

WI report

At the November meeting our guest speaker was Sue Pitts. Sue works in Newbury and has people referred to her for sports injuries. She treats these naturally with massage and gives her clients advice on how to cope with pain. Her passion is to help people cope with pain without the use of chemicals where possible.

Her knowledge of pain science was extensive. She told us that our brain is 100% producing our output of pain and that who we are, what we do, our beliefs, even our childhood and the context of the injury will play a vital role in our experience of pain.

She explained that pain is a protective response to a change detected in our bodies by the brain. When the brain decodes the problem, it responds by making us aware of it through pain. We, then, take care not to make the situation worse. She told us ways to lessen pain by distraction, keeping moving (even when it hurts) and relaxation.

It was a fascinating talk and gave us all much food for thought.