

DECODING PAIN

The emotional blueprint to
healing chronic pain forever

by
Jonathan Shaw



"I am eternally grateful for jonathan who has opened my eyes to these wonderful techniques and given me the gift of a pain free life" - **Maddy Langan**

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the emotional blueprint to healing chronic pain

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Welcome

And thank you for downloading
this free version of my
groundbreaking book

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FOREWORD

Every now and again a book comes along that changes everything. I can think of a few and I am sure you can. This book is one of those. It is a game changer. Now we can heal and get rid of that chronic pain.

This revolutionary book with state-of-the-art healing methods uses the latest research to back up the methods used, to achieve our goal of wellness and a pain free life. This is the right map, the right information we need to reach our goal of wellness, and painless living. I know so because I have been having treatments with Jonathan for some time and we have achieved more than could ever be accomplished by other methods. This book truly changed my life. Rarely do we get such a comprehensive guide to healing ourselves with the most up to date methods. I have been involved in various healing paradigms for decades and yet when I met Jonathan I had never heard of most of the contents of this book. I am honoured to have edited it for Jonathan and been able to write the foreword because it gives me an opportunity to tell you how it can change your life and help you achieve real healing and health. This book is what we have been

waiting for. Tell your friends. I told my mother, and she was treated by Jonathan for her chronic arthritis. She saw Jonathan four times and her arthritis was 75% better in four one hour sessions that took place over a month. She is very happy as she has her freedom back. My father is also seeing Jonathan for his back pain and already he is feeling better too. I have a long list of friends who have consulted Jonathan for their health issues and he has helped them all. His work is nothing short of

awesome and there are not enough good things to say about him.

The latest scientific discoveries show that what we think affects our cells. Our cells react to their environment according to our perception of an experience. So if we experience a shock, it can change our cells and make us ill or give us pain. What this book offers us is the chance to clear that shock from our body and thus heal. Amazing. This is the first book in the series and focusses on pain in muscles, nerves, tendons and bones. There will be more books on skin, and other organs, and other health issues. I am very excited to read those too. Thank you Jonathan.

Sue Cook BSc (Hons) Lic LCCH

INTRODUCTION

I have decided to write this book because I am frustrated. For over a decade now I have been helping people suffering with chronic pain. And every day I see and hear of people suffering NEEDLESSLY. It angers and saddens me when I hear about people suffering in pain and believing that they have to suffer. I hear these statements all day long, *'There is nothing that can be done'*, *'The doctors don't know what is wrong.'*, *'I have to control it with medication'*, *'I have been told that I need an operation'*, Or *'I just have to live with it.'*

Do any of these sound familiar? If so, then I am here to tell you, that all of those statements are incorrect and it doesn't have to be that way. I know from my own experience with chronic pain, (which I will tell you about later), and over 14 years with helping others in pain, that there IS another way. In this book I am going to share with you something absolutely revolutionary, which can change your life forever, as it has mine. I am going to show you why you have chronic pain. I am going to share with you the reason your body is doing this to you. And I will show you that it is not random or out of your

control. And I am definitely going to show you that you no longer have to live with it.

I want to show you that your body is going through a process, like software running on a computer, and your pain is somewhere in that process. I can show you what started it, and where you are in the process, and what you need to do to come

out of the other side to be free of your pain. If you are reading this book and you are suffering chronic pain it means one simple thing, you are stuck somewhere in the process. Once you understand why you are stuck you can move forwards through the process, completing it and returning back to health. But I feel I must warn you, the information I am going to share with you

in this book is radically different from anything you may have come across before. This information can, and I hope will, change the way you view your health forever. All you need is an open mind, and a desire to be free of pain.

CHAPTER 1 THE BIG PROBLEM

I know what you're thinking, watching all the tv ads that show you happy smiling people 'free' of their pain after taking some magic wonder drug, and that you want that too. You just crave for that magic pill that can take your pain away forever. Well I have some bad news: that isn't going to happen. I don't mean to be cruel, but if you want to be free of your pain you need to accept that a pill cannot do this for you.

I am not saying that medication is bad. In acute conditions sometimes medication is necessary. It can help to maintain and control SYMPTOMS, but if you want to be free of pain, if you want to wake up everyday feeling great, with lots of energy and no pain, then a pill just won't do it. If you are happy at just maintaining or controlling your pain with medication after medication then this book is NOT for you. However, if you are tired of being in pain, if you have just had enough, and it is now time for you to let go of your pain, then this book could be the answer you have been looking for.

There is a big problem in the world today. You would think that with all the discoveries we hear about that medical science has made, that the number of people suffering would have gone down. Sadly this is not the case. It is actually increasing (according to the British Pain Society almost 10 million Britons suffer pain almost daily, in America the figures are even worse according to

the Institute of Medicine of the National Academies there are 100 million Americans which is more than heart disease, cancer, diabetes, and stroke see the diagram below.

Condition	Number of Suffers	Source
Chronic Pain	100 million americans	Institute of medicine (National Academies)
Diabetes	25.8 million americans	American Diabetes Association
Coronary Heart Disease	16.3 million americans	American heart Association
Stroke	7.0 million americans	American heart Association
Cancer	11.9 million americans	American Cancer Association

This is just not good enough and something needs to be done about it now.

The reason it is not getting any better is because traditional medicine only treats the symptoms and not the cause. The body is viewed as something that is broken and that somehow the body has made a mistake. This point of view does not work anymore. As you will find out later our bodies are far more intelligent and amazing than people realise.

People are tired of being pigeon holed and fobbed off with the latest wonder drug. They want answers. So far traditional medicine has not been able to provide this. Within the pages of this book I will answer your burning

questions around pain, what causes it, and what you can do to be free of it. Without any psychic ability.

CHAPTER 2

ALL ABOUT ME

I wasn't always an expert in freeing people from pain. I started out my career as a magician. This often comes as a surprise to people, but my love of magic started at the age of five. Since then all I ever wanted to do was be a magician. It amazes me to think that the things I learned as a magician are some of the skills I now use to help people become free of pain. And I can tell you from my own experience that being free of pain is one of the most magical things that ever happened to me.

When I was at school I was painfully shy, I could not say boo to a goose, I had very few people skills, did not think of myself as intelligent in any way, and if you had told me that one day I would write a book I would have said you were nuts.

Becoming a magician when I left school really helped me build confidence in myself and with speaking to people. And if it wasn't for magic I wouldn't be writing this book today.

Let me explain, you see when I left school I didn't do what most people do, I didn't go and get a job working for someone else, I started out as a magician immediately. Over a number of years I became very successful, perhaps too successful because I found myself working seven days a week, performing show

after show, just work, work, work, and no life. As you can imagine the inevitable happened, in my early twenties I had a nervous breakdown. It was a very hard time in my life. I felt completely overwhelmed, lost, and did not know how to help myself. So like most people, I went to the doctor, and he actually gave me the best advice of my life.

He told me to go on holiday and to get a hobby. This is where I decided to take up ice skating, I loved it. It was a way for me to escape from the stresses of work and life, and it gave me something I could do just for me. Then, after about a year of skating, I hurt my left knee. I could skate okay on it, but I couldn't walk up stairs without severe shooting pains. This really worried me. I had never really been ill in my life before and did not know what to do. So I went back to my doctor, and he gave me the worst piece of advice I have ever been given. He told me that I had housemaid's knee, which is a build up of fluid around the knee, that housemaids often get from scrubbing floors, hence the name housemaid's knee. I use to kneel a lot while entertaining, so my doctor put two and two together and made seven.

He suggested that I stop kneeling down and it would go away. Unfortunately this was not possible, although I did try, but for me kneeling was a big part of my job. And I just couldn't understand why after four years of kneeling I would suddenly develop housemaid's knee.

It made no sense and I am a very logical person. So I had to find another answer.

My ice skating instructor referred me to a natural therapist, who had saved her from having back surgery. It

took me six months to build up the courage to go see him, as all I had ever known was doctors. I was more than a little skeptical, however at this point my knee was getting worse and I had to do something.

When I turned up for my appointment I was greeted by a guy who was built like a wrestler, I was not expecting this. His presence was a little intimidating, but he came with a high recommendation. So I thought, 'go for it'. After an hour's consultation, he told me that my knee was not the problem, that it was my back that was out of place and causing referred pain into my left knee. From this moment on I was fascinated by how the body works. This man's name is Derek Huxter, and he completely changed my life. Not only did he tell me the real cause of my knee pain and help me solve it, but he also took me under his wing and taught me some of the secrets I use today to free people of pain. However this was just the start of my journey. Over the years of studying with Derek, I learned many amazing things. One of the things he taught me was how stress can sometimes affect the body. Little did I know back then just how right he was. It wasn't until about four years later with my own experience with stress affecting my body that I realised how true that is.

After working as a therapist for about four years, helping people with trapped nerves and frozen shoulders etc, I developed another chronic problem but this time in my shoulder. In my mid twenties I went down with a virus, just your typical flu type virus but it knocked me out for about four weeks. For most of that time I was in bed, my body was weak and I had a temperature and felt like death (man flu), us men aren't great at being ill.

During that time my back started to ache and be very sore, and I blamed it on the flu, which had gone. My back got worse and no amount of moving or stretching would shift it. My therapist worked my body but there was no permanent change and as the months went on it felt like my back was ripping my spine apart. It was so bad I couldn't concentrate, couldn't sleep, didn't want to socialise and felt depressed because every day I woke up it was still there and nothing shifted it.

I am stubborn and I never give up. I knew there had to be an answer, I wasn't born into this world in pain and because I am such a logical person I knew if I didn't have pain coming into this world then there is no reason for me to be in pain now. So I began my search, I took up meditation and learnt tapping (EFT) which were both great because they were helping me maintain and control my pain better; but it wasn't good enough. I wanted to be free of pain so I knew there was something missing. By this time I had managed to reduce the pain and localise it to my right shoulder which is where it stayed for about another year until I found Meta-Health which completely changed my life again. I knew it was a stress causing my pain, I had got to that conclusion quickly despite my scepticism but the tapping wasn't shifting it. When I found Meta-Health it could tell me the exact stressful event that had caused my pain, it could show me that my pain had a process to it and stages that my body was going through. It wasn't random. it could show me where I was in that process and why I was stuck and what I needed to do to resolve the problem once and for all.

I was hooked and immediately signed up for the course. To my amazement there was a course happening within

the month and I was able to make it, so I knew this was meant to be. When I arrived on the course I met Meta- health teacher Richard Flook. This man changed my life. I was in awe of his knowledge and skills as a therapist; everything he was saying was blowing my mind and yet made so much sense. I wanted to learn everything he knew. I was so keen to learn this information I took the course three times (it was that good). After just the first part of the course how long do you think it took me to heal my shoulder pain? Remember by this point I'd been in pain for 18 months. It only took me 20 minutes and the pain was gone. 20 minutes and I was free of pain, it was incredible. I could feel the pain drain out of my shoulder and the relief was just phenomenal. I was kicking myself that it was that simple but I was rejoicing because I knew I had found something truly magical for helping people free themselves of pain. Since that day I have learnt some incredible tools and methods that work alongside Meta- Health but its Meta-Health that holds the key to unlocking your pain so you can be free of it, which is why I have written this book.

At the time of writing this there are only a handful of books on Meta-Health that I am aware of but I want the world to know about it because this is life changing stuff. Once you understand what I am sharing with you in the pages of this book, you will never be frightened of your health again, you will feel empowered to know that you can take control of your own health and live a happy pain free life, and this is just the beginning.

CHAPTER 3

TOP THREE REASONS PEOPLE ARE STUCK IN PAIN

Now just before we get into the actual cause of chronic pain I want to share with you the top three reasons why people get stuck with pain. Why do you need to know this? Quite simply, when you understand these reasons I hope that you will see why you may still be suffering, and it will show you that something can be done now to free you of your pain.

The top three reasons people are still suffering with chronic pain are:

1 They are given the wrong diagnosis of what is causing their pain. I know we said earlier on that you need to know what's causing the problem before you can solve it, but what does that really mean? Well, let me paint a little picture. I had a client who had chronic pain in his right foot. He had been to doctors, physiotherapists, and podiatrists and they had all told him something different was causing the problem. One said it was arthritis, one said it was a problem with the bone and so forth. He was going around in circles.

They didn't know what was causing it so the treatments

they were applying weren't working. They were looking at the wrong problem. So he was referred to me. Now when I look at someone I think like a detective. One of my favourite T.V. shows while growing up was Columbo. I loved the way he would look at all the different pieces of the crime like a jigsaw puzzle, and put them back together again to solve the murder. And that is pretty much what I do, but without the murder. So when I looked at this client I realised that he had inflammation of the tendon. How did I know this? Partly experience, and partly using a technique called palpation and knowing what inflammation feels like. So now that I knew what the symptom in the body was, I had to work out WHY the inflammation was there. With a bit more detective work, I discovered that this client was quite unique. Every other therapist my client had been to see believed that he was walking on the outside of his foot because of the pain he was in. Now in fairness this is a natural assumption and would be the case in 80% of the people, but to me everyone is an individual and no two people are exactly the same. In this client's case he had actually begun walking on the outside of his foot before the inflammation was there, due to poor posture while he was running. Once I realised this I knew what I had to do to get him better. First, I had to get rid of the inflammation. Traditional ways of getting rid of inflammation are to take anti- inflammatories which in my experience do not work, or at best are really slow. I apply regular ice treatments and use massage techniques to drain the inflammation out of the body. Once we had done this we corrected his posture so that the inflammation did not return. This is what most traditional therapists miss, if you don't correct why the problem is

there in the first place it will keep coming back. After a few short weeks the pain had completely gone, his posture corrected and he was able to return to running. I hope by this example you can see what I mean when I say that people are given the wrong diagnosis. This guy's problem was very simple to fix. You can see how wrong diagnosis created his chronic pain.

2, The second reason people are stuck with chronic pain is that they are given the wrong treatment. Now this usually happens when they are given the wrong diagnosis first as in the previous example. Everyone who had diagnosed my client's foot problem had done so incorrectly so then they were applying the wrong therapy to the problem. Another reason you might have the wrong therapy may be down to the therapist's belief about what to do to solve the problem. Example: I had a client come to me with lower back pain, which was caused by an injury. However, he was also suffering with vertigo for which his doctors had been giving him medication (which wasn't working) so he was 'learning to live with it'. When I told him that I could help him with the vertigo as well, he was more than a little skeptical. But as I worked on him with his back I also treated the cause of his vertigo. In the case of vertigo, doctors know that it is caused by an inner ear imbalance. However they don't know what causes the inner ear imbalance so they just prescribe medication, which in my experience rarely works. If they had been a detective like me they would have discovered that when my client injured his back he also banged his head, giving him a mild whiplash. This caused his neck to be slightly tilted to one side, which in turn caused the inner ear imbalance.

So the correct therapy was to work the muscles of the neck, and give him an exercise to correct the postural imbalance, thus putting his neck in the right place and correcting the imbalance in the ear. Medication would have never solved my client's vertigo, because it wasn't the right treatment to address the whiplash. Within three weeks his vertigo had gone, after suffering with it for nine months. So as you can see, it is very important to have the right therapy for the right problem. This is why I said earlier on popping a pill will not solve your chronic pain.

3 The final reason people are stuck with chronic pain is because they are told nothing can be done. Now most people are told that nothing can be done for two reasons. Once traditional medical doctors, have tried all of their methods and nothing has worked, they give up on their patients. And if you are reading this book and that has happened to you please let me reassure you that there is always an answer, you just have to be prepared to have some of your belief systems challenged. The second reason is because traditional medicine does not believe that certain things can be cured and these are mostly things like autoimmune diseases, e.g. arthritis, chronic fatigue, MS, etc. Again please let me reassure you that all of these can be overcome, you just need to deal with the true cause of pain and disease, which we are about to get into.

CHAPTER 4

THE TOP THREE CAUSES OF PAIN

Now you understand that popping a pill is not going to solve the problem. Let's face it, if the pills could do that then there would be no problem anymore. If the medication really worked then there wouldn't be millions of people suffering still with chronic pain. Everyone would be cured and living happy and healthy lives.

Now that we are on the same page, so to speak, let me share with you what's really causing your pain. Why do you need to know this? Quite simply if you don't know the cause, then you don't know where to turn to, to solve the problem. My aim with this book is to not only show you what's causing your pain, but also to show you the right things to do to be free of it, saving you thousands of pounds/dollars in unnecessary and possibly the wrong treatments. I have heard countless stories of people going from therapist to therapist; doctor to doctor; with very little results and it costing them a fortune. I want to show you the quickest and fastest route for you to take and save you from making the same mistakes. Don't get me wrong I'm not blaming anyone for trying what they believe is the right thing, because let's face it it's all around us, tv, media, magazines, radio, etc. tell you if

you are unwell go and see a doctor, if you are in pain take this pill, we hear and see it all the time.

So naturally I understand why people go down that route. This book is here to change all that. You see people naturally assume that doctors know everything about health. I'm not putting down doctors, I would just like to dispel the myth that doctors know everything, because they don't. I look forward to the day when all therapists, including doctors, work together to help people truly heal. If someone came to me while they were having a heart attack I would call an ambulance and send them to the hospital because I know that they need medical assistance and the medical profession is good at doing that. In return I would like doctors, when a patient goes to them with chronic pain, to hold their hands up and be honest and say '*You know what, we can't really help with that, you need to go see Jonathan at Decoding Pain, or anyone who is trained in finding the root cause of pain.*'

I am not saying that I know everything either, because I don't. But I do know what causes chronic pain and I know how to free 90% of the people that come to me of their chronic pain. I can't bear to see people needlessly suffer. I believe that it is irresponsible of doctors to disregard other therapies and believe that only they can heal people, because the people trust doctors, they are respected and looked up to and people go to them for answers. By telling people that other therapies don't work, and putting down natural therapy, they are doing a great disservice to the human race and are keeping people stuck in pain, and also I believe going against the Hippocratic Oath that they took to help people. I will say though that things do seem to be changing slowly.

There are some truly amazing doctors out there who do study natural therapies, because they recognise that we need to

combine all knowledge to help people. People are no longer happy with just being given a pill and told to rest, they want answers and if they don't get it from a doctor they now start searching elsewhere.

So here are the top three causes of pain. In reverse order:

3 lack of flexibility. I am not asking you to become a gymnast or a ballet dancer, however everyone's muscles no matter what age should have a certain degree of flexibility. Most people have the ability to be more flexible than they think, and it doesn't take very long either to improve. Just ten minutes a day doing some simple stretches could prevent you from injuring yourself, and being stuck with chronic pain. I can't cover in this book the stretches that are right for you because everyone is an individual but I just want to stress the importance of being more flexible. Let me give you an example, I had a client come to me who in her words had

said, '*her back had gone*'. I'm not sure where it had gone because when I saw her, her back was exactly where it was supposed to be, but to her mind her back had gone. This is quite a common term that people use when they have lower back pain. In a nutshell this client had injured her back while gardening, which had retriggered a problem that she had a few years ago. Luckily this time she was referred to me, because unfortunately the advice she was given previously was that her back was weak and she needed to be very careful with it. In her case this was very bad advice, and because of that advice she

stopped doing certain activities, some were everyday things and some were hobbies that she liked to do. This advice persuaded this client to stop doing her activities and be extra careful with her back, and this resulted in a big problem. When I looked at this client the only thing that was wrong with her back was that her muscles were not flexible enough because she had stopped moving her back. This caused the muscles to lock and tighten. Have you heard of the expression '*use it or lose it*'? That is what was happening. Her muscles were so tight, when she went to do the gardening, when she stretched forwards the muscles were not flexible enough to allow her to do this. So she ended up pulling them and twisting her spine in the process. Once I had repaired the damaged muscles, I gave her some gentle exercises so that she could stretch her back muscles, but the most important thing I did was give her confidence in her back again. After a few short sessions she was back doing most of the activities that she had previously given up and feeling a hundred times better for it. This is just one of the many examples where people's pain is being caused by a lack of flexibility.

2 Poor posture. Gone are the days of wearing corsets and walking around with books on your head. Even being told to sit up straight at the dinner table doesn't happen very often these days. These things may seem redundant, out of date and even stupid to some people (including myself when I was younger). However, I have learned through my own painful experience and my over 12 years of working with clients, that good posture is one of the keys to remaining pain free and healthy. I would love to have a time machine so I could travel back to those days

where we did wear corsets and were told to sit up straight at the table, because I am willing to bet that those people had very little, or practically no muscle-skeletal pain. Of course there were other problems back then, but it is highly unlikely (although I can't prove it) that they suffered very much with muscle and joint pain. A lot of people do not understand the importance of great posture and the world today is not really conducive to good posture, for example driving in cars, sitting at computers, watching tv, etc. All of these things over time cause our muscles to seize up, tighten, stiffen, and become weak and this leads to many different problems. It is not just about how we sit and stand, it is also about how we move our bodies. Just knowing what our bodies can and cannot do would save a lot of people from chronic pain; I could write a whole book on posture, but for now let me give you an example from my own life.

Remember when I was telling you about my knee pain? And I told you that it was because my back was out of place that it was causing pain in my knee, well what actually happened was that I use to twist in the car all the time, you know what I mean, you might be driving along or parked up somewhere and you want to get something from the back seat, so you twist your upper body and reach over to get it. I didn't know at the time that this is a big mistake and your body doesn't like it. Performing this action of twisting in the car had pulled my spine out of place, which meant my hips and pelvis were not sitting correctly. This then meant when I was standing and walking around instead of my full body weight being distributed evenly through my knees, it had actually caused my body weight to shift to the left so now all of

my weight was being put over my left knee. This had put tremendous pressure on the left knee and over a period of time the pressure built and built, and eventually the knee started to hurt. Just having my spine put back in place would not have been enough. Fortunately, my therapist understood how the body worked and knew that I needed to do a few simple exercises to correct my posture and most importantly of all to stop twisting.

I also learned another very important thing during this time of pain in my knee, which goes deeper than just looking at posture and tight muscles. I learned that ultimately we are all responsible for our own bodies. My knee pain wasn't caused by some outside force, or my body breaking down, I didn't have to give up the things I enjoyed doing like my work or hobbies because I was in pain. The knee pain was caused by something that my body didn't like, incorrect posture and twisting, the responsibility for my body's health rested on my shoulders. Now of course I didn't know how to look after my body because we are just not taught it (although I do believe it should be taught in schools), but once I learned what to do and what not to do it was up to me to continue to do that, nobody else could do that for me. Think about it like this, when you buy a car you expect the car to last about ten years before you have to change it. So what do you do? Do you leave it on the driveway to rot never doing anything with it and never putting petrol or oil in it? Of course not, you wash the car, you keep it oiled, filled with plenty of petrol, you change the tyres, and you have it serviced regularly. The sad truth is that most people take better care of their cars than they do their bodies. And you only expect your car to last about ten

years, but how long do you want your body to last? If you want to prevent yourself from injury or chronic pain then one of the best things you can do is correct your posture.

And now for the Granddaddy of them all. The number one cause of chronic pain, which actually precedes the second two, and causes them as well, is stress. Aren't we all shocked? Now before you get ahead of me, because I'm pretty sure a lot of you may have heard this concept before, I am not talking about stress in the way that most people think of it. The word stress has become a common term; and when most people think about stress they automatically think about it being emotional or psychological. This puts people off, it makes it sound like it's our fault and some of it would be difficult to deal with and traumatic. Nothing could be further from the truth. First of all it is definitely not our fault; there is a mechanism inside us that switches on automatically that we have no conscious control over. And secondly I am not talking about emotions or the mind. They do play a part but they are not the primary driver of stress. The type of stress I'm talking about is a biological stress, natural process that our bodies go through to help us to make us stronger. In the next few pages I'm going to share with you the secrets to what stress really is, why we have it, why and how it affects us, and what we can do to change it.

Testimonials

This book is a great guide to understanding why you have pain, and how to understand what it's telling you. Jonathan Shaw explains things in practical, down to earth language, and gets results which I've seen first hand.

Mike Broadwell

Excellent work! Great summary of healing work that can be used by practitioners and patients/clients.

Carole Seaver, ACE practitioner

I love this book. It explains clearly and simply why pain is there, how to clear it and what its all about. This book is a must for anyone wanting to move on with their life and be happy and free!

M.A Contreras

As an EFT and Reiki practitioner, I was interested to read this book which was recommended to me by a friend. I, too, have seen the effects of the metaphysical aspects of disease in my clients and agree with the author on many issues. It really is time for us to think differently about our ailments, to stop suppressing ourselves with medication and to start taking responsibility for our own health. This book is a good guide to developing lateral thinking.

Karen Peters

Excellent information of how emotions, trauma and pain all affect each other. A real eye opener, on how to release your pain, by finding the emotion/trauma/shock behind it, and be able to release that, therefore eliminating your pain. Thank you so much Jonathan.

Dan Barnes

I hope you enjoyed the first few chapters and I have a lot more information I would love to share with you

If you enjoyed these first 3 chapters and would like to know more then you can purchase my book at the links below

[U.K. Amazon Store](#)

[U.S. Amazon Store](#)

In the rest of the book I'm going to cover

- That there is a process to your pain & its not random
- Im going to reveal what starts the process
- You will discover What Handedness Is and why its so important
- You will discover what a UDIN moment is and why you absolutely need to know this
- I will share why doctors cannot help you

And Much More.....

To discover all of the above and more just click the link below

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If you would like to contact me please feel free to email me at
decodingpain@gmail.com

