



Sindre Haga Andreassen: Science in Action; Chronic Pain Management Simplified



From training with Shaolin monks in China to teaching yoga for many years full time, to owning and running a functional applied neurology clinic in Oslo, Sindre has unraveled the mystery behind his own chronic pain and has treated thousands of people with chronic health issues. Do you want to become more empowered and learn how to handle your own chronic pain? Sindre joins the conference from Oslo to discuss chronic pain and how to master it.

TOP EMBODIMENT TIP: Explore - Find Out - Discover

Chronic Pain: **Not just one solution**

- Chronic pain is complex. It often has many different causes, either single or a combination of them.
- The idea that chronic pain is caused by a “mechanical” problem is outdated.

Current Theory: **We now acknowledge the complex nature of pain**

- What is your pain and how does it affect your life? The current theory is that pain is an outgoing signal from the brain.
- Discover why nature wired your brain this way. Discover how pain really works and the interesting pattern it follows.

Perceived Threat: **Threats accumulate**

- If threats accumulate and increase over time, then if we change the input, is it possible for the output to change? And what happens in between? How can I relate to it so that my body perceives the least amount of threat?

Common Threats: **Recognize the signals**

- Learn the common signals and how to introduce non-threatening attitudes and input to your brain. Learn how to open up to opportunity.

Exploration: **Different directions of study and discovery**

- Explore physical exercise and what sitting does to your brain map. Learn why it's important to stay away from blue light at the beginning and the end of the day. Discover why the inner ear and eye reflex is important. Explore the contribution of diet to pain management. Also, could negative beliefs be a source of pain?

Resources

- ❖ **Books:** *Pain is Really Strange*, by Steven Haines; *The Healing Power of the Vagus Nerve*, by Stanley Rosenberg
- ❖ **Email:** sindresskywalker@gmail.com
- ❖ **References:** Dr. Eric Cobb Author at Z-Health (check out free blog); HRV breathing; Dr. Joan Vernikos



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Dylan Newcomb, [UZAZU Embodied Intelligence](#)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**

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