



Dr. Robert Jay Rowen's

# SECOND OPINION

Vol. XVIII, No. 6

June 2008

## ***Chronic Pain Relief in Just 20 Seconds***

How would you like to have your chronic pain relieved in just 15-30 seconds? That's right! The relief you seek is just a few seconds away. Whether it's back pain, neck pain, shoulder pain, tennis elbow, or just about any other chronic pain, there's a treatment that can eliminate the pain almost instantly.

I know, it sounds outrageous. When I first heard about it, I thought it was impossible. In fact, when I first saw the treatment, I didn't believe it. There's just no way you can relieve pain that fast, I thought. Boy, was I wrong.

It took the incredible healing of a few of my colleagues to convince me. The first was Dr. Bohdan Lebedowicz, MD, a colleague I've known for years. When he had hernia surgery in December 2001, it left him with a nagging pain in his right lower abdomen. He suffered through the pain for years. It wasn't responsive to any physical therapy or intervention, conventional or alternative.

Then he met Stephen Kaufman, DC of Denver, Colorado. I've told you about Dr. Kaufman in past issues. He developed the Pain Neutralization Technique that can permanently free you of nasty chronic pain in 20 seconds.

How can such an unbelievably simple and quick technique do so much? It seemed to promise too much to fully deliver. But Dr. Kaufman amazed a group of hundreds of doctors last November at the ACAM meeting in Phoenix. We saw Dr. Kaufman heal multiple chronic pain cases, just like Dr. Lebedowicz, right in front of our eyes. So I had to write an update.

With Dr. Lebedowicz, he isolated the problem to his psoas muscle (behind the abdominal cavity). He neutralized the trigger point by a pressure maneuver on the

right side of his lumbar spine. Says Lebedowicz, "It took him about 15-30 seconds to absolutely eradicate it." Incredibly, the pain was gone in just a few seconds!

Dr. Kaufman doesn't use any chemicals, drugs, injections, or prolotherapy. He doesn't use any lasers. And there aren't any cracking joints. All he does is activate the most basic neurological reflex. That's all it takes.

So extraordinary were the cases of complete pain relief that Dr. Kaufman received written testimonials from most (if not all) the medical doctors that he treated at the conference.

For instance, Dr. Kenneth A. Wolkoff, MD (from Park City, Utah) wrote: "I had an amazing, instantaneous release of infraspinatus trigger points that have never been without pain. I've had 10 neck injuries, 40 years of neck pain and degenerated C5-6 disc. Treatment has resulted in immediate relaxation."

But these weren't the only cases. I saw about 40 consecutive cases of chronic pain completely resolved right in front of my eyes. The technique even resolved a few organ dysfunctions, which I thought would be impossible.

How is this possible? How can a simple trigger-point technique relieve pain instantly? It's really very simple. In fact, it's so simple that I'm astonished the technique is unknown in medical schools and largely unknown even to chiropractors. Here's how it works:

Try this movement: Flex your elbow. You might think that all it took to bend your arm was activating your biceps muscle. But it took an additional action. Your triceps muscle, the opposing muscle, had to simultaneously relax. If it didn't, your elbow would not have flexed. With every muscle action (contraction), your nervous system sends a simultaneous reflex signal to the opposing muscle to relax.

Now most pain is in the muscles or tendons. In some people (like me) there are muscles that are so tightly contracted that they can feel as hard as a rock. This contraction can bring terrible pain.

Muscle contraction and pain can be necessary functions. Your body often triggers the contraction to stabilize an injured area. However, they can remain on full tilt. It's almost like your body forgets to turn off the contraction when it's no longer needed for tissue repair. The circuit needs to be reset, just like pushing the reset button on your computer.

In the case of Dr. Lebedowicz, the surgery caused a painful reflex in his psoas muscle to assist in healing.

**SECOND OPINION** (ISSN 1068-2953) is published monthly by Second Opinion Publishing, Inc. **PUBLISHER:** Wallis W. Wood; **EDITOR-IN-CHIEF:** Robert Jay Rowen, MD; **SUBSCRIPTIONS:** \$49 per year; foreign addresses add \$13 U.S. per year. Send new subscriptions or changes of address to our **BUSINESS OFFICE:** P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288 or 770-399-5617. **SECOND OPINION** is a newsletter containing general comments on health, nutrition, and medicine. Readers are advised to consult with their own physician before implementing any health idea they read about, whether here or in any other publication. Copyright © 2008 by Second Opinion Publishing, Inc. All rights reserved.

The problem came when the switch did not turn off. Dr. Kaufman's Pain Neutralization Technique simply threw the reset button. Here's how he does it.

While there are a number of techniques, the simplest one to describe involves only a specific stimulation of the muscle's trigger point. When Dr. Kaufman stimulates a muscle in a specific manner, the nervous system will automatically respond by relaxing that muscle. For instance, if you have a trigger area in your back, Dr. Kaufman identifies the muscle. He then stimulates one of a few different reflexes to that muscle. There are nerve receptors in your tendons that automatically perceive the stimulus. They reflex into your spinal cord to instantly cause the muscle to relax. This instantly breaks the circuit of painful contraction.

If this doesn't work, Dr. Kaufman turns to an opposing muscle and uses a variety of simple reflexes on it. That makes your nervous system think that the opposing muscle is contracting. So, the corresponding reflex will be to instantly relax the affected muscle to allow the opposing action. Dr. Kaufman will press on the painful area or trigger point with one hand. With his other, he simultaneously applies a stimulus to the tendon of that muscle, or opposing muscles until you say "the painful point doesn't hurt anymore." That tells him he has found the source of the abnormal painful reflex. He simply stimulates that reflex for about 20 seconds. At the end, if you are like the dozens of physicians I witnessed, you'll be likely to exclaim, "Wow, that's amazing!" Or "I just can't believe it!"

That's what Rhonda King of Ft Worth, Texas said: "I have endured chronic neck and shoulder pain since I was 19, when I chipped a bone in my neck at C-5. I feel relief for first time in 15 years (after seeing Dr. Kaufman). This is amazing, amazing, amazing! I truly feel so much release."

Even my friend Terry Grossman, MD of Colorado found relief. He sat with me at the conference and watched almost all the doctors find relief. He was suffering from a tennis elbow that did not respond to prolotherapy injections. Dr. Kaufman was tied up with so many others that Dr. Grossman took matters into his own hands. He stimulated the reflex on his own affected muscle. In 20 seconds, his tennis elbow was gone!

Sometimes the most profound cures come from the simplest interventions. Dr. Kaufman's treatment couldn't

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be any more simple. Just activating your body's normal physiological reflexes can completely cure you of chronic pain. I've told you about prolotherapy, neural therapy, and wonderful healing devices, such as the cold lasers. I even believe in the power of prayer. But here's a "laying on of hands" technique that cures simply by resetting the nervous system reflexes.

Dr. Kaufman has trained many doctors in his Pain Neutralization Technique and has instructional DVDs available. It's 100% safe, and ridiculously simple. His training DVDs are available to doctors and health care professionals. His website is [www.painneutralization.com](http://www.painneutralization.com), and his contact number in Denver is 800-774-5078. Please encourage your health professional to look into this most basic of healing therapies to help you cure, not cover up, your pain.

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