

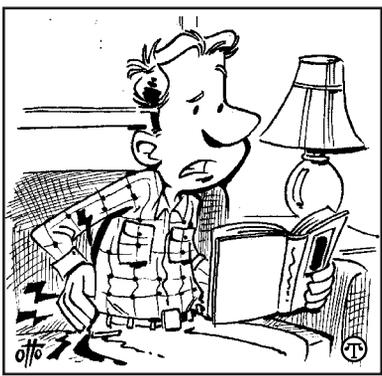
## Treating Chronic Pain

(NAPSA)—Science has explored a number of ways to help people deal with pain. Some developments—such as those involving drugs or physical therapy—may be the type of treatments most people would expect. Others, however, may surprise you.

For example, in 1997 Elvis Winterbottom was accidentally shot in the hip with a .45 caliber gun. After surgery, he was released from the hospital in a wheelchair, unable to walk. Recovery was slow and the pain was intense—to the point where simple actions such as taking a shower were difficult for him.

Winterbottom was a chronic pain sufferer. Chronic pain is a condition that affects an estimated 86 million people in the U.S. It's defined as pain that continues for a month or more beyond the usual recovery period for an injury, or pain that goes on for months or years as a result of a chronic condition.

Winterbottom experienced pain for years, until he attended a career seminar that did more than help his job outlook. While at a lecture on success in the acting industry, Winterbottom learned



**New, innovative approaches are helping cure people of chronic pain.**

about a course on the book *Dianetics: The Modern Science of Mental Health*. He signed up immediately.

During the course he received Dianetics Therapy—a technique developed by L. Ron Hubbard in which one looks at incidents in the past that may be causing physical and emotional pain in the present.

Hubbard said there are two parts of the mind: the analytical and the reactive. The analytical mind records mental images and pictures, except for in times of extreme mental or physical pain,

at which point memory is stored in the reactive section.

Hubbard maintained the reason people experience chronic emotional or physical pain is that the memories of their injuring events are “locked up” in their reactive minds.

“I spoke about the shooting and went through the incident with my counselor,” says Winterbottom. “I came home and told my wife about it, but didn’t think it was that big of a deal.” The next morning, Winterbottom and his wife set out to do their weekly shopping—a chore which Winterbottom generally needed an ample supply of pain killers to perform. “After an hour my wife said to me, ‘slow down,’” says Winterbottom. “Then it hit me: I have no pain. I am not limping. I have no pain!”

The next day he put his hip to the test. Winterbottom climbed the longest set of stairs in the world at Universal Studios—twice—and still, no pain. Today, Winterbottom’s hip is completely pain-free.

“It’s a miracle to me,” he says. “That course gave me my life back.”

For more information, visit [www.dianetics.org](http://www.dianetics.org).