

“BREAK THE CHAINS OF PAIN”

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(U.S. Army 82nd Airborne¹ Veteran)

For as long as I can remember anxiety has been an issue in my life. Overthinking and over analyzing all of the things that I am not able to control has created a lot of unnecessary stress for me. Finding an outlet to get out of my head was becoming a real priority.

At the age of 18, I decided to join the U.S. Army to be a part of something much greater than myself. Being a soldier on an Airborne Infantry Reconnaissance Team (U.S. 82nd Airborne) really lifted my morale and helped change me into who I am today. Little did I know I was now a part of something so elite that I would eventually pay for it later.



With that being said, after serving 4 years, I had been through a whole lot of experiences that caused me to be in extreme amounts of physical and emotional pain. Trying to deal with this pain every day really took my anxiety to a whole new level!

For years I was going through physical therapy for my back and seeing counselors for my PTSD. **The medication and the treatment never really seemed to work**, and my mind was never at ease. **I spent many nights in agonizing pain not being able to sleep and not having any interest in the day to go anywhere or do anything** at all!

With nothing ever working I was *starting to become numb to the pain* as it had become a part of who I was. Not being able to do fun things at such a young age really started to weigh on me mentally. As if dealing with the pain had not been enough, my anxiety that stemmed from it was becoming increasingly persistent and I started to feel hopeless.

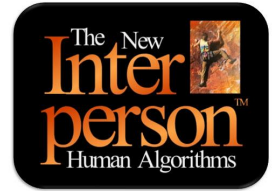
¹ 82nd Airborne ... The **82nd Airborne Division** is an [airborne infantry division](#) of the [United States Army](#), specializing in [parachute assault](#) operations into denied areas.^{[1][2]} The 82nd Airborne Division is the U.S. Army's **most strategically mobile division**. **Some sources consider the 82nd Airborne Division the most highly trained light infantry division in the world.**^[1] Recently the 82nd Airborne has been conducting operations in Iraq, advising and assisting [Iraqi Security Forces](#).^[4] Historically, it has seen action in WWI, WWII, Vietnam, Grenada, Panama, The Persian Gulf, During and after Hurricane Andrew, Haiti, Iraq and Afghanistan.

math-for-pain™

The Algorithm



Algorithm ... a set of rules for solving a problem in a finite number of steps.



In the beginning of 2018, I was introduced to Doctor S., a doctor in Nevada with a philosophy for pain and anxiety that I just couldn't believe. He presented me with a description of what he called “**math-for-pain**”².

“**math-for-pain**” contains simple math problems such as single-digit addition, subtraction, and multiplication tied to the observation of surfaces, spaces, both indoors and outdoors. The description said by simply considering the equations in my mind as present on or within the surfaces, spaces, etc., (the larger those spaces and surfaces the better) and solving them both correctly and incorrectly in prescribed amounts, that different parts of my brain would activate sensors that could very well ultimately help to diminish my suffering from my physical pain!

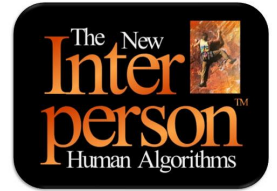
I have to admit, being in so much pain for so long and having more anxiety than ever because of it, I was in disbelief that simple math equations, wherever I might imagine them to reside, would solve the pain that was keeping me up all night and leaving me lethargic and more than hypothetically depressed for each following day after day after day. I put my skepticism aside and decided at least tentatively to trust the process. I then found out that “**math-for-pain**” had the name it did for a reason!

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The first time I read the equations in the “**math-for-pain**” description, I immediately felt calm as my mind was not focused on all of the wrong things my wrenching pain and the failures going on in life but instead was focused on solving the effect the pain was having on me. I knew right then that Doctor S.’ philosophy was a potentially true one and that this “algorithm” might just be more than merely hypothetical.

That night I went home with the “**math-for-pain**” description and continued to read the math problems specified with full belief that this could also work for *my pain*. By calming my mind as much as the “**math-for-pain**” did, it actually calmed the nerves in my body and resulted in me feeling less pain than I initially felt. That was the first night in a long time I didn't wake up in the middle of the night due to pain and I actually got a full night's rest!

² **math-for-pain™**... A Trademark of Interperson®.



With my pain alleviated and my trust in Doctor S. vindicated, I now have been trusting myself and the people around me as much as possible and by doing so, not only do I utilize “**math-for-pain**” every day but **I feel better than I have since I left the military. I sleep better, I am in a more positive mood, I am more active, I am nicer, and overall way more focused and clear minded!**

With this new beginning to my life I no longer feel imprisoned to my own pain and to its accompanying negative and demoralizing moods. My thoughts have become much more positive, my pain has decreased tremendously and my life has changed for the better. “**math-for-pain**” revamped my positive mind and gave me the ability to break the chains of my pain! Wow! What a difference!



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