

# Business

## Chronic pain relief technique promises faster results

By MARIAN SCHWENN  
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For registered nurse and hypnotherapist, Gaye Wilson, the path to health and well being should be as simple and natural as possible.

That's why Wilson has incorporated a new cutting-edge pain relief technique, recently developed by a Southern California physical therapist, into her El Dorado County practice.

Pain Reflex Release, also known as the Primal Reflex Release Technique, was developed by John Iams and is based on his more than 35 years of experience as a physical therapist in San Diego. The technique, according to Iams, gives faster pain relief results than other treatments such as chiropractic care and massage.

Pain Reflex Release is becoming more and more popular with physical therapists throughout the state, and is now being offered by Wilson, who owns Here and Tao Hypnotherapy in Cameron Park. Wilson has recently completed training with Iams, and said she is excited to be able to offer the therapy to patients who suffer from chronic pain.

"It (the technique) really spoke to me as a hypnotherapist," explained Wilson, who said the treatment works wonders for patients plagued by the painful symptoms associated with conditions such as fibromyalgia, sports injuries, carpal tunnel syndrome and whiplash.

When the body experiences trauma or even the ongoing physical and mental stresses of everyday life, our reflexes take



Democrat photo by Joanne McCubrey

**GAYE WILSON illustrates the technique known as Primal Reflex Release.**

hold of the body and range of motion limitations and pain, said Wilson.

"The result is a constant up-regulation of the nervous system," Wilson added.

"We're cranked up all the time and that accumulation of stress causes pain," she added.

The technique focuses on the withdrawal reflex and the startle reflex, both of which directly affect the body's muscles.

Once problem areas are identified, Wilson focuses on opposing muscles to treat the pain. Patients may undergo the gentle tapping over a specific tendon to activate

reflexes or the isolated manipulation of a particular muscle, for instance.

By activating an opposing muscle, the stressed muscle will relax or "reset," therefore, reducing pain, explained Wilson.

The complete elimination of pain may take more than one treatment, said Wilson, but the technique is based on no more than four.

"Iams' philosophy is that if a patient is not experiencing relief after four visits, the therapy is probably not for them," said Wilson, who agrees that the technique will not work for everyone. She added that Iams' experience with the technique has shown that patients with neurological disorders and victims of stroke don't tend to respond as well.

"It's not a cure-all, or magic, but we are all inappropriately stimulated, which can cause constant pain. The Pain Reflex Release technique focuses on the natural relief of that pain," said Wilson.

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