often in Seconds!" Says Physical Therapist!**



"Dr. Kaufman is a true innovator. He has a wide variety of brilliant techniques that produce real and rapid results. While he may not have evidence-based studies due to the newness of his techniques, he produces evidence-based results in real time—often in seconds." **Todd Pollock, P.T., Kasilof, AK**

## **"Burning Neuropathy in Thumb, Knee Pain Gone Immediately!"**



"With all the classes I've attended with Dr. Kaufman, I still learn incredibly useful new information in each class. The respiratory protocol has been very successful in helping people breathe. I've had right hip pain and knee pain nearly a year, limited, painful range of motion. Dr. Kaufman eliminated several trigger points in a very short time and the knee pain is gone, immediately. I've had a burning nerve pain in the right thumb on elbow and thumb extension. Dr. Kaufman eliminated the burning in less than one minute."

**Kerry Randa, D.C., Loveland, CO.**

## **"Painful Upper Trapezius Pain of Several Years GONE in Seconds!"**



"I had a painful upper trapezius for several years following a chiropractic adjustment to my shoulder. The pain was gone in seconds, at the boot camp. My diaphragm then released and I could breathe easier! One night, I was awakened by my friend who was in pain and couldn't sleep, from pain following dental work. I was half awake, used two techniques, and it was gone!"

**Aleae Pennette DC, Santa Rosa, CA**

## **"Chronic Neck/Shoulder Pain Of Many Years ELIMINATED in 2 minutes!"**



"I've been living with chronic neck/shoulder/trap/rhomboid pain for as long as I can remember. In less than 2 minutes Dr. Kaufman eliminated the neck and trap pain."

**Kate Canfield L.Ac., New Smyrna Beach, FL**

## **"My Low Back Felt More Comfortable Than It's Felt in Years!"**



"Two months ago I experienced an episode of debilitating low back pain that required spending 3 days in bed, and a few weeks of limited mobility. Flying to Dr. Kaufman's seminar was very uncomfortable and aggravated the pain and stiffness in my back. By the 2<sup>nd</sup> day of the seminar, after Dr. Kaufman and some classmates worked on some trigger points, my low back felt more comfortable than it's felt in years."

**Jim Stegenga, L.Ac., Olympia, WA**

## **"Severe Deltoid Pain of 6 Months Gone After 1 Treatment!"**



"I had severe deltoid pain and limitation of motion in my shoulder for 6-8 months. I regained full range of motion without pain after one treatment!"

**Herbert Dees, D.C., Farmington, N.M.**

## **"Post Surgical Abdominal Pain of 10 Years, Low Back/Sacral Pain GONE After Treatment at the Boot Camp!"**



"I've had tightness and tenderness in abdomen for about 10 years due to surgery. Referral pain was also a problem. Dr. Kaufman treated me and by lunchtime I had **NO tenderness and no referral pain**. He also treated my low-back/sacrum and the pain was gone instantly. I was able to sit through the seminar without pain. I've used Dr. Kaufman's techniques on my clients and have had amazing results. One client has been going to a pain clinic for 10 years and is on 4 different pain medications. After 3 treatments using PNT her

pain is 70% gone and she is off one of her pain meds." **Sherry Goodrich L.M.T., Douglas, WY.**

## **D.C. Amazed!: "My Shoulder Pain Of 3 Years Improved Significantly After One Treatment!"**



"My shoulder pain of 3 years significantly improved after only a few minutes of work. I was legitimately surprised at the speed of improvement even though I've been doing PNT for awhile now! The manual spinal nerve blocks have completely changed my treatment approach, almost overnight. It is downright scary how fast this stuff works on a good portion of patients. This was easily the best purchase I've ever made in the realm of technique DVDS." " **Nick Dimovski, D.C., Chicago, IL**

## **"I simply never realized how great your protocols are." Says a D.C. Highly Trained in MANY Other Techniques**



"While I've been using your methods to some degree since meeting you several years ago, my use was really more "superficial" or "haphazard"; I certainly did not achieve real excellence. Recognizing that I was still missing some pieces, (despite good results) I began studying your DVDs and using your procedures on every patient, in preparation for this seminar.

This has been a truly inspiring experience. **I simply never realized how great your protocols are.** I'm now able to achieve much better results than ever before—and fast. Patients are often amazed and really love their improvement, and also the gentle way this comes about.

I feel a new passion about my practice and my commitment to help as many people as possible. As a long-time AK practitioner (along with other related techniques such as TBM, ART, NET, CRA, BodyTalk), I love being able to get away from the more conceptual explanations (which most patients don't get anyway) to the bottom line of pain—light touch—no pain. I'm very grateful for your work."

**Frederick Mindel, D.C. New York City, N.Y.**

## **87 Year Old With Severe Sciatica, DJD,DDD Gets Complete Relief After 3 Visits!**



"I've had a dozen calls regarding your upcoming seminar. The underlying question is 'Is it worth the price?' My answer is that I've wasted lots of money on seminars that weren't what they claimed to be, but every dime I've spent on yours have been a bargain, because I've always received a multiple return on my investment in your DVDs.

"3 weeks ago a patient asked me if I could help his 87 year-old grandfather who was suffering from sciatica. He'd been to his MD and meds didn't help. His x-rays revealed DDD and DJD. After one treatment, yes one, he reported 50% reduction in pain. After 3 visits he was totally asymptomatic! Thanks for making me look good!" **Jim Monk DC, Chickasha, OK (9/7/2010)**

## **"The Treatment Was The Equivalent of a Total Knee Replacement- This Stuff is Wild and Amazing!"**



"Yesterday Dr. Kaufman performed the equivalent of a "total knee replacement" on my right knee: 20 years ago I tore the right medial meniscus. I had surgery and a portion of the meniscus was cut out. 2 weeks ago, I reinjured it. I turned and there was a loud pop in my right knee. I couldn't bear weight on it, and it swelled up. After Dr. Kaufman graciously worked on me in class, I have no pain in my right knee—it's gone! So after class I worked my left knee in a similar fashion and that pain is gone. This stuff is wild and amazing!" **P. J. Zaranskas L.Ac., Pollock Pines, CA.**

## Left Thigh/Leg Pain of Several Years Eliminated At the BootCamp!



"Dr. Kaufman treated and eliminated trigger points throughout my lumbar-sacral region that had been present for several years and were contributing to left thigh and leg discomfort. As a stand alone treatment or in addition to your present procedures Dr. Kaufman's techniques are extremely effective. The cervical procedures alone are worth many times over the cost of the DVDs or seminar." **Gord McDiarmid D.C.,**

**Thamesville, Ontario, Canada**

## "My Shoulder Abduction Immediately Improved From 90° to 130°!"



"I could not abduct my left shoulder past 90 degrees. After Dr. Kaufman treated me, I was able to abduct my arm another 30-45 degrees! Thank you!" **Bruce Ladd, L.Ac.,**  
**Brevard, NC**

## Severe Acute Low Back Pain, Sprained Ankle, Gone After treatment at the Boot Camp!



"I was a new patient in this very successful chiropractor's office. My lower back was really out. I had great difficulty putting on my socks, sitting down, standing up or lying down. After a brief treatment I walked out of there, with the pain gone. He said 'that was the Kaufman Technique,' and I said to myself, 'I need to dedicate my life to learning that, because that works!'" "

I twisted my right ankle 2 weeks ago stepping out of my car, and went down to the ground in pain. There was swelling around the lateral ankle. I had deep pain. Dr. Kaufman did PNT on my ankle. My ankle was instantly and completely pain free. About 3 hours later I noticed I was able to trot upstairs on tiptoe. And, I am fully able to sit 'Indian-style' with zero difficulty and zero pain. I have full range of motion." **Jessie Conley, R.N., Mount Vernon, WA**

## Chronic Back, Hip Pain Gone At the Boot Camp!



"I've had chronic episodic lower back/right hip pain. Following Dr. Kaufman's treatment I noticed later this afternoon that I'm not having low back pain." **Michael Arishin, D.C., Lodi, CA**

## Upper Back Pain of 10 Years Gone After One Treatment!



"I had upper back pain for more than 10 years. After one treatment: it was 50% better on the first day. The second day: my pain is gone!" **Lee Huang, L.Ac. Seattle, WA**

## Intense Headaches, Dizziness, Trapezius Pain Aggravated By Fluorescent Lights 100 % Relieved!



"I've been practicing Shiatsu for 30 years. I've suffered with limited motion in the shoulder and intense headaches and dizziness after long exposure to fluorescent lights. After 2 hours of the seminar I tried the Pain Elimination Grid—within less than 10 seconds I had 100%

relief in the upper traps and also noticed my eyes were free from discomfort after exposure to the fluorescent lights." **Joy Mari Sato, L.M.T., Wetmore, CO.**



"I came to this conference, my first, with positive attitude and fairly high expectations. I must say, I got a lot more than my expectations. I feel strongly that I should be able to use the techniques to treat family, friends and patients and actually help them, quickly."  
**R. H. Mehta, M.D., Ellisville, MS**

### **Chronic Bladder Pain and Frequent Urination Improved Significantly After Treatment at the Boot Camp!**



"For the past 6 months I've had problems with chronic pain and frequent urination. I've been taking antibiotics every 6-8 weeks due to reoccurrence of these symptoms. After 1 treatment by Dr. Kaufman my condition has improved significantly." **Alan Weber, D.C., Pell City, AL.**

### **EMF Sensitivity Improved By the Kaufman Self Treatment Techniques!**



"I have sensitivity to EMF from cell phones, etc. At the seminar I did the self-treatment techniques. A couple of minutes later, I could breathe very easily, my chest constriction released and vision was clearer. I was able to be in the conference room without EMF symptoms." **Kathleen K. Kronz, Kirkland, WA.**

### **Gynecologist Uses The Pain Elimination Techniques in His Practice On Chronic Pain Patients When Other Treatments Have Failed With Good to Excellent Results!**

"I find Dr. Kaufman's techniques very useful. I use them for patients that have chronic pain problems when other treatments have failed. I've gotten good to excellent results."  
**Robert Saieg, M.D., gynecologist, Troy, MI**

"The self treatment techniques alone are worth far more than the price of the seminar!"  
**Dale Reumping, D.D.S. Tahoma, Wash.**

"I've had a sore area in my left mid-back for 10 years, since I was in chiropractic school. It was always present, sometimes severe and burning. Dr. Kaufman applied PNT during a seminar and completely eliminated the pain in 5 seconds." **Brian K. Wagoner, D.C., Perrysburg, OH**

### **"My 93 y.o. Patient with Degenerative Osteoarthritis is 80-90% Better, After Being Written Off By the M.D.s! She's Thrilled!"**

"The seminar was amazing. The techniques were very easy to learn and implement. I witnessed many miracles as about 60 of the participants were treated by Dr. Kaufman for chronic pain.

I started using these procedures on Monday morning at 9:00 a.m. The feedback using Dr. Kaufman's techniques has been amazing from my patients. The term "wow, that's amazing" has actually started to get a little old! My own knee pain of about 2 years duration was gone and stayed gone after I treated myself at the seminar (3 months ago).

Dr. K has been sending me letters for 3 years. Quite frankly, they all sounded too good to be true. I didn't believe it possible that trigger points could be turned off in seconds with neurological reflexes. What really convinced me to come to the seminar was all the positive feedback from previous attendees. I figured they must all be telling the truth or he's a gifted writer of fake testimonials. Either way, I wanted to find out.

**Honestly, of all the professional development I've done in my 16 year career, this was the most useful and practical technique seminar of them all.** The patients are truly amazed that I can change their pain and increase their range of motion in minutes or seconds. Here's just a sample of the success stories.

A 47 year-old woman with 20 years of pain following a fractured foot is now pain free after only a few treatments. A 17 year-old young man with a 5 year history of bilateral knee pain is now pain free. A 50 year-old woman who had persistent pain for over 2 years after knee surgery is now pain free.

The most amazing success has been with the abdominal techniques. A long-term 70 year-old patient of mine confided in me that she has had a 5-year history of DAILY diarrhea. Nothing helped. After 6 treatments she is back to normal.

Another female patient, aged 56, told me she had a long history of heartburn, bloating and diarrhea for 36 years. She could only eat a few bites of food before she felt full. She is back to normal. A 62 year-old woman has had right lower quadrant pain since she was a teenager. After using the ileocecal valve technique only 3 times she is now pain free for the first time in over 40 years. Honestly, you could build a practice around that one technique.

My absolute favorite patient came in yesterday. She is 93 years-old and has been suffering with spinal pain for 'many years.' She also has right trapezius and right gluteal pain. The M.D.s have written her off as having 'degenerative osteoarthritis' and told her to 'live with it.' She's 80-90% better. She's saying that she's 'thrilled.' It's very rewarding to be able to help people like that.

It's such a great feeling to walk into a room with a patient knowing that there's a huge likelihood they're going to use the term, 'wow, that's amazing.'" Every D.C., P.T., M.D., and acupuncturist should have these tools in their toolbox. For massage therapists, PNT could be the ENTIRE toolbox."

**John Clark, D.C., Newcastle, Ontario**

## **DVDs of most techniques now available.** **[www.painneutralization.com](http://www.painneutralization.com)**

**\*Disclaimer:** P.N.T. and the other techniques are not effective for every patient. They may not work in any individual case. Several treatments are usually needed for lasting results. These reports were all written by the doctors themselves; they have not been verified by us, and may not reflect Dr. Kaufman's opinion. These are our best testimonials and may not be typical. Your results will vary. These doctors were treated with P.N.T. or other Kaufman Techniques™. We can not guarantee any particular result or outcome from this seminar, health wise, financial, or otherwise; however, we do guarantee your complete and total satisfaction with the material or your money back. There is no guarantee Dr. Kaufman will treat you in the class. Refunds are limited to class fee only, exclusive of expenses, for 30 days after the class date. You may only apply for one of the special discounts. Multiple discounts do not apply, with some exceptions-call for details. These techniques are not intended for the cure, diagnosis, or treatment of any symptom or disease. These techniques have not been approved by the F.D.A. Stephen Kaufman D.C. and Kaufman Technique LLC are not responsible for any loss or damage resulting from the use of these procedures or any information on DVD, in class, or in written form. Stephen Kaufman is not responsible for loss or damage in the event the seminar needs to be cancelled. We reserve the right to refuse admission or sales to anyone. We may not cover every topic listed at the seminar. The blood pressure techniques are not a substitute for medication; not all patients will respond. Patients may require regular maintenance treatment to maintain a lower BP. The techniques may allow patients on medication to reach their target BP, and allow patients not yet on meds to maintain a lower BP without meds. All patients with hypertension need to be monitored by a doctor. \* all material herein c.2009 Stephen Kaufman