

## **LNB Pain Therapy**

### **A New Understanding of Pain**

LNB Pain Therapy is a stand-alone system for treating most pain conditions. It's based on a new pain theory that functions on completely different levels from previous theories. LNB is a highly effective and revolutionary pain therapy that establishes a new - and for the first time positive - understanding of pain.

According to LNB, pain is experienced primarily when the body wants to warn us of impending damage, and to protect us from that damage. The Liebscher & Bracht method of pain therapy makes clear on the simplest levels which musculofascial changes must be made so the body no longer needs to warn us with pain alarms.

This approach revolutionizes procedures relied upon until now, and offers both patient and therapist a continuous, easy to comprehend, and interlocking therapy framework: The "Pain Point Pressure" frees pain from its deadlocked state, and the "Bottleneck Stretching" further melts it away. It prevents new incidences of pain, at the same time preserving and programming into the body for the long term the pain-free or reduced-pain condition achieved through the Pain Point Pressure.

But it goes much further than this: In order to remain pain-free for the long term and in order to enjoy a healthier life, LNB offers a holistic lesson in movement that is not only functional, but also connects important life-energy principles with one another. This lesson in motion is an integral part of the overarching and holistic lesson in health, "LNB Motion: Healthy Movement According to Liebscher & Bracht"

### **LNB is Effective in Treating (Nearly) All Pain**

The kinds of pain that can be causally minimized by our therapy are those that arise most frequently today, in every part of the body.

Arthritis, fibromyalgia, non-articular rheumatism syndrome, rheumatoid pain, pain associated with multiple sclerosis and Parkinson's disease, phantom pain, headache, pain while turning the head, migraines, cluster migraines, neck pain, torticollis, neck stiffness, trigeminal neuralgia, eye pain, pain in the jaw joints, shoulder pain, shoulder-arm syndrome, frozen shoulder, impingement, elbow pain, tennis- and golf elbow,

Tendinitis, carpal tunnel syndrome, wrist complaints, pain in the joints at the bases of the fingers and thumbs, text-message thumb, slipped discs, intercostal neuralgia, back pain, whiplash, thoracic spine pain, neck injuries, lower back injuries, ankylosing spondylitis, scoliosis, floating discs, spinal stenosis, lumbago, buttock pain, Ischialgia, pain in the hip, knee and ankle joints, pain in the inner and outer meniscus, restless legs, shin splints, cramps in the calves, tears in the Achilles tendon and calcaneal spurs.

Please note that conditions such as rheumatism and Parkinson's are naturally not able to be cured by Pain Point Pressure. The pains associated with them, however, can be significantly reduced.

In addition, we observed as side effects of the therapy a multitude of positive changes, including improvements in vision, tinnitus, teeth grinding, management of MS and Parkinson's, posture and physical exhaustion, therapy resistance to acupuncture, homeopathy, ADD, dejectedness, depression, sexual exhaustion and numbness in the lower limbs. Our experience also showed that the causality assumed until now between pain and these conditions is not always correct. The issue is often alarm pain rather than pain from damage.

Most of the pain existing today is, according to Liebscher & Bracht, alarm pain: the language of the body, with

which it seeks to protect its joints, vertebrae and other movement structures from damage.

When this pain is suppressed with pain medication or even more drastic measures, the danger arises that we will suffer exactly the occurrence our body has been trying to warn us about.

The language of the body has the same function as the oil light on our cars: It's warning us in advance that the motor will suffer damage if we don't address the cause – the missing oil. Would it help if we put a Band-Aid on the oil light, or if we removed it entirely?

### **LNB Pain Therapy Training**

Pain arises from improper musculofascial tension. Pain is the result of improperly programmed muscles, or improper musculofascial tension. With the Pain Point Pressure invented and patented by Liebscher & Bracht, these pathological tensions are dissolved and the false programming is erased. Additionally, certain pain points that function as biological information switches are turned on and thereby correspondingly influenced. The pain is then, one might say, "turned off"! When one removes these improper burdens with our therapy, the pain also disappears – actually the cause of the pain disappears, without medication or operations, in a completely natural way that is astonishing in its speed.

This succeeds – to the hope and joy of thousands of pain patients – also when concrete damages already exist, which can be diagnosed manually or by way of x-ray examinations. Slipped discs, arthritis, calcifications, other joint or vertebrae damages such as spinal stenosis have almost nothing to do with the pain, which is also the case with nerve irritations and inflammation. Fibromyalgia, migraines, non-articular rheumatism syndrome and chronic pain are treated very well by means of LNB therapy. LNB represents a new understanding of pain that is based on the idea that pain arises mainly when the body wants to warn us of impending damage, and to protect us. This new understanding of pain makes pain as the body's language understandable. It is thus bio-logically understandable why pain is almost always alarm pain. This makes it clear that all we need to do is give the body each muscular change it needs in order that it no longer needs to warn us.

### **The Valuable and Special part of LNB Pain Therapy**

Feedback from several thousand of our training participants showed the following special features of our pain therapy:

LNB pain therapy is applicable for all types of pain:

LNB therapy should be first applied to any type of pain. When used correctly there are virtually no contraindications, making it ideally suited for differential diagnosis. Our treatment method on any patient, showed elimination or massive reduction in pain in more than 90 percent of our patients with pain. (see the results of our Application Study) This has been proven that the cause is musculofascial. Please note that this applies explicitly in osteoarthritis of all stages, disc problems, previous surgeries, chronic and untreatable pain. With approximately the remaining 10 percent these testing and treatments can be applied (imaging techniques, all other diagnostics, naturopathic and allopathic products, operations of all kinds, artificial replacement of body structures, all available therapies of all disciplines and specializations). From experience, we know that in our therapy may also treat pain, where musculofascial cause has not been initially suspected, or even excluded.

Additionally and especially in the presence of osteoarthritis, disc or other structural damage, we teach that each patient must be given the chance to be pain free when the condition proves treatable. Motto: Almost anything is possible. What therapist would take responsibility for depriving a patient of this opportunity?

The LNB pain therapy works as well as ever: Although it initially sounds unbelievable – in well over 90 percent of today's most common types of pain, our therapy we can achieve a complete deletion or at least massive reduction in pain. Actually currently at 97.38 percent (Evaluation of the internal application study). This means that high proportions of most common pain types are limited to musculoskeletal conditions.

This is understandable if you look at the present-day one sided movements and all the minimal or even non-used movement possibilities for which we are actually genetically created for and that we must use in a biological way to remain "complete".

The level of effectiveness of LNB Pain Management: If musculoskeletal caused pain has to be treated, LNB therapy always manages to reduce the pain by 70 to 100 percent (even in the presence of osteoarthritis or inter-vertebral disc degeneration). This means that pain can be completely removed, or only a small residual pain from 1 to 30 percent remains. Achieving this then proves that pain levels can be maintained long-term by means of further treatments and therapeutic "Bottleneck Stretching". We also know that in these cases complete pain relief is achieved usually after a few weeks.

The rapid reduction of pain through LNB Pain Management: If the cause of pain is musculoskeletal, with our therapy you can eliminate or reduce pain in the first treatment - even in the presence of osteoarthritis or inter-vertebral disc as well as other structural damage. If this fails, then the pain is of other origins, or the treatment was performed incorrectly.

It's almost never the case that a musculoskeletal cause is so ingrained as to need several treatments in order to be eradicated.

LNB pain therapy is a natural, body-appropriate therapy: Our therapy works without medication, therapeutic devices or unnatural interventions in normal body structures or cycles. Neither allopathic drugs, opiates or similar materials, nor operations or artificial prostheses are necessary. The Pain Point Pressure is served by firmly anchored biological feedback loops, which are genetically engaged. Ever more patients are looking for such natural solutions to their ailments. They want to rely less and less on painkillers and other medications, some of which have immense side effects. Therefore, the approach of our therapy correlates exactly to what the spirit of the time calls for.

### **The Sustainability of LNB Pain Therapy:**

Through combination with the movement theory we have developed for this purpose, this therapy is up to 100 percent sustainable. As far as we know, there are no comparable movement theory, no similar exercise program, that are being developed in tandem with a pain therapy that works in this way. There is nothing that so perfectly matches the root consolidations of the manual therapy influences. The 27 therapeutic Bottleneck Stretches, in seven steps at a time, guarantee that the patient him- or herself is able to firmly program in their freedom from pain for the long term. There is an ever-increasing number of conscious patients who are capable and independent when it comes to ensuring they are pain free. For this reason as well, our therapy is perfect for the times.

### **The Bio-Logic of LNB Pain Therapy:**

Our LNB Pain Therapy enables therapists to causally understand the causes of nearly every pain that arises in the body. Through the influences of indirect factors (psyche, environment, diet), one can easily offer a psychological explanation of the previously indefinable connection between pain and stress, changes in weather, electrosmog and dietary incompatibilities and give patients valuable tips about their lifestyles. Patients, too,

increasingly seek to understand more about what's happening with their bodies. Only with this knowledge do patients arrive at the point where they regularly complete their physical exercises, gain a different perspective on their diet, and minimize or eliminate unhealthy habits.

### **LNB Pain Therapy Convinces Patients:**

Even at the point of registration a patient is already learning that he or she needs to bring the relevant pain at its highest level of intensity to treatment sessions. So, for example, the patient needs to have minimized or quit the use pain killers, in consultation with their attending physician, so they experience the actual pain in its truest sense. In that way the patient already understands in advance the safety of LNB therapy in treating pain. During treatment the patient experiences a different medical history from those he or she is used to in relation to traditional therapies. He or she receives the bio-logical explanation for his or her pain and the structural damages that have possibly already occurred. The patient understands that his or her body will be treated with good intent, and will be protected through its own movement apparatus. The actual detected freeing-from-pain or the reduction of pain proves to him or her that the therapy is correct. The patient feels that the damages diagnosed, which he or she blamed as the cause of the pain, don't actually have anything to do with the pain. This is because the pain has been removed, but the damage naturally still exists. In this way the patient is motivated to do his or her "homework". And if the pain returns after the homework has been neglected for a while, the patient knows why. Patients – apart from exceptions – no longer take painkillers, because they understand that the positive signals of their bodies are suppressed when they do so.

### **The wholeness of LNB Pain Therapy**

The substance of LNB Pain Therapy is brought across and deepened in three modules. This trisection conveys the holistic bio-logic of the overall human system.

### **LNB Pain Therapy:**

The basis of our pain therapy is the Pain Point Pressure. This manual-therapeutic technique allows LNB pain therapists to resolve musculofascial program errors that lead to overburdening of the body structures, putting it in danger. The body shuts off the alarms that warn of threatening dangers at the moment in which the inappropriate tensions are corrected by the Pain Point Pressure in a way that allows the body structure to be physiologically burdened as genetically foreseen. The number of times in which this release of erroneous programming must be repeated depends upon how deeply the programs are anchored, how many damaging movement roots the movement habits of the patient contain, and the biological soundness of the patient's body structures that must "learn" new movement behaviors.

### **LNB Movement Therapy in Pain Therapy:**

By the end of the second treatment, at the latest, the patient receives our therapeutic Bottleneck Stretching in the form of his or her individual exercise program. These Bottleneck Stretching exercises consist of seven single steps, tailored to the particular problem area. The patient's pain status and condition determine whether he or she takes individual steps or completes a comprehensive program. The practice of these positions and movements, connected with exactly defined stretches, strengthenings and activations, leads to implementation of new, healthier, and physiologic musculofascial programs. As a result, the collective improper and over-burdening of the movement system are remedied. The wear is reduced to the physiological minimum. The pain is abolished for the long term. It will only return if the patient practices his or her Bottleneck Stretching exercises either seldom or not at all.

### **LNB Movement Theory:**

The therapeutic Bottleneck Stretching is only a small excerpt of the aggregate movement theory according to Liebscher & Bracht. The entire system deals, in varying levels of learning, with what the human body needs in order to ensure its movement apparatus functions as well as possible. But, since everything in humanity is connected with everything else, movement has influence on every level of human function.

Far more than on the condition of the movement apparatus, the metabolism as the foundation of health for all tissues depends directly on the movement of the tissues themselves. The specialty of our movement theory is the systematic detection and "processing" of all genetically defined movement angles. The collective movement repertoire of man is "recaptured", piece by piece. To the extent to which it is again available, the processes to all other function levels can again be normalized – so, they can be switched to health. Patients who are pain-free after Pain Point Pressure and the therapeutic Bottleneck Stretching can lay the most important cornerstone to their physical, mental and spiritual health.

### **LNB Health Therapy in Pain Therapy:**

Since the cause of most pain conditions is connected with musculo-fascial programming, the intensity of the pain is directly related to changes in the state of stress of the muscles and fascia.

The psyche, the environment and our nourishment are three so-called indirect pain factors. Stress, electromog and overly acidic connective tissue resulting from unhealthy nourishment are among the most common pain-increasing indirect factors. With patients who suffer multiple pains, Fibromyalgia and pains that are connected to inflammation processes, the removal of these stress-increasing factors is an important support for the manual therapy and the movement therapy.

However, these are only a small, selected part of the tools among the pain management practices employed in the complete application of health education.

### **LNB Health Education:**

Health Education modeled by Liebscher & Bracht includes a complete system for the natural healing of people. It is designed to help people understand the natural way to be in the best possible health. We understand health as a dynamic process that should be lived continuously. Respectively beginning with the actual state of the human body, the soul and the spirit, the means are made available that enable the human system to position itself and organize optimally. Motto: "Bring healthy inside, get your metabolism into top shape and drive sickness out". This activates the "inner physician". Building on this basis are the required procedures of natural medicine, conventional medicine or the latest developments used primarily in biophysics.

### **Pain Management Training by Liebscher & Bracht**

**An immediately marketable education that yields substantial results to about 90 percent of pain patients!**

Participants in our courses are consistently impressed – by the quality of teaching and the pre-accession to this new technology, by the obvious logic of new understanding for the pain, by the astounding effectiveness of therapy that they themselves can feel, and, above all, by the concrete and practical applicability. Again and again the overall assessment from participants is that this training is the best they have ever attended.

The strikingly high rate of effectiveness is so surprising for some participants that they're still unable to believe it, even though they're able to feel the immediate effects on their own bodies and witness results on the other students during the training. This is especially true of those who are highly skilled in their pain therapy specializations, as it is initially difficult to understand how quickly and easily this therapy eliminates pain.

The training is designed so that the treatment techniques can be implemented as soon as possible. The necessary skills are practiced intensively so you can use the new knowledge effectively and with confidence in your practice and assist your patients on the following day. Then you understand not only the systematic approach, but are also capable of explaining to your patients exactly what you are doing, and where to apply effective levels of treatment with this therapy.

Since our training activities began, our courses have been particularly well attended because you can start right away to work with your new knowledge – and you're guaranteed success! No other training will enable you to achieve such a rapid pain reduction. And no other training will provide you with the most perfectly logical and effective tools in existence, available immediately for you to use in your practice and on your patients.

It goes without saying your practice will fill with newly referred pain patients. This is because, on average, only three treatments are necessary until the patient's own responsibility to do their „homework“ of the Bottleneck Stretching takes over, allowing him or her to remain sustainably pain free. The excitement of course is then passed among friends and acquaintances.

### **The cost of training**

Our training programs are worth the investment - more than 4,000 trained doctors, medical practitioners and physiotherapists agree with us on this. No one thinks otherwise or regrets the expense. If the course fee is too high for your budget at the moment, we'll work with you on financing or a possible installment payment plan. This way, you don't need to make the investment up front, and just one or two pain therapy treatments per month can cover your costs in full.

### **The training timeline**

The practical application and implementation of the therapy are paramount. The four-day training runs for about 10 hours each day. In the first three days all treatment points are systematically covered on three different levels and then practiced directly on a partner. The course consists about 90 percent of practicing the Pain Point Pressure Therapy and executing the Bottleneck Stretches. Indirect factors (psyche, environment, diet) are also concentrated on and discussed over about two hours. On the fourth day the pain therapy is practiced in relation to the original treatment strategy - just as you would treat your patients on the day after the course. We recommend that participants practice their training on therapy-resistant patients with pain, as soon as possible after the course in order to apply and put into effect what has been learned. Each success achieved with these patients is important for the training to experience the "impossible" as quickly as possible and to accept this as the new norm.