

Relieve Pain by Using These Non-Invasive Techniques

You might be surprised to hear that pain has a purpose, beyond making us feel terrible. It draws attention to inflammation and injury by demanding focus to the area that needs support. Without treatment, pain can linger for days, weeks, and sometimes even months. Pain interferes greatly with your quality of life and hinders your performance in almost everything.

Therefore, it is extremely important that you try to find relief from pain as quickly as you can. We advise you not to let pain overstay its welcome. Try to nip it in the bud quickly.

We are lucky to live in an age where there are countless methods to get relief from pain. We would recommend you consider treatment options that are simple and naturally effective. Anyone who is familiar with BodyTalk will know to Tap Out Your Cortices. This simple technique can bring instant relief when we hurt ourselves, by calming the mind and reducing the reactivity quickly.

BodyTalk Practitioners are experts in using a number of non-invasive techniques to make sure that their clients get relief from severe pain as soon as possible. If you are someone who doubts the effectiveness of using non-invasive techniques to relieve pain, we can reassure you that once you experience your own BodyTalk treatment, you will realise how genuinely helpful and supportive these sessions are.

No one wants to go through a painful and costly invasive procedure or take pills regularly to relieve pain.

Here are a few non-invasive techniques that are worth looking into to get relief from severe pain.

Hot and Cold Packs

This tried and tested method works like a charm. You can buy a cold and hot pack to relieve pain from certain parts of your body like knees, shoulders, lower back, neck, and various other parts.

Alternatively, you can also request your BodyTalk Practitioner to “Tap out your Reciprocals”.

Gentle Movement

Gentle movements, breath control, and breathing exercises are heavily prevalent in techniques used by moderate practices like tai chi and yoga. You can strengthen your muscles, build stronger bones and relieve pain by correctly following gentle movement routines on a regular basis.

Mind-body Techniques

Mind and body techniques combine breathing exercises with mindfulness and meditation. When we are in a state of stress, we start to shallow-breathe. Using mindfulness can help to restore the balance by



training the mind to pay attention. Combined with regular meditation, these techniques can address pain through awareness and relaxation.

Massage

If you are experiencing severe pain, opting for a massage from a qualified therapist may give you some relief.

Physical and occupational therapy

Some physical therapists can guide you through a series of exercises in order to improve your mobility and strength. Additionally, a qualified therapist will ensure that your pain doesn't aggravate.

Exercise

Pain is one of the biggest reasons for reducing your body's mobility. It can limit your movements significantly. The body needs regular movement to stay flexible and strong.

Performing light aerobic activities is a great non-invasive technique to relieve pain.

Going for a regular walk has many benefits for physical, mental and emotional health.

Energy Medicine: BodyTalk

BodyTalk is a gentle energy medicine that is good for releasing any stuck energy.

Chronic pain can take hold and be locked into the body. Allergies can plague people through the Spring weather. Kids can suffer unnecessarily with learning difficulties.

All of these can be addressed with BodyTalk.



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