



**Ask Dr. P**

*Innovative tips to stop pain, improve mobility  
and regain your health*

# Concepts of Self-Healing



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Congratulations on getting this report!

This is Dr. Dan Perez, author of this guide and editor of [Ask Dr. P](#) (formerly *The Pain and Injury Doctor Online*). It is a pleasure to assist you in your efforts to improve your health.

Before you read this guide, I'd like to tell you a little about me. My background is in chiropractic, physiotherapy and exercise rehabilitation. I have 25+ years of experience working with and studying the human musculoskeletal system. I operated a busy chiropractic practice in San Francisco, California where I treated thousands of cases of low back, neck, extremity and joint pain and dysfunction. My methods included manual therapies like chiropractic adjustments, joint mobilization maneuvers, exercise therapy and soft tissue work. I also emphasized preventive health to my patients via diet, exercise and supporting lifestyle habits. As my experience sharpened, I developed my own treatment techniques and protocols.

During the course of my career, I discovered certain therapeutic equipment that proved useful in treating pain and restricted mobility. Many of them, in fact, are lying around my home. I use them on myself, my family and friends. They are an important part of the self-administered, pain relief protocols I develop. I believe in them so much that I want to share and "spread the health."

Today, I continue my work of helping people overcome acute and chronic musculoskeletal pain internationally via my online telehealth platform, [The Pain and Injury Doctor](#). I strongly support using the expansive reach of internet technology to teach pain sufferers all across the world how to heal themselves using methods and tools that are within their means and abilities.

*Telehealth*—the accessing of health information via the internet and mobile devices for the purpose of managing one's health-- has crossed into the mainstream. You are probably aware that your doctor or hospital uses the internet to communicate health information to you. These days, patients can do things like take a picture of an unusual finding on their body and text it to their doctor for analysis; and even have their blood sugar level read via an app and sent to their doctor electronically. Many providers offer a library of health education videos for their patients. Times truly have changed in healthcare, for the better, thanks to faster internet speeds, Wi-Fi and the integration of mobile devices into everyday life. Millions of people enjoy the convenience of acquiring information on anything, almost anywhere, 24/7.

[The Pain and Injury Doctor](#) is a telehealth site for helping people manage acute and chronic musculoskeletal pain using lifestyle modification, targeted exercises and self-administered therapy. After many years of treating patients, I absorbed important statistical information that shaped my treatment philosophy. What I noticed is that the vast majority of patients who complained of things like back and neck pain did not injure themselves. Instead, they typically described pain appearing gradually with no apparent cause. When I asked patients about it, I noticed a pattern: they were engaging in lifestyle activities that made them

vulnerable to accelerated body breakdown, and eventually pain. The main culprits were a sedentary lifestyle; poor sleep; poor ergonomics; nutrient-deficient diet; excess caloric intake; ingesting toxins; excess stress, and sometimes social isolation. These patients did not make the connection (or were in denial) between their ongoing pain and how they lived their lives. They just wanted a quick fix, which they got, but after a few weeks they would be back with the same problem and it would be an ongoing cycle.

It is essential to first optimize your body's healing potential before you can expect things like physical therapy, chiropractic, exercises, or massage to fix your condition. All too often, doctors and patients jump right into the therapy without taking into account the state of the whole body; i.e. "ignoring the soil and focusing on the plant." But **if the body's tissues are not healing/regenerating optimally, then therapy will not produce the best possible results.** A logical solution, then, is to do things to help your body regenerate itself, and once that is accomplished, rehabilitate the specific area. Once you accomplish both, pain naturally diminishes and is not likely to return.

I hope you enjoy and benefit from this short, yet powerful guide. In a nutshell, it calls for a shift from short-term, *passive* superficial care (medications, doctor/provider dependency) to long-term, *active* holistic care. After all, the genuine, valuable things achieved in life are the result of a long-term commitment to learning and growth. There are no shortcuts to the things that last a lifetime. Just ask a master violinist, a star pro athlete, a master craftsman, or a 5<sup>th</sup> degree black belt in judo. This is especially true when it comes to acquiring health, and the content found on [PainandInjuryDoctor.com](http://PainandInjuryDoctor.com) follows this philosophy. I passionately believe in it, and desire to share it with as many people as possible, including you.

Always Remember,  
*You Can Do It!*

*Dr. Dan Perez*

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# Introduction

This guide was written to bring into focus the controllable factors that lead to **musculoskeletal** pain (originating in bones, joints, muscles and connective tissue), and how to *manipulate* those factors via home care methods and lifestyle modification strategies to alleviate it or prevent it from developing in the first place.

Pain, such as low back pain and arthritis is a major cause of disability world-wide and therefore a major drain on peoples' quality of life. My goal is to improve the lives of one million pain sufferers by providing them actionable resources on how to self-manage pain and injury.

Normally for self-limiting injuries and non-trauma induced pain (conditions that don't necessarily require medical care; i.e. non-emergency) the body does a good job all by itself to resolve it – rest it and ice it, and eventually it's all healed. If you're fortunate, it heals 100% and the affected area feels like it did before the pain appeared.

But sometimes the healing is incomplete

and the individual is left with annoying, chronic pain that comes and goes for decades without ending. It can also progress and dramatically lower the person's quality of life.

This guide was written primarily for the latter group. I wrote it because after 20 years of practice, I believe many people unnecessarily live with annoying pain in their lives that could greatly be improved, if not completely eliminated using lifestyle modification, targeted exercises and home therapy. They just need to discover what is available, and *try out* different methods to see which ones their body responds to. This may seem like unusual advice, but have you ever wondered why physicians are referred to as medical “practitioners?” Why their office is their “practice?” And why it is said they “practice” medicine? It's because, while the field of medicine uses scientific methods for testing cause and effect, medical care itself is not an empirical science. In fact, many procedures are “guesstimates” of what the body needs, especially for drug prescriptions. The bottom line is that YOU are responsible for your own health.

# Acute vs. Chronic Pain

Pain can be acute, sub-acute or chronic in nature. **Acute** pain refers to recent onset; or an aggravation/ exacerbation of a previous injury. Acute pain is associated with inflammation, swelling, heat, and redness. These symptoms are the hallmark of your body's initial attempt to heal the area.

**Sub-acute pain** is the stage where the initial surge of inflammation and pain has mostly diminished and tissue repair is in full swing. It either leads to full resolution of the pain/injury (pre-injury status) or residual, chronic pain and/or dysfunction. **Dysfunction** refers to a percentage loss of normal function of a joint; for example, not being able to raise your arm above shoulder level after a shoulder injury or cumulative wear.

**Chronic** pain is pain that has gone through normal stages of tissue healing,

There is less inflammation and swelling, and pain is typically duller in nature. Chronic pain may have central nervous system involvement (pain perpetuated by the brain and spinal cord), which can explain its perseverance.

As a general guideline, with acute pain the standard approach is to manage inflammation and limit stress to the affected body part (do not place heavy weight on it; minimize movement). Ice initially, and add heat later. Compress, and elevate. Try not interfere with your body's attempts to heal the pain.

With chronic pain, you have more leeway to try different things, as the body's reparative processes have "taken a break." There is less inflammation and swelling, and usually you can move the affected body part more compared to when it was acute.

# Self-Help Strategies for Pain Relief

In both scenarios of pain, the first order of business is to **make conditions ideal for healing**— in your mind, body, environment and daily activities. Envision your body as garden soil that needs to be clean and unadulterated; free of pollutants and enriched with minerals and important nutrients so that plants may grow, withstand stress, produce and thrive.



Secondly, do things to help the area heal. Self-administered intervention includes enhanced nutrition, specific stretches and exercises, stress reduction, and ergonomic adjustments to your work environment.



Certain **home-use therapeutic tools and equipment** can be helpful in assisting your body to heal itself properly. The self-treatment procedures I teach involve using this equipment. I used most of them in my own clinic; some for many years with good to great results.





# The Limitations of Healing

But can *your* current problem resolve on its own or with therapy?

It depends on a number of factors. A severely degenerated hip joint is an example of a case that is beyond self-help or therapy measures, as far as curing is concerned. You can do therapy to alleviate the pain, but it will never go away entirely. The cartilage has eroded enough to expose the hip bone to mechanical abrasion in the hip socket. It is past the point of no return and is a case for orthopedic surgery; i.e. hip joint replacement.

Basically, chronic pain cases involving advanced stage tissue degeneration/ destruction have less potential to be cured by self-help, non-invasive measures; i.e. diet, exercises and therapy. If your condition has not reached this point, the potential for total resolution is still present.

But, with each passing year it becomes more difficult to resolve, so it is critical for you to take prompt action by summoning and optimizing your body's innate, recuperative capabilities. Do things to help your body heal *itself*. Give it some assistance to re-ignite those natural processes and remove any barriers to healing that you have control over. This is what this guide aims to get you to value and appreciate.



# Automatic Repair and Regeneration: An Amazing Characteristic of Life



Imagine your body as a major metropolitan city such as New York.

New York City is buzzing with activity around the clock. Construction workers and repair crews are busy maintaining it every single day. Old buildings are razed to make room for new buildings.

Underground sewage and water main

pipes are constantly being replaced, repaired, and added. Sidewalks are being cleaned. Electrical grids are monitored and adjusted. Waste is being taken to the dumpster. If all this did not happen, the city would fall into disrepair after a few months, and parts of the city would not work.



# How Your Body Repairs Itself



Just like New York City, your body is constantly at work rebuilding and repairing. Brain cells detoxify themselves as you sleep. Your liver and kidneys are busy removing toxins and cleansing your blood.

Your lymphatic system parallels your blood vessels, receiving and disposing accumulated waste products. Lymph nodes contain white blood cells called **lymphocytes**, the “police” of your body’s community of cells that locates, identifies and destroys harmful invaders. Special cells called **fibroblasts** repair soft tissue damage from the day. Dead skin cells are shedding off your body, and new one

are constantly being created beneath them. Your **intestines** separate nutrients from your food and eliminate the rest as waste.

If any of these processes stopped, parts of your body would not function properly and you would get sick and probably die prematurely.

Like the entire maintenance crew of New York City, your body’s systems automatically keep you from breaking down prematurely. But those systems can lose efficiency and even stop working if you aren’t taking good care of your body.

# Why Pain Happens, and Why There is Still a Chance to Eliminate It Entirely

Pain that persists over time is indicative of a breakdown in a body process, or due to continual re-injury. If you can find and correct this breakdown or modify your movements so you stop re-injuring the area, your pain will gradually disappear.

Those who focus all their attention on their doctor, therapist or over-the-counter pain medicine to “make the pain go away” without making meaningful changes in their lifestyle are usually the ones who don’t make progress.

*Your body constantly seeks a state of healthy equilibrium, and pain is not a part of that state. This is an innate property of all living organisms. If your pain persists or keeps returning long after onset, something is inhibiting it from fully healing and in most cases, you have control over that something.*

The only exception to this rule is a terminal disease/ body shutting down for impending death, which I hope does not apply to you.

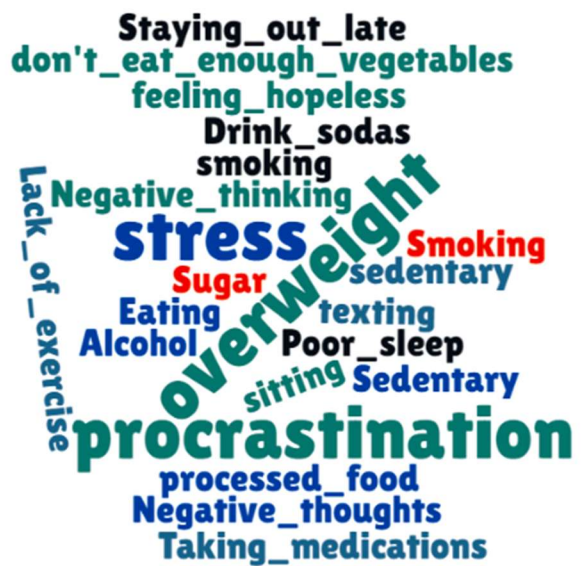
If pain is present, your body wants to get rid of it just as much as you do in your mind. The problem is that something is standing in the way. It is handicapping your body in some way. Find that something, fix it/ get rid of it, and your body’s own maintenance crew—immune system, specialized reparative cells, and countless metabolic and catalytic processes will do the rest.

# Possible Reasons Why You Are Still in Pain

- Carrying too much weight; obese
- Smoking, Alcohol, Drugs
- Inadequate nutrient-dense vegetable consumption
- High sugar, high-grain, high processed food diet
- Inflammation throughout your body
- Misaligned spine/joints that constantly stress supporting soft tissues
- Frequent aggravation of painful part
- Underlying chronic disease that inhibits nutrient absorption
- Sub-optimal breathing (apnea, hyperventilation)
- Inadequate quality sleep
- Mental stress; constant worry
- Long-term medication use
- Frequently dehydrated
- Sitting too much; sedentary lifestyle
- Excessive laptop/mobile phone use
- Social media addiction
- Not exercising- cardio and strength
- Negative thinking
- Spiritual emptiness/ longing
- Exposure to environmental pollutants
- Inadequate sunshine for Vitamin D
- Psychological attachment to pain

Do you see anything on this list that pertain to you? Well, **get rid of the ones you can, and you're off to a good start.**

For some, that alone may cure your pain after a few weeks, and you won't need to read another word of this guide!



# Summary of Main Points

As long as you are living, your body constantly strives to maintain its life-supporting processes. It has highly specialized systems to accomplish this; systems that are more sophisticated and powerful than any drug ever created. They heal injured tissues, destroy microbes, remove toxins and regulate organ function to promote survival. If you have pain and/or disease, you must make it a priority to optimize these systems so that your body can heal itself properly.

*This means eating a wholesome, nutrient-dense diet; getting adequate sleep; engaging in regular, moderate exercise; avoiding toxin ingestion; and tending to your social and emotional health.* If you wish to be pain-free, you must make a commitment to yourself to take these steps in earnest. While living this way sounds easy, I know it is not for most people, due to long-standing “comfort” habits, beliefs and attitudes that conflict with healthy living. But as the saying goes, *“If you keep doing what you’re doing, you’ll keep getting what you’re getting,”* so if you keep doing things that prevent your body from

healing itself, then ...you know the rest of the story.

## Eight helpful tips for implementing change in your life:

1. **Write down** your goals in a journal
2. **Start small** – change a little at a time
3. **Stay consistent** – don’t skip days
4. **Stay positive** – hush the voices in your head that tell you to quit
5. **Increase your efforts gradually**
6. **Create a stress-free, visually appealing living environment** – remove clutter; organize spaces; put live plants up; display positive affirmation posters at home and office
7. **Don’t be too hard on yourself**
8. **Realize that what you do each day will impact your health and vitality a year later.** Daily, **unhealthy** choices will have a negative aggregate effect on your health a year from now; daily, **healthy** choices will have a positive aggregate effect. So, how do you want to feel next year? If the answer is being pain-free, mobile and energetic then you’ve got to start making those changes **now**.

# Are You Ready to Get Out of Pain? Do You Want to Learn How to Maintain a Strong, Flexible and Degeneration-Resistant Musculoskeletal System?



Join our list and learn new and innovative approaches to self-treating musculoskeletal pain and prevent it from appearing in your body as you get older. Discover the tools and equipment the professionals use in practice that are available to every day consumers, and how to properly use them. Learn therapeutic techniques you can do on yourself, or others you wish to help. You'll also get expert opinion on the many pain-relief products being marketed these days. There are many good ones out there, but also, many that are not worth your time. So, visit us online and tell your friends who could use this information that help is near. When you opt-in, you'll have access to my **30 Days to Pain-Free Challenge**, a guided, self-directed program consisting of a series of action steps to help you return to a state of optimal health!

[Ask Dr. P](#)

Remember,

*You Can Do It!*

Sincerely,

*Dr. Dan Perez*

The information contained in this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as a medical directive. Every person is unique, and individual cases of pain are therefore unique. Visitors to [PainandInjuryDoctor.com](#) are advised to consult reputable sources of information to help them make an educated and informed decision regarding their health, in partnership with one or more qualified health care professionals.