



How To Move From Pain To Progress

Written by Daniel Eric Mutter, DC

There are three major steps that help people move from pain to progress.

The first step is evaluating what pain means.

If we consider pain to be an experience of discomfort in our physical bodies, then it makes sense that we want this discomfort to go away as quickly as possible so that we can go back to what we were doing before. Indeed, many of the interventions available to "alleviate" pain simply block the ability of the brain to register that the pain signals are there. They often do nothing to address why the pain presented to begin with or to change the ability of the body to be more efficient at adapting to the stress that caused it.

Pain is your body's way of alerting you that something needs to change. It is analogous to the blaring alarm of a smoke detector that goes off when there is a fire. The alarm is not designed to be pleasant, because its purpose is to move you to action. Blocking pain without addressing the cause is like taking the batteries out of the smoke detector. Sure, it will make the alarm stop, but it won't address the fire.

If we consider the meaning of pain in a broader context, we see it as a signal to stop what you have been doing, re-evaluate the elements of your life that

are affected by the pain, and to change what you were doing or how you were doing it.

The second step is understanding what making a change means.

Pain is an opportunity to reorganize how your body is able to adapt to stress and how this reorganization will translate in the way you live your life. In order to truly address the cause and the consequences of pain, you need to understand that something in your life is correlated with that something in your body that is giving you grief. Ultimately, healing is about having congruence in your body and in your life. When things are not lined up, the way our body alerts us to this is the experience of pain.

Change means understanding that we cannot go back to the way things were. The progression of life always has been and always will be in one direction, and it is forward.

The third step is finding a support system that will not only mediate this change, but help you during and after to find new depths of experience and greater connection to your

body, your self, and your ability to navigate the stresses of the modern world.

Principled chiropractic in general and the chiropractic discipline of Network Spinal Analysis in specific is a support system that cultivates healthy change. Since life is experienced through and expressed by the nervous system, having clarity and efficiency in this aspect of our body is essential. When the brain and the body are able to communicate effectively, the innate wisdom that organizes and coordinates every function of our body - from pain to healing to wellness and everything in between - is better able to do its job.

There is always a choice. We can choose to reorganize our bodies and our lives in order to consciously move forward and deepen the experience of life. By following the three steps discussed above we can choose to move from pain to progress. We have chosen to provide the highest level of reorganizational chiropractic care to our practice members and to serve as a support system for those looking to make a change in their lives. Let us know when you are ready for change!

To learn more about Waves of Transformation contact us at 732-244-5008

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Services:

- Family Wellness Chiropractic
- Network Spinal Analysis
- Somato-Respiratory Integration
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- CORE Score Neural Efficiency Testing



Dr. Donna M. Mutter, DC and Dr. Daniel Mutter

Dr. Donna M. Mutter, DC has been serving Ocean County for 30 years. She practices a reorganizational approach to health and wellness utilizing a form of chiropractic known as Network Spinal Analysis. She has been on both the clinical and teaching staff for this work since

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Dr. Daniel Mutter, DC practices reorganizational chiropractic at Waves of Transformation. After studying Philosophy at The College of New Jersey and graduating salutatorian from Life Chiropractic College West, he joined his mother in practice in 2013.

Medical Professionals

