

Help *for* People *with* Ankylosing Spondylitis

A Revolutionary Path to
Pain Relief and Recovery



PETER WINSLOW

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A revolutionary path to pain relief and recovery from AS



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Chapter One



Introduction

In a perfect world, no one would have to endure the hardships of Ankylosing Spondylitis. Only those who have it can truly understand how all-consuming the pain and suffering can be. For many, the merciless fate of this chronic degenerative disease impacts every aspect of their daily lives.

I know how it feels to suffer with Ankylosing Spondylitis, and I have compassion for you if you have it. I was diagnosed with AS in 1984; I suffered with the mind-numbing pain and stiffness, oppressive mental and emotional anguish, and the fading hope for healing and wellness in a world that seemed to offer few if any real answers.

It's a cruel irony that AS is often accompanied by other conditions and ailments. If you're like most AS sufferers, you also cope with some or most of the following:

- Depression
- Sleeplessness
- Addiction to drugs, alcohol, food, or other
- Constant stress
- Emotional hell

Worse still, you may suffer from other chronic conditions which accompany AS like a package deal. I meet AS sufferers who are also

victims of fibromyalgia, Crohn's Disease, rheumatoid arthritis, and many other debilitating diseases.

A Better Way of Life

After searching for many years, I found alternatives to drugs that helped me successfully relieve the pain and stress of Ankylosing Spondylitis. By using them regularly, I fully recovered from all symptoms including chronic pain, addiction and deep depression.

I've been free of the pain and symptoms now for over twenty years. I am incredibly grateful to have recovered from the devastating, life-altering agony of Ankylosing Spondylitis, and that's why I have made it my purpose to help you do the same. I want you to know exactly how it feels to be free.

Why My Approach is Unique

The methods I teach are more than subjects I studied at school. They are the techniques I used to recover from AS. I am living proof that they work. Researchers are now catching up with the efficacy of these methods, and clinical studies are proving the healing effects of what you're about to learn.

This remarkable information will help you recover from all kinds of symptoms—physical, mental and emotional. No matter how severe your condition is, you can and will experience relief by following the steps I recommend in this book.

Your Pain WILL DECREASE When You Follow These Steps

I'm about to go into detail on the methods I used to recover from the symptoms of AS. Before I do, let's be sensible for a minute. Relief from AS requires you to realize that you play an important role in the process. If you are ready to take action, then what you're about to learn will help to relieve your symptoms in the shortest time possible. You are now on your way to recovery.

Our Common Goal

What do the people who recover from chronic conditions have in common? When you look into it, you'll find:

- They learn a great deal about themselves and their conditions.
- They don't just "ask the doctor" or rely on pharmaceuticals.
- They do whatever they can to help themselves.

It goes without saying that the people who have recovered from chronic illness didn't sit around and wait for someone to invent a magic bullet, a quick fix, or a miracle cure. They found information they could use, and they used it.

Information is powerful, but the truth is that information without action is practically useless. Consider this: People know that smoking is bad for their health and may even kill them, but that doesn't mean they'll quit.

So, knowledge and information alone don't cut it. Making that knowledge work for you is the key. How to do that is what this book is all about.

Making It Work for YOU

Begin with the belief that you deserve a better life:

- You want to feel like yourself again.
- You want freedom from the pain.
- You want a better quality of life.

Learn and use the steps I recommend, and recovery will happen. Take inspired action now and:

- Decide you want to reduce your pain and suffering.
- Believe that you can achieve it.
- Make a commitment to yourself to do so.

And If You Don't Take Action?

If you do not take action, your symptoms will likely get worse. The inflammation will increase; much of the swelling around the joints will calcify as the years pass and the pain will only hurt more and more. Posture degenerates. Arthritis-like symptoms set in. AS continues to wear on your body.

Don't let it happen to you.

This is a Complementary Process

There is no magic cure for AS. It would be nice, but I don't believe the cure for chronic diseases will ever come in a pill. However, some treatments available from your doctor may be useful to temporarily

reduce your pain, inflammation, and other symptoms related to AS, so continue to avail yourself to what modern medicine can offer you.

The benefits of modern medicine aside, I'm a strong proponent and personal example of what you can achieve when you go beyond what your doctors can do for you. Even if you don't like everything I recommend, you owe it to yourself to do at least some of them. Positive actions will create positive results. You have absolutely NOTHING TO LOSE BUT THE PAIN.

An Attitude of Gratitude

I want to close this section with an example of what philosophers call the attitude of gratitude.

Although a magic pill—had one been available—would have eased my condition, I am truly grateful I did NOT have one when the pain was at its worst. Sound strange?

If there were a magic pill to reverse AS, I might never have learned what I am truly capable of, or gained the tremendous personal growth and wisdom that is an intrinsic part of the process.

I am healthier now than I've ever been; my physical and emotional well-being is truly at an all-time high. The results allow me to realize how grateful I am for the journey that led through pain and suffering and ultimately delivered true and lasting health, happiness and wholeness.

Now it's your turn.



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Chapter Two



The Three Keys to Recovery from AS

We begin with what I call the Three Keys to Recovery from AS. Of course, pain reduction is the primary goal; in addition, all areas of your life will be pleasantly improved.

With the Three Keys:

- You will decrease your pain
- You will increase your energy
- Your mood will vastly improve
- You will be more productive
- Your relationships will prosper

Let's go over the Three Keys briefly, and then I'll elaborate on how to use them. At first glance, they may appear simple, and they are:

THE FIRST KEY: BUST YOUR STRESS

The first step to pain relief is effective stress relief.

Notice the word "effective." There are lots of resources out there to help alleviate your stress, but there is more to the story than you've been told. In fact **there is a very specific kind of stress implicated in autoimmune and rheumatic diseases like AS**, and you have probably never heard about it. Later I'll discuss this specific stress and how to release it.

THE SECOND KEY: USE YOUR HEAD

This means using your brain to help your body heal.

The second step to pain relief is about achieving permanent results. As you'll see, there are simple and powerful ways that the brain and body work together for lasting relief from pain. In the upcoming pages, I will review these methods, document how they work, and illustrate exactly how to use them.

THE THIRD KEY: MOVE YOUR BODY

The third step to pain relief concerns targeted movement. As we'll see, movement is absolutely essential to improving your condition.

Clinical researchers now know how exercise can reprogram genetics¹ and rewire neural connections in the brain² to promote healing in the body. Weight-bearing exercise strengthens bone density and muscle tone, and repairs damaged and diseased tissues. The exercises are simple and easy to follow, but you must do them correctly, which means using advanced principles to incorporate both your mind and your body.

A Word on Nutrition

As a nutritional counselor, I'm a strong believer in proper nutrition. When it comes to *real* healthcare, there is absolutely no substitute.

There are many articles and programs online about nutritional approaches to ease the symptoms of AS. Easing your symptoms is good, but if you stray from the diets they warn your symptoms will likely return.

By contrast, I can eat whatever I want whenever I want to without a relapse of any kind. I found that cutting the gluten, sugar, starches, dairy and all the rest from my life was unnecessary. I eat wherever I choose; I

choose whatever I like and I eat starches, sugars, and dairy whenever I wish.

If your symptoms are highly active and acute, it makes sense to pay attention to your diet. Preventing inflammation is the goal. Eat foods that lower inflammation in the body and stay away from the processed and prepackaged stuff. Processed foods are literally jammed with chemicals which can cause reactions in the body.

If you're overweight, losing the excess pounds can go a long way to help you manage your symptoms. Find a nutrition plan you like and stick with it. To minimize symptoms of chronic pain, the plan I consider to be most intelligent and beneficial is the anti-inflammatory regimen known as the Wellness Diet developed by Dr. Andrew Weil MD. You can find it at www.drweil.com



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¹ Mark Sisson, *The Primal Blueprint: Reprogram Your Genes* (Malibu, CA: 2009).

² K.G. Pearson, "Neural Adaptation in the Generation of Rhythmic Behavior," *Annual Review of Physiology* 62(1) (2000): 723-753.