



An interview between Dr. Howard Shubiner and Dan Buglio (back pain sufferer)

## Discover the Truth About Back Pain

In this interview you'll learn about the true cause of most back pain and why most medical techniques or devices fail to give lasting relief from back pain.



**Does your Back Look Like This?**

**Mine did... and STILL DOES!**

**Yet, I have NO PAIN.**

Once upon a time I had chronic pain - every day - all day pain. I actually had spasms so bad I couldn't get off a hardwood floor for 14 hours straight. I was unable to bend over to put shoes on, get in or out of the car. I couldn't roll over in bed, walk faster than a waddle or even step off a curb without sending off a wave of pain. Heck at one point I could barely wipe my own behind.

I wasn't in some huge car accident and I didn't fall out of a tree. I had pain that came out of nowhere with no injury and no apparent cause.

And my pain persisted all because mainstream medicine convinced me I was "broken". They told me... "Don't bend this way, don't lift that, you're not sitting properly, your mattress is too hard, too soft, bla, bla, bla."

Maybe you **HAVE** had some kind of trauma that started the pain. Yet weeks, months or years later - you are still in pain. **Shouldn't you have healed by now? Hmmm.**

Something else is going on and you are about to find out **THE TRUTH ABOUT BACK PAIN.**

By using the techniques covered in this interview, I got myself out of pain and now lead a 99% normal life without physical restrictions. You can too! Seriously.

**Just turn the page to read the transcript of the interview I did with Dr. Howard Shubiner and find out what is REALLY going on.**

## **Dan Buglio:**

If you've been suffering back pain for a week, a month, a year or many years and are completely frustrated by the lack of relief, you've come to the right place. In this recording, you'll listen to me, Dan Buglio, a longtime back pain sufferer interview Dr. Howard Schubiner about TMS. It's a little known but extremely effective diagnosis and treatment program for back pain.

It worked for me and I know it can work for you.

Welcome to [truthaboutbackpain.com](http://truthaboutbackpain.com). And thanks for listening in.

If you've been suffering with back pain and can't get relief, this could be the most important recording you've ever listened to. I know that's a grand claim but listening to this recording could be the first step in getting rid of your pain and getting your life back. You are actually listening to a recording of a call between myself and Dr. Howard Schubiner, an accomplished doctor from the Detroit Michigan area, who's had a great deal of experience and success in helping people with chronic pain eliminate it once and for all.

Now, we're not going to talk about some whiz-bang, high tech expensive machines or technology or treatment process. But more importantly, we're going to talk about getting the right diagnosis in the first place. And once you have the correct diagnosis, it gets a lot easier from there. SO, I would encourage you to get comfortable. Perhaps grab a beverage, close the door so you won't be distracted. And listen in with an open mind and be very thoughtful about how the information Dr. Schubiner is about to share with us; how that applies to you, your life and your pain symptoms.

And before we dive in, just a real quick disclaimer. This call is being provided for educational purposes only. This recording should not be construed as medical advice and listening to this call does not establish a patient/doctor relationship between you and Dr. Schubiner. And as a layperson that has experience in back pain, I'm sharing my thoughts and opinions based on my own experience. I'm certainly not a doctor and I don't play one on TV. So, I shouldn't be construed as practicing medicine here. Always seek advice from your own doctor when it comes to your health and well being.

That being said, it's our hope that by educating you about the true cause of many cases of back pain, you can actually use this information to dramatically reduce, if not completely eliminate your back pain.

We hope to help you stop wasting your valuable time and money on unnecessary treatments and devices that provide either no relief or temporary relief at best. So hopefully, we can help you get your mobility and some of your life back.

As for who you are listening to, my name is Dan Buglio. I'm just a regular guy just like you. I'm not a doctor. I'm just someone who's suffered years of back pain. I discovered the answer and wanted to make sure I helped tell as many people as possible about the only approach to back pain that's worked for me.

I decided the best way to go about it would be to interview a real doctor who's implemented this diagnosis and treatment method into his practice with great success.

So who is this program for? Pretty much anybody who's experienced any type of back pain from mild to wild. Uncomfortable to disabling. From once in a while pain to chronic; all the time pain.

So, if you've tried everything else and nothing's working, this information could likely be the light at the end of your tunnel. And again, the purpose of this call is to explain what's really going on, give you some proof and finally offer you a roadmap or plan of action that you can begin today to implement to finally get rid of your pain. I apologize for the long introduction but I just wanted to get the listener to have a sense of the importance before we dove into the content. I do want to introduce Dr. Howard Schubiner and Howard, why don't you tell me a little bit about your background in medicine and treating these pain syndromes.

**Dr. Howard Schubiner:** Thanks Dan. That was a great introduction. I am Board Certified in internal medicine and adolescent medicine and pediatrics. I am a clinical professor at Wayne State University in Detroit, Michigan at the medical school there and also a faculty in the Internal Medicine department at Providence Hospital, part of St. John Health System in Southfield, Michigan. My background is very broad. I've done a lot of research over the years; done a lot of teaching of medical students and residents. Ran a number of programs and I got into this area of treatment just in the past four or five years, really by serendipity.

**Dan Buglio:** What do you mean by that?

**Dr. Howard Schubiner:** What happened is my boss's wife had a lot of severe back pain and hip pain. She had had back surgery. She had had hip surgery. She was no better. She was a young woman walking around with a cane and in a lot of pain. And she met a guy who said, "You should read this book by Dr. John Sarno." The book Mind, Body, Prescription. She read that book. She is a therapist herself actually. She talked to a guy who was kind of helping her work through some of the issues that were going on in her life and in two weeks, she was pain free. And my boss, who is a good friend of mine and a great internal medicine doctor said to me, "Howard, you really need to look at this. This is right up your alley."

One of the things that I've done over the last 15 years is that I've been a teacher of mindfulness meditation. Mindfulness meditation is a form of meditation, which is very helpful in helping people deal with stress and anxiety and worry and fear and things like that. So, I've had a background of related to the connection between the mind and the body for many years.

**Dan Buglio:** When did you actually decide to start incorporating this into your practice?

**Dr. Howard Schubiner:** What happened is after he told me that story, I started reading voraciously. I read all of Dr. Sarno's books and we'll be talking about him. I visited Dr. Sarno in New York; worked with him. I started reading all the research that I could find that related to the connection between the mind and the body. And I just began to realize how important this was and how much of a huge missing link this is in the regular every day practice of medicine.

The vast majority of doctors do not understand that mental events can cause true and real physical pain. That simple statement, that simple understanding is missing in modern medicine. We call it modern medicines' blind spot. So, I started a program here- I developed a program based on that concept, based on the work that Dr. Sarno has done. And I tried to take it a little bit farther in the sense of incorporating the meditation aspect, incorporating a whole series of therapeutic journaling techniques that I had learned over the years and put it into a format that is a four week class format.

**Dan Buglio:** So, you've been conducting that live through your practice in the Detroit area?

**Dr. Howard Schubiner:** Correct.

**Dan Buglio:** Excellent. How have your patients received this information? Have you had some pretty life changing results for some of these folks?

**Dr. Howard Schubiner:** I continue to have to pinch myself. It is totally true. I keep telling people that. I have to pinch myself because when I started this, people would come in with chronic back pain for two years or five years or ten years or neck pain or whiplash or fibromyalgia or chronic headaches or stomach pain or TMJ pain. And they would get better within two weeks or four weeks or maybe a couple months. Not everybody. Certainly no one can claim that everyone will have a miraculous cure. But when the majority of people are getting better after no one else could help them; that is truly remarkable. And that's what drives people to seek this because so many people are desperate out there. They've tried virtually everything. And at the start, they're skeptical. There is no question. They have to be skeptical because the first thing is, people need to understand that the pain is real.

**Dan Buglio:** I know my mom definitely says, "I'm not imagining this. It's definitely there." And I can attest to it myself as somebody who's suffered back pain, it's absolutely real. I've been floored on a hardwood floor for 14 hours with back spasms. Probably the worst pain I've ever felt. Yeah, clearly this is not imagined pain. This is real physical changes to your body.

**Dr. Howard Schubiner:** Right. And functional MRI studies have shown that the pain of chronic back pain, the pain of fibromyalgia is real. You can see it in the brain. You can see what parts of the brain it's affecting. That's the same parts of the brain that's affected when someone has a fracture or an acute injury.

One thing we've learned over the last few years is advances in neuroscience have been tremendous. And one of the areas that's really important for people to understand is the syndrome called phantom limb syndrome. In Phantom Limb Syndrome there's pain; can be very severe pain and real pain that is occurring in an area of the body that's missing. It's in an area of the body that's already been amputated. And this pain is as real as any other pain but we understand that there's no disease in that area.

So, what's causing this pain? In this situation, the pain is caused by sensitized nerve connections that are sending pain signals to the brain, even though that part of the body is already gone. The brain is amplifying those or augmenting those pain signals through a series of connections and through certain parts of the brain that are amplified and activated. And these parts of the brain are continued to be amplified by fear, worry, anger, guilt, anxiety, etc. And then the autonomic nervous

system gets activated, which sends more signals back to the body which creates muscle spasms and creates a vicious cycle of nerve connections.

So, just as people with Phantom Limb Syndrome can have pain in an area that's not diseased, people with back pain, or headaches, or neck pain or fibromyalgia can have pain; that's real and severe pain in an area that's not diseased anymore.

**Dan Buglio:** Okay. It's physically fine. There's no structural defect.

**Dr. Howard Schubiner:** Exactly. And that is a huge revelation to people and a huge revelation to doctors who don't understand this by and large because modern medicine has been looking for the micro level. They're looking at what's wrong in the area where the pain is but they're missing the macro level which is what's going on in the whole body.

**Dan Buglio:** Before we dive into a little bit more of Dr. Sarno's theories and his Tension Myositis Syndrome, let's talk a little bit about how big of a deal this actually is. There's a back pain epidemic that's going right now that's so far out of proportion to the amount of disease and trauma that's actually occurring.

It's my belief that once somebody actually starts having some back pain because of the misdiagnosis upfront, the high level imaging studies that are available these days and basically being told that you're broken. It really snowballs into a lot of fear. Don't do this. Don't do that. You're broken. You'll always have pain and almost a mind programming to expect it and that there is no cure because everything they try is temporary at best. So, can you talk a little bit about the pain epidemic and anything thoughts on that regard?

**Dr. Howard Schubiner:** Yeah. There's two really important points you brought up. Number one is the epidemic. There's more back pain in highly industrialized or technologically advanced countries than there are rural agrarian countries, which is counterintuitive. There's about somewhere around 25% of adults have back pain. It's a huge number. We're talking about millions and millions of people.

Somewhere in the 10% to 15% have chronic and severe back pain. And this number has not changed in the last ten years that they've been doing these studies. So, the number of people with chronic back pain is staying the same and it's at epidemic levels. The results of treatment for back pain have not improved in the last decade.

A study just came out in the Journal of American Medical Association about a month or so ago, which showed the effectiveness of all the new and highly technological treatments that we've developed over the past decade or so for back pain have not improved the treatment of back pain. The cost of back pain has tripled. The cost of treatment for back pain has tripled. So, there's more surgery, more injections, more devices, more implantable devices.

**Dan Buglio:** From herbal remedies to medicines to..

**Dr. Howard Schubiner:** Yeah, there's just tremendous- billions and billions of dollars. I think the estimate was somewhere around 80 billion dollars per year spent on chronic back pain treatment in the United States.

**Dan Buglio:** Now that's just treatment. Imagine the loss of work and income and productivity.

**Dr. Howard Schubiner:** Correct.

**Dan Buglio:** It's astronomical.

**Dr. Howard Schubiner:** The second thing is, the second point that you brought up Dan, is what happens when people go to the doctor? There's two different ways that people develop chronic back pain.

One way is after an injury and the other way is without an injury. Let's take the injury one first. When an injury occurs, the nerves signals that have pain- feeling pain because the injury causes pain. No question about that. Acute injury causes pain. And those nerve signals sends signals to the brain. Those nerve fibers sends signals to the brain. Creates the pain. Creates the edema, swelling, inflammation, etcetera. Tells you to rest, take it easy. Take pain medication, anti-inflammatories, etcetera. Now those acute injuries usually are going to heal within a week or two or a month or so. But when there's added stress, when there's added emotions, when there's added fear, worry, when there's difficulties in our life; those things augment pain and create the vicious cycle that continues the pain signals even after the acute injury has healed. And so, there's so many people walking around that say I had an injury five years ago or ten years ago and I still have pain. They don't understand that that injury actually has healed. But the pain now is caused by that vicious cycle.

**Dan Buglio:** Yeah, that's the car accident from ten years ago.

**Dr. Howard Schubiner:** Yeah, exactly. My brother is an orthopedic surgeon and he had a guy come into him with severe back pain for five years. He got hit by a steel beam in the back on a construction site. I mean that's a horrible injury. But his tests are normal now. His exam is normal now. So, what's the cause of his pain?

The guy's going, "Are you kidding? I got hit by a steel beam?" Well, you did and you had pain at that time. But the pain now is not caused that injury. The pain now is caused by this vicious cycle of nerve connections. It's a different situation and requires a different kind of treatment. Now, other people come in and have not had an injury. In that situation, the pain is not started by sensitized nerve fibers due to an injury. It just started because of the connection between the mind and the body.

And that's where again, doctors don't realize that a mental event can cause physical pain. When I started my internship, I had diarrhea for six months because fear. Stress. I started my internship. I was a new doctor. I thought I was going to kill somebody. That diarrhea was real. It's a physical event caused by a mental event. When people have a stressful day, they get a headache. They understand that's physical pain caused by mental events. If you get embarrassed, your face turns

red. It's a physical event caused by a mental event. So, this is really way more common than most people realize.

**Dan Buglio:** So, what's your take on the quick fix society. Because even people close to me who have seen my results, still are running around looking to doctors to fix them. "Here, I have this problem. Give me a pill, give me an injection. Fix me." How do you see that kind of tying into whether or not somebody's able to accept this diagnosis and do something with it. Are there some people who just aren't going to open their minds enough to make some progress?

**Dr. Howard Schubiner:** Right. There's a couple things that occur there. I think there's two major factors. One factor is as you alluded to just a couple minutes ago is what happens when they get tests. When people have say back pain or neck pain, and they get an x-ray or a CAT scan or an MRI, most likely there's going to be some degree of 'abnormality' on those studies. And the reason is, if you take normal people with no back pain and you give them all MRIs, 65% of them have bulging disks, have degenerative disk disease. And all these findings that are on the picture that you can see on the MRI but are causing no pain.

And so, when someone has back pain or has an injury and you get an MRI and it shows those same kind of findings, the doctor's often quick to point out, "Oh, here's the cause of your pain." And as you pointed out before, that leads people to believe I've got a bad back. There's something wrong with me. People are astounded when I show them the research. And this is very well documented research that shows that people without pain have the same findings as people with pain.

So, people who have back pain need to be seen by doctors. They need to be seen by physicians who can examine them and make sure that they do not have a neurologic condition. That they don't have weakness of the leg or weakness of an arm. That they don't have abnormalities of a reflex. That they don't have numbness. In other words, that they don't have reason to have surgery. Now there's a very small percentage of people with back pain or with neck pain who do need surgery and that's important to recognize.

The vast majority do not need surgery and the vast majority of people who have back pain, cannot be diagnosed by the tests that we now have available. And this is again, a shocking ascertain that's totally true and I can show you all the documentation for that. The major back pain experts in the country will confirm that. It can't be diagnosed because the tests that we have, the MRIs; even as great as they are, are basically inaccurate in diagnosing the cause of the pain. The pictures do not illustrate the cause of the pain. The second problem is that people tend to be afraid or not willing to accept that there could be a "psychological" reason for pain.

**Dan Buglio:** Right. They don't want to be labeled as crazy.

**Dr. Howard Schubiner:** Exactly. And the most important thing for people to understand is just as I alluded to that I have had physical symptoms due to stress. I had severe neck pain when- after my daughter was born and the stress of having another- having a baby. Having her be awake all night. Having work that I needed to do. All that came out in my body as neck pain. There should be no stigma to that because it's really part of the human condition. The mind and the body are connected.

**Dan Buglio:** Let's jump into a little bit about Dr. Sarno and what he calls the 'Tension Myositis Syndrome' or often referred to as TMS. Let's get a little bit of an idea of- well, you already alluded to it. Who gets TMS? Almost everybody has something at some point in time. But is there any type of a guess or estimation from your standpoint and your experience with your patients as to how much of the back pain out there is actually some manifestation of this mind/body connection?

**Dr. Howard Schubiner:** It appears quite clear that the vast majority of chronic back pain, not acute. Maybe some of acute; we don't know. It's hard to know about acute back pain. A lot of acute back pain may- certainly is due to injuries that occur. But if you're talking about chronic back pain, the vast majority as I said, cannot be diagnosed by modern medicine and in my experience, the vast majority is due to what Dr. Sarno calls TMS; Tension Myositis Syndrome.

I sometimes call it mind/body syndrome but it's basically the same thing. It's the idea that a vicious cycle of nerve connections has developed that has been created by either an injury initially and then by a combination of stress and emotions and emotional reactions that are either conscious or subconscious even.

When I was saying I had that severe neck pain after my daughter was born, if you ask me consciously, was I stressed. I would say, "No, well I'm kind of busy. I'm working" and this and that. But subconsciously there was a tremendous amount of stress because frankly, I was beginning to resent my daughter for not sleeping at night and resenting my wife for not letting our daughter cry at night so she could sleep better.

So, there was a lot of tension in my mind that was being suppressed. And this is the part where it gets people a little bit wary. Oh-oh, now you're talking mumbo-jumbo. Now you're into the psychological realm and that couldn't possibly be real. The bottom line is- the bottom line is that when you sit down and talk to people and you take a very careful history and you look very closely at their lives, what's going on in their life in the past and what's going on now and what was going on at the time their pain started; you can almost always find that there's something important that's going on there related to some psychological issues that are normal issues.

These people are not crazy or anything like that. But normal stresses of daily life that include anger, fear, worry, resentment, guilt, shame. Things that have just happened to people as part of living.

**Dan Buglio:** Right. Now, I also studied a lot of Dr. Sarno's books as I've gone through my own experiences with back pain and he gets very psychological about it. Talking about the inner child and all of that. In your experience in dealing with these syndromes and your patients, do you find that you have to get quite that deep? Or is the overall understanding of the process enough?

**Dr. Howard Schubiner:** It sort of depends on the person. What I do when I see patients live in person, I start with their childhood and I say, "What was your mother like? What was your father like? What is your situation now? What's been going on in your life that led to some of these different things?" And most people- they may have back pain at age 35 or 45 but maybe they had headaches when they were 15. Maybe they had irritable bowel syndrome when they were 25. The point is to look at the whole person and to see how physical events have occurred in their life due to mental events is throughout their life. Let me- there's an example of a lady who I said is just a wonderful,



wonderful person; who developed severe back pain and she had that for seven years. She had surgery. She had a laminectomy. She had a rhizotomy. She had epidurals. None of that really helped. She was on morphine when she came to see me. And at the time before her back pain started, two very important things happened in her life. Number one, her son overdosed on drugs and died. And the other was her daughter, developed a diagnosis of bipolar disorder and was on medication. And she got severe back pain. Now none of her doctors ever asked her about those events because how could those possible be relevant to her pain? But yet, when she came into my program, three weeks later, her pain was gone.

**Dan Buglio:** Okay. So, that's that blind spot you're talking about with normal conventional medicine. They're only looking at the physical as if you're a car and they're the mechanic.

**Dr. Howard Schubiner:** Right and her MRI had lots of changes on it. Disks bulging, spinal stenosis, fisceteropathy, degenerative joint disease. You have all that but it didn't matter because that wasn't the cause of her pain. The cause of her pain was this vicious cycle of nerve connections that we call TMS. Now, she got weaned off her morphine so now she's fine. But let me tell you, six months later, she had a recurrence of pain. Now she's been pain free for six months and she's walking around her house one day and all of a sudden she gets a severe pain in her mid back. Now this is a different part of her back but severe pain. She wasn't thinking about anything. She was just walking around her house. She has to lie down on her bed. She's lying down. She has severe pain in her back. She stops and asks herself a question, "What's bothering me?" And immediately, this thought comes into her mind. "Oh, my goodness. My son."

Her other son who is alive, was on a camping trip out of town. And he hadn't called in several days. And she was worried about him. This was a subconscious thought. She got the pain in response to a thought that she wasn't really aware of until she asked herself, "What's going on?" And then it came to her. That's what she was worried about. You can see how worry about her son could create back pain because of course, she had lost a son. So, that's how the psychological interplays with the physical.

**Dan Buglio:** And one of the things that I've experienced personally is that when you have chronic pain, you become very fearful of it. You become fearful of the next major event that's going to really hurt you. Anything that has caused you pain in the past- so if you sit down on the couch weird and it hurts, sure enough the next time you sit down on a couch, you're going to be very aware of that and very cautious of it. What I find is that it's almost as if I've programmed myself to expect pain. And sure enough, it's there. But when I actually think consciously that I'm fine, I'm healthy, I'm strong. It's not going to hurt and I go take that same exact movement, just that conscious thought of I'm good, I'm okay; the pain doesn't show up. So, do you have any experience with that whole fear and expectation aspect of this and how we can break that cycle?

**Dr. Howard Schubiner:** That is a huge, huge part of this. And the people that I see and the people that are doing my online program and write in so often what they're mainly focused on- of course as you'd normally be, is their pain. But what's really driving the pain- in order to get rid of the pain, we have to find out what causes it. This is just good medicine. When you see what's causing the pain underneath, it is often fear. Fear, anxiety, worry, frustration, anger, guilt, etcetera. Worry and fear is one of the main things. In the psychological business, they call it Pain Catastrophizing and Pain

Fear. So fear of pain or worry that something is horribly wrong or something could become horribly wrong if you do something wrong creates muscle tension. Then muscle tension creates pain. We know- I mean there's many experiments that have been done with both anxiety and with anger that show when people get angry, their muscles are tense- become tense. And that creates more pain. We also know that people's pain threshold is lowered when they become angry or become anxious.

**Dan Buglio:** In other words, they feel the pain more?

**Dr. Howard Schubiner:** Yes, exactly. They can tolerate much less pain when they are in those situations. Again, that's been shown in experimental studies. So everything that I'm saying is completely backed up by science. This is not pseudoscience. This is not New Age wishful thinking or anything like that. It is totally backed up by the science and the brain science that's been developed over the last decade or so.

**Dan Buglio:** And I totally believe that. As far as the doctor's though; I've even brought this- Dr. Sarno and his books and his mind/body stuff up with my general practitioner, with a chiropractor, with physical therapists. And for whatever reason, none of them seemed open-minded at all. There was all just a halfhearted acceptance. "Yeah, stress can definitely play into it, but let's get back to the physical. Let's see what's going on." Why is it that mainstream medicine can't really open themselves up to it, understand it, research it and incorporate it in to their practice?

**Dr. Howard Schubiner:** I think the reason is- that's a good question. I don't know exactly. But I think the reason has to do with the advances that have come in the last 30 years in modern medicine. The advances have been tremendous when you think about cancer treatment. You think about heart disease treatment, stroke treatment, infectious disease treatment. All the great advances we've had in the past 30 years have come about because we're looking at smaller and smaller areas of the body. We're looking with a microscope to try to find the cause is at the cellular level. And so, for things like back pain and headaches we're looking for- and fibromyalgia, we're looking for the cure in the peripheral part of the body. The part where the pain is. It just doesn't working for them. But we're using the same model that we've used that's been successful for cancer and heart disease and infectious diseases. But for this, this pendulum is going to have to shift back. It's going to have to tilt back to looking at the whole person and looking at the connection between the mind and the body because frankly, we're ineffective in treating these conditions without looking at it the way that we are.

**Dan Buglio:** I understand. As far as the people listening to this recording and trying to figure out whether or not this is what's going on in their life, number one, are there precautions that you would issue to anybody who's considering TMS as the reason for their pain? I mean, clearly we're not telling people go out and take a six mile jog tomorrow. Stop all medicines. We don't want to be extreme with this but are there any precautions that you would issue to people and also at the same time, are there any suggested ways of helping people determine whether or not this type of a syndrome is what's going on in their life?

**Dr. Howard Schubiner:** The way we think in medicine, we think about ruling things and ruling things out. And so you want to rule out a serious physical condition clearly before you embark on any treatment that is psychological or treatment that is mind/body kind of treatment. So, in order to rule

out a severe physical condition; as I said before, it's important to get a very- a good neurologic exam. An exam that includes making sure that there's no neuralgic damage. There's no change in reflexes, no change in muscle strength, no change in sensation.

The imaging, most people with chronic back or neck pain have had imaging studies; have had an MRI. And again, I mentioned those can be misleading but clearly if someone has a fracture, if someone has a tumor, if someone has an infection; those are physical causes that require medication or surgery. But- this has again, been written up in medical journals. If there's no fracture, there's no infection, there's no tumor; most of those remaining- and the neurologic exam is perfectly normal, those people most likely have TMS.

So, you rule out the physical. Now how do you rule in TMS? That's the opposite side of the equation. What you need to do in that situation is look at your life. You need to begin to review when the pain started and what other symptoms, as I mentioned before, you might have had throughout your life and begin to look for patterns.

For example, a pattern can be feeling left out. So, I had a guy who had growing up- he had moved from a kind of poorer neighborhood to a more middle class neighborhood. But his clothes weren't as good and he was overweight. People teased him and he felt left out. He was just trying to fit in to that new school. This is a common thing that happens to so many people. But that became a factor in his life. And when he was 25, he had moved from a one church to a "higher class" church. He was working in that church setting and he had a panic attack when he was trying to do something to help the church.

And then a little bit later in his life, he had- he developed back pain when he was in another situation where he was not being accepting. In this case, it was by a relative of his wife; one of his- well, his mother-in-law actually. Who- he was going to her house and she had never accepted him. Was rude to him and mean. That's when he developed his back pain. It wasn't a major psychological problem in that sense but it was something that he felt that bothered him that at different times in his life had recurred to cause different symptoms at different times.

It can be something as simple as sibling jealousy. A lot of people that we see also have situations in their early childhood where they were abused, emotionally abused, sexually abused, physically abused. A lot of times, those situations can be somehow recreated in adulthood when they're in situations that are dealing with people in power; who have power over them. And that can be the time when back pain, headaches, fibromyalgia; other symptoms can start. So, ruling it in by looking at the issues in people's life and connecting the dots; connecting the physical symptoms to the stressors in their life. That's the way to rule it in.

**Dan Buglio:** I know in my study of TMs and there's a number of doctors and a number of books out there on the topic; Dr. Sarno said that he feels the pain is a distraction to protect you from letting those very intense emotions from bubbling up to the surface. Dr. Brady calls it a nervous system overload. There are some differing opinions as to what is actually going on. And I guess the question that I've got for you is does any of that really matter?

Or are we still back to square one which is acknowledging that this process is going on regardless of the fine details of what's going on in the system and the mechanics of the subconscious. Does any of that really matter or can we still get results by just reflecting more on connecting those dots as you said. Connect the physical dot to the emotional time and stressors and the life. Is that enough or do we really have to dig deep and understand all the potential psychology and the technical aspects of TMS?

**Dr. Howard Schubiner:** Right. Some people- I'd say about 10%, maybe even 15% of people with some kinds of chronic TMS type symptoms that we've been talking about including irritable bowel, irritable bladder, TMJ; some of the other ones we've talked about. They'll read a book by Dr. Sarno or someone else and they'll just get better. That's all they need. They just need to understand. Oh, yeah. Mind can cause this? Huh. Great. Boom, they get better.

**Dan Buglio:** And all of a sudden the fear goes away.

**Dr. Howard Schubiner:** The fear goes away and the symptoms go away. So, that's great. For some people, they have much deeper issues. Again, a lot of times those people have deeper issues in their life; maybe abuse situations in childhood. That's not going to do it for them. They're going to need more work, sometimes more therapy. And they probably are going to need a much deeper understanding of the issues and what might have caused it in their life.

Now on a physiological level, there's a lot of different theories on what's going on. Is it oxygen deprivation in the tissues? Is it sensitized nerve fibers, as I tend to think. Is it central augmentation? All those don't really matter so much. That doesn't really matter.

The key thing is understanding that mental events can cause physical symptoms and can perpetuate physical symptoms once they've started. In terms of what's going on psycho dynamically, that's a- again, that's an area as you've pointed out that there's differences of opinion on. Again, it's going to be a little hard to resolve that exactly. And it may be somewhat different for different people.

**Dan Buglio:** Okay. So again, let's not focus on the fine details of exactly what's going on within the body; the interaction between the subconscious and the physical. Just understand that there is a connection there and that by understanding that connection and focusing more on the emotional and how those emotions connect to pain events throughout their life or symptoms throughout their life is often enough to break through and break that cycle of pain.

**Dr. Howard Schubiner:** Correct.

**Dan Buglio:** Okay. I want to try to leave the people listening to this call with some things that they can do moving forward. So, clearly on my list is go buy Dr. Sarno's book or books; Healing Back Pain, The Mind/Body Prescription. There are a couple of other doctors that speak about the same thing. Read as much or as little as you need to. But what else can somebody do if they're having chronic pain and feel that this might be right up their alley and they're hearing some things here that resonate with them? What other things are recommended to start actually getting out of this pain cycle?

**Dr. Howard Schubiner:** As I mentioned, one thing is taking the information from those books and the reading materials. Number two, looking very closely and carefully at your life and seeing if you can connect the dots and make those connections for yourself. Some people find that they can do that very well with a counselor or therapist or a close friend or spouse who can openly and honestly help them begin to connect those dots.

**Dan Buglio:** And does that person need to know what TMS is and how it works to help them? or is it just a matter of understanding what's going on psychologically in your life?

**Dr. Howard Schubiner:** Well, the concepts we're talking about are not really that complicated. We've discussed them here in this brief interview. The fact that mental events can cause physical symptoms. The fact that stress and emotions can cause physical symptoms. The fact that some emotions may be subconscious and you have to kind of look at what was going on to get to the root of them.

It's not that complicated. So, most people I think can begin to do that. Now, there are doctors and psychologists who have a specialty in TMS or Mind/Body Syndrome. You can provide them with lists of people around the country who might be- there's not that many of us unfortunately. But there are at least 20 or 30 I would say who specialize in this and are more than happy to see people. A lot of times people come to see me from out of state or from miles away because they really want someone to help figure out, "Do I have TMS or do I not?" And that is such a critical question. You can't really make a ton of progress unless you can figure out what's causing it in the first place.

Like I said, that's good medicine. You have to get the right diagnosis. So, determining is it Mind/Body Syndrome? Is it TMS or not? Critical question you have to answer. Obviously, we talked about getting medical help to make sure that there's no serious physical condition going on. Once they've decided that they have TMS, then there's a variety of therapeutic things that people can do to help them get over it.

**Dan Buglio:** Now one of the things that I'll just point out for the people listening to the call. I'm going to make available a resource directory of doctors, psychiatrists, psychologists available. And Dr. Schubiner, if we can maybe work together after this call to kind of compile that list. I've seen some of them but I guess the most up-to-date one would be the best. I'll make that available as well. Dr. Schubiner also has an online four week program where there are lots of videos, exercises, audios to listen to and a full step-by-step process. I'll also make those resources available at the end of this call. But talk about some of the things that somebody can start doing today, immediately, without buying anything, without signing up for anything. I know journaling is one of the things that you talk about in your four week program. What are some of the things that somebody could actually do something with today without investing any money or signing up for anything new?

**Dr. Howard Schubiner:** Right. What people can do once they've read about it and they decided this is what they have; whether they consulted a physician or not. They've ruled out any serious physical cause. Most important thing they can start doing is living their life fully. Starting to increase their activity. Starting to talk to themselves as you were mentioning Dan, earlier. Telling themselves they're okay. Reminding themselves that they're okay that their body's not sick. They are not damaged. That they are healthy. And as they're starting to do more and more physical activity, they continue to tell themselves that and remind themselves that because that will decrease this vicious

cycle of nerve pain. Because this vicious cycle of nerve pain goes through the brain and the brain can effect it.

There's a part of the brain called the dorsal lateral prefrontal cortex. And when that's activated, it deactivates the pain signals that occur in the brain. I can show you the research on that. It's just unbelievably cool and fantastic, how powerful this part of the brain is. So, by reminding yourself you're well, by talking to yourself, by increasing activity; you're doing all the things that increase that part of the brain, which diminishes pain.

The other thing of course people can do as you mentioned is work on the psychological issues that they have. Journaling. Writing about the stresses in their life. Writing about the things that are bothering them is a great way to start. Most people also have an idea of what they need to do. What they need to do in their life to alleviate some of their stress. I had a lady recently who her sister-in-law was spreading rumors that she was having an affair with her husband. And she hadn't done anything about that. She realized, "Oh, my God, I've got to do something." Because this is- she's holding all those emotions in, all that anger, all that resentment, all that fear. She got up the courage and she went and talked to her and she said, "Look, this is not true. Why are you spreading those rumors?" And her pain just started to melt away as she took the steps that she needed to do in her life to assert herself and diminish all the tremendous emotions that she'd just been holding in.

**Dan Buglio:** So, you could almost say a side benefit of going through this type of program and self analysis is that not only are you going to regain mobility and start becoming more active physically; but you're also going to be forced to look at some things that psychologically or emotionally have been underneath the surface for a while. And actually start to be able to get those things handled. So, it's not just only about pain relief. It's about getting your life back on track in more ways than one.

**Dr. Howard Schubiner:** Absolutely. What I tell people in my program; you're going to accomplish three things. Number one, get rid of your pain. Number two, understand yourself better. Number three, gain mastery and control over your life, your situation and decrease the stressful issues in your life.

**Dan Buglio:** Okay. Very cool. So, one of the things I'll point out for those listening to the call. As I mentioned, Dr. Schubiner has his online course. And I'm going to make some information available at a certain site. I'll give you that URL in a minute. But I'm going to have some of the TMS resources, a doctor directory; as I create some of them. I'm going to create some additional- I'll say free reports, bonus videos and I'll also provide you information how you can get in touch with Dr. Schubiner and his program. That is actually at <http://www.TruthAboutBackPain.com/yourpainisreal/> And that 'your pain is real' really resonates with what Dr. Schubiner was saying that this is not imagined. This is not make-believe. We know that this is a real, true occurrence for you guys.

I guess before we wrap up the call, is there anything else you want to share with people who are kind of going through this who had pain for weeks, months, years, decades? The message I have is that there is hope. There is an answer. This is not just a handful of people dealing with this. We didn't really talk too much about Dr. Sarno and his history but he's been applying this mind/body concept since what- the 70s?

**Dr. Howard Schubiner:** Yeah, it's about 30- 30 something years now. He's a real visionary. He's a pioneer in his field. He is somebody who is so far ahead of his time that no one really kind of figured out that he was really on to something, which is why he has so relatively few people; disciples so to speak, who are carrying on this work. What we're starting to do now is research on it. That's another thing that's going to convince the scientific and the medical community is once we have research to show that those methods really work and work better than the modern medicine methods do for these syndromes that are mind/body syndromes.

**Dan Buglio:** Okay. Well, maybe one of the things you and I can do after the call is just kind of- for those people who really want to get scientific about it and very analytical about it. If they want to see if they can get their hands on some of this research that kind of proves what you were talking about makes sense. Because some people are very analytical about it and other people talk things at their word. Maybe after the call you can provide me some technical resources that might be available through the internet. Maybe some of these research studies that would help correlate some of what we're talking about.

**Dr. Howard Schubiner:** Sure. Sure. I'd be happy to.

**Dan Buglio:** Anything else that you want to share with people who are going through the pain process and starting to explore this mind/body connection?

**Dr. Howard Schubiner:** I think you really hit it on the head when you said there is hope. There is hope. And that is such a critical thing because people get so discouraged after months or years or even decades or having severe pain. It effects your whole personality, who you are, how you see things. It's just such a incredibly difficult thing to go through and at some point, people begin to lose hope. But what I've seen is that this model really- and it's not 100%. I can't claim that by any stretch of the imagination.

**Dan Buglio:** Nobody can claim 100% for anything.

**Dr. Howard Schubiner:** No. But for the majority of people, there is hope and people can literally get better.

**Dan Buglio:** Wow. So, there you have it. Dr. Schubiner, unless you've got anything else, I'll thank you for taking your time out of your day. As far as additional resources, again; <http://www.truthaboutbackpain.com/yourpainsreal/> All in lowercase, all connected. Go there. I'm going to continue to update that location with additional resources and tell you how you can get in touch with Dr. Schubiner if you're interested in his ongoing four week program; if you really want to get in-depth with it and have somebody walk you step-by-step through a real treatment process. I've been through that program myself and it's excellent. So, I do recommend it. And Dr. Schubiner, unless you've got anything else to add, I'd like to just say thank you and I'll be in touch.

**Dr. Howard Schubiner:** No, thank you for publicizing the truth as you say the truth about back pain.

**Dan Buglio:** Oh yes. So many people are misled. I've got a sister-in-law who started out with some mild back pain. It started to recur. She went to the doctors and three months later, they're saying

don't use a computer. Don't talk on the phone. Don't do this. Don't do that. Totally petrifying her with fear over all these supposed degenerative problems. And she had no trauma. There was no specific incidence. So, it's almost as if the lack of this clarity and that medical blind spot that you talked about earlier is almost reverse medicine. It's making things worse. It's magnifying a person's own fears and worries by actually proving that their worries are founded through these statements that you're broken. That you've got all these problems and they're always going to be there.

**Dr. Howard Schubiner:** Yeah, it's labeling people and that clearly makes the pain worse. There is no question about that.

**Dan Buglio:** Oh yeah. And at this point, she was lucky to get back to work in September when she returned to her teaching job. But she wasn't sure if she'd have to go on disability. And this was a perfectly healthy 46 year old woman who had no trauma, no disease process. And through this, what I'll call negative programming; she really struggling and unfortunately at this point, I haven't been able to get through to her yet but I'll be sure to share this recording with her and continue to try to help her out. But, my take is if any of this sounds really far out there; number one, we're not saying your crazy. Number two, suspend your disbelief enough to give this a shot to start working at the things that Dr. Schubiner's told us to do and you'll probably be very pleasantly surprised at the results.

**Dr. Howard Schubiner:** Yeah, if you look at the stories that people write me after they've been through the program. It's just amazing. It's just amazing the stories that people have. They say, "Gee, I was skeptical at the start but when I saw my pain start to go away. And then I saw it all go away. I was just the happiest person alive." And it's just so gratifying to be able to help people see that and help them do that for themselves.

**Dan Buglio:** Right. And don't just trust what Dr. Schubiner and I are saying. Go to Amazon.com. Search for Healing Back Pain. Read the 360 some odd book reviews from people who had no reason to write it other than to say, "Hey I read this book. It really helped me out." So, it's not just what I'm saying. There is other proof out there in the world. So, do your research. Check it out. Keep an open mind and there's definitely hope. For more information on Dr. Howard Schubiner and his mind/body program, go to <http://www.truthaboutbackpain.com/yourpainsreal/>. On this page, you will also find a quick start guide along with our resource directory of doctors and websites to help you in your journey to a pain free life. Enjoy and we'll talk to you soon.

Visit <http://www.TruthAboutBackPain.com/yourpainsreal/>

Get access to our resource directory of doctors and websites along with our quick start process.

You will also find information about Dr. Shubiners Mind-Body Program and how to enroll.

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