

## WHAT IS MIND/BODY SYNDROME?

**Mind/Body Syndrome (MBS)** is the ultimate trickster. Here's how it works. When events arouse intense emotions like anger, rage, shame, or fear, we do what comes naturally: We swallow them. With no outlet, the repressed emotions can morph into physical dis-comfort or dis-ease.

**Once this happens**, the conscious focus becomes diagnosing and treating the physical symptoms, to the exclusion of the emotional triggers. With MBS, medical intervention may improve the physical symptoms temporarily, but they often return with a vengeance.

**As long as the emotional component** is ignored, physical symptoms continue and may escalate or shift to a different location in the body. Successful treatment of MBS, then, depends upon identifying and releasing the underlying emotional causes.

**People with Mind/Body Syndrome** often exhibit personality traits such as stoicism, perfectionism, and self-criticism. They may be people pleasers or worry-worts. They often complain of a vague sense of dissatisfaction or disappointment. They may have a history of abuse or neglect. But they *all* experience pain or other physical symptoms.

**So how do you know** it's Mind/Body Syndrome? Injuries usually heal in a reasonable amount of time. When the physical response becomes entrenched and chronic, it's time to consider Mind/Body Syndrome.



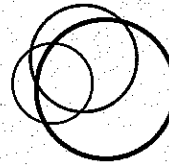
**HAVE YOU TRIED  
NUMEROUS  
TREATMENTS WITH NO  
LASTING RESULTS?**

***Would you like to mobilize  
your body's natural  
abilities to reduce  
or eliminate dis-ease?***



**Try something different!  
Enroll in this 6-week holistic,  
noninvasive treatment  
program.**

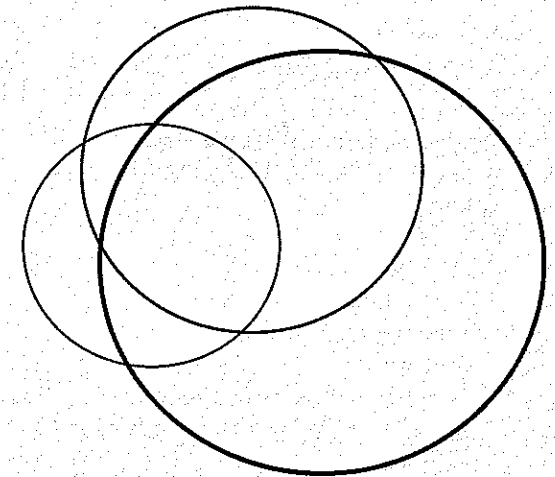
**Use Your Head.  
Heal Your Body.**



**Susan Boyes, LPC  
3635 Manassas Drive  
Roanoke, VA 24018  
Phone (540) 774-4686  
Or (540) 206-3800  
www.susanboyes.com  
susanboyes@susanboyes.com  
or  
Ann Hodges  
Phone (540) 761-9046  
FindingEase@verizon.net**

## Finding Ease in Dis-Ease

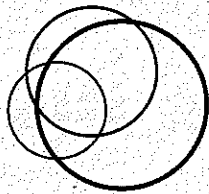
**An Integrated Approach to  
Healing Chronic Pain**



**USE YOUR HEAD  
HEAL YOUR BODY**

For more information  
call (540) 774-4686  
visit [www.susanboyes.com](http://www.susanboyes.com)  
or email [FindingEase@verizon.net](mailto:FindingEase@verizon.net)

## CONDITIONS & SYMPTOMS



*Mind/Body Syndrome manifests itself in many ways, often with symptoms that linger long after they should, locking you into a relentless pattern of dis-ease.*

### ***Do you see yourself here?***

- Gastrointestinal problems (GERD, IBS, Crohn's, colitis, heartburn, etc.)
- Tinnitus
- Pelvic pain
- Sexual dysfunction
- Fibromyalgia
- Chronic fatigue syndrome
- Hypertension
- Eczema/skin problems/dermatitis
- Back/neck/shoulder/knee/elbow pain
- Migraines/headaches
- Bladder problems (IC, CBP)
- Depression
- Anxiety/panic attacks
- Carpal tunnel syndrome
- Insomnia
- Eating disorders
- Reynaud's Syndrome
- Allergies and Asthma
- Hypoglycemia

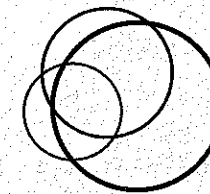
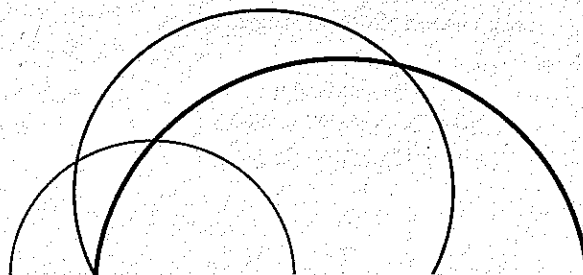
The information contained in this brochure is for informational purposes only and is not intended as a substitute for conventional medical care. You are encouraged to get regular exams and to consult with your doctor about what treatments are best for you.

## MIND GAMES

**Mind/Body Syndrome exists** in part because we allow our minds to run on automatic pilot. We are not taught how to exert control over our racing thoughts or to recognize and process emotions in a healthy manner. Instead, we judge our emotions (anger is bad, happiness is good, etc.), and avoid them by

- Worrying
- Ruminating
- Analyzing or Judging
- Blaming or Making Excuses
- Searching for the Magic Bullet
- Surfing the Web
- Gambling, Video Gaming
- Striving
- Smoking, Drinking, Drugging
- Eating without Hunger

**Recovering from MBS** is an exciting process of recognizing and stopping the mind games that perpetuate pain and/or dis-ease. Our dynamic, self-directed approach combines well-established therapeutic techniques with thought awareness tools to encourage the body to return to its natural state of balance. This program will help you break the cycle of dis-ease and reclaim your life. It can be used safely with any medical treatments you employ and may actually enhance their effectiveness. Be sure to discuss this program with your doctor before you begin.



## THE INTEGRATED APPROACH TO HEALING

### ***Assessment***

Learn about yourself:

- Study the dynamics of MSB
- Analyze your personality
- Inventory your physical symptoms
- Identify self-sabotaging thoughts

### ***Application***

Learn and apply new skills for reducing and eliminating symptoms:

- Meditation and Relaxation
- Guided Imagery
- Depth Journaling
- Thought Awareness and Redirection
- Emotional Freedom Techniques

### ***Assimilation***

Develop and implement a personalized recovery plan for a life free from dis-ease.

For more information,  
call (540) 774-4686,  
visit [www.susanboyes.com](http://www.susanboyes.com)  
or email [FindingEase@verizon.net](mailto:FindingEase@verizon.net).

