



# Neupathways

## Body-Mind Programs

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**Neupathways** is a holistic mind-body treatment program that offers new hope to those suffering from chronic pain. This program has proven to effectively reduce pain in more than 90% of chronic pain cases.\*\* The treatment has also been found to be effective in reducing the stress and depression that frequently goes along with chronic illness and physical disability. Many patients report greatly improved sleep patterns and under medical supervision have reduced and even eliminated the use of pain medications.

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### Neupathways Medicine

The Neupathways Program is based on the latest theories in mind-body medicine. These theories called Access models of consciousness view the brain, mind and behavior as networked information-sharing systems. They describe how words or images in the mind can be converted into physical changes in the body in a process called information transduction. Relying on this process, the Neupathways Program uses simple verbal commands to direct the body to control physical symptoms previously thought to be outside of conscious control. The training has been applied to a wide variety of pain conditions in age ranges including children and seniors.

***“What if your inner self, your mind and body, had this ability all along, this potential to decrease pain, and you just needed to know how to ask? The Neupathways Program has taught me to use language to shut down pain in a way that works.”***

—Carol S., Davis, California

### Program delivery

The program can be taught individually face-to-face or by telephone in a series of 3 weekly phone contacts and a 30 day follow-up session.

A group model allows the training of multiple patients at one time effecting greater economies and has been shown to have the same statistical outcomes as individual sessions. This group training occurs in four two-hour sessions over a four-week period with a 30-day follow-up.

Reports detailing the progress and percentage changes in pain, memory and attentional processes, stress, depression and outlook are detailed in a written report which is submitted to the referring physician at the end of the training period.

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*"I have been in chronic pain for over 12 years. I have tried three typed pages of medications including morphine, oxycontin, percocet, methadone etc. I was on three daily medications plus pain killers. I have seen over 20 different doctors not including a Kahuna in Hawaii, a cranial sacral therapist, a Roling specialist, acupressure, acupuncture, bio-feedback specialists and the list goes on. Before the training, I was frustrated and was out of hope. Within four days of my first class, I was a believer! The training worked!! It was all so simple. The instructor was funny, easy-going and excited for each new stage we passed!"*

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*"Within eight weeks of this program, I am off all daily medications and have not taken more than two pain killers in any one week! I am happier, healthier and pain free most of the time. I have hope for others who have lived in a prison of medications and pain to become virtually pain free! I can now be the wife, mother and grandmother that I have always wanted to be. I can do so many things I thought I would never do again. I am even going back to work next week!"*

*"I would recommend this training for every person who has an ailment that causes them pain. It is worth your time, trust me... I wish I found this training 12 years ago... it would have saved me years of pain, not to mention the time and money I have spent in and at doctors' offices, the money on prescriptions, etc."*

### Benefits to medical providers

**Comprehensive Approach.** Neupathways can identify and resolve complex bio-psycho-social barriers to successful pain patient care that are difficult to identify and treat in the traditional medical interview.

**Efficiency of care.** Pain patients can be heavy users of medical treatment time. Neupathways distributes this care and may result in fewer office visits.

**Ease of use.** The Neupathways program can work for anyone willing to invest the time to learn the technique. The program can be used to reduce physical and emotional pain and stress with ten to twenty minutes of practice per day.

**Complementary program.** The Neupathways program supports and enhances other treatment plans. A Neupathways therapist can provide a valuable adjunctive service to other treatments like physical rehabilitation.

**Convenience and availability.** A certified Neupathways practitioner will consult by telephone with new patients within a few days of referral or patient sign-up. Group leaders are available for after hours training in physicians offices waiting rooms.

**Reduce the need for medication.** Many patients have elected with medical supervision to reduce their reliance on medication after achieving pain relief using Neupathways.

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\*\*A review of 400 cases treated by telephone shows that 96% of patients report they are able to achieve pain reduction for an average of 2 hours before repeating the process. 80% of those are able to achieve complete pain relief that by 3 weeks of use averages 15 hours of relief time with each program use. Subjective ratings of helplessness and hopelessness are reduced by 50% during the training period. Follow-up data show 75% of program participants report using the system after 6 months.