

Reminder.....
The NEXT Fraser Valley
Pain Self-Management Educational Support Group
(P.S.M.E.S)

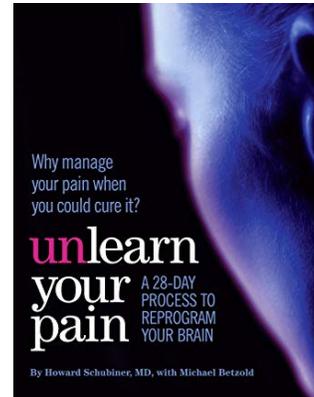
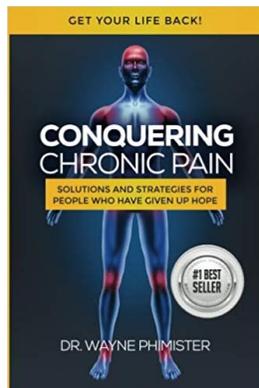


Is Tuesday, February 19, 2019
10:30am-12:30pm
At Church of the Valley - 23589 Old Yale Road Langley
RSVP To: Lorinda@pipain.com

Education Session for Feb 19: Freeing People from Pain with Guest Presenter - Dr. Wayne Phimister MD, who Conquers Chronic Pain by providing Solutions and Strategies for People who have given up hope.

Featuring Dr. Wayne Phimister: Is a **Chronic Pain-Management Family Physician**, Assistant Clinical Professor, Host of Pain Solutions for the 21st Century iTunes Podcast Show, and **Author of the book Pain Solutions for the 21st Century**. His qualifications are as follows; MBChB, BSc,DFFP, MRCP DipMedAcupCCFP CAFCI CertGunnIMSFCFP.

Concept: **“Freeing People From Pain”** is based on the concept that you can take control of your own healing, learn how to calm your nervous system, and eliminate your pain without surgery. Based on Dr. Wayne Phimister's own book – **“Pain Solutions for the 21st Century”**, along with Prominent Spine Surgeon, Dr. David Hanscom’s best-selling book – **“Back In Control: A Surgeon's Roadmap out of Chronic Pain, 2nd Edition.”**



What you will Learn: According to **Dr. David Hanscom MD** you need to learn how to “**Turn Down your Pain Intensity**”. Why? Because after **2-3 months the Brain has changed and reprogrammed itself**, so in addition to your soft-tissue injury or general chronic pain, your pain is controlled by the emotional centre in the brain. The **Central Nervous System “Memorizes”** the pain, & if you have **Chronic Pain** this is what happens to your Brain. And ‘**YES**’ the pain you are feeling is **very real**.

You will be provided with a **Concise Overview of Chronic Pain**, an understanding of how **mental and Physical Pain are processed**, and a clear understanding regarding the **Science of Pain**. You will understand **The Complex Neurological Problem with Pain** – and how to **fix it**.

The **Good News** is that over time, with some hard work on your part, you can learn how to “Turn Down your Pain Intensity” and **retrain your brain**, and move towards healing yourself without surgery. Dr. Wayne Phimister will explain how.

THE 4 STAGES from Dr. David Hanscom MD's Website and Book

<http://www.backincontrol.com>

STAGE #1 - Laying the Foundation Stage

(Learn About Your Pain, Expressive Writing, Meditation, Sleep, Don't Share Your Pain)

STAGE 2 - Forgiveness and Play

STAGE 3 - Moving Forward

STAGE 4 - Expanding Your Consciousness

Contact Information:

(Appointments by Referral)

waynephimister@gmail.com <https://www.waynephimister.com>

<https://newleafwellnesscentre.com/>

Call Mobile: @ 778-908-0478 *(Only for Treatment Advice)*

Dr. Wayne Phimister works out of Both Locations:

New Leaf Wellness Centre in Abbotsford Call: 604-850-2511.

Website: https://newleafwellnesscentre.com

Integrated Health Clinic (Fridays) in Fort Langley Call: 604-888-8325

For the last few years he's used the basic technique of trigger point injections making it his own with a unique dynamic treatment formula on how to successfully treat patients with chronic soft tissue pain. He will also assess and treats postural alignment, cognitive behavioral therapy and provides insight to the mind-body connection on how to heal from pain.

He provides education and hope to those looking for solutions for chronic pain. A lot of them with over 3-months of chronic pain who have had no luck with traditional treatments. He also teaches other doctors his technique where-ever they are in the globe, and has created an online Trigger Point Course to make that

happen. He believes there are other ways to treat pain other than the traditional approach.