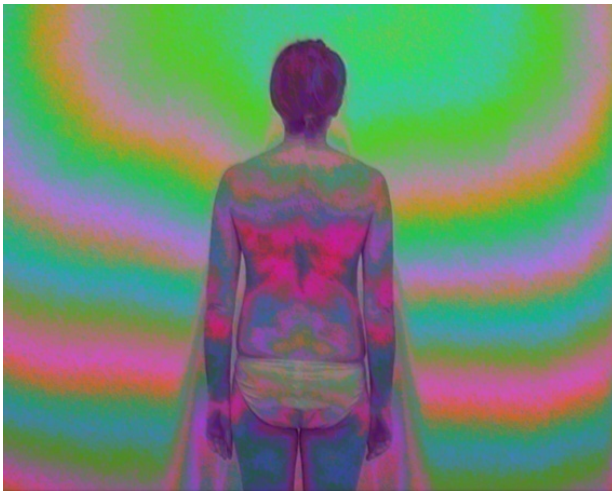
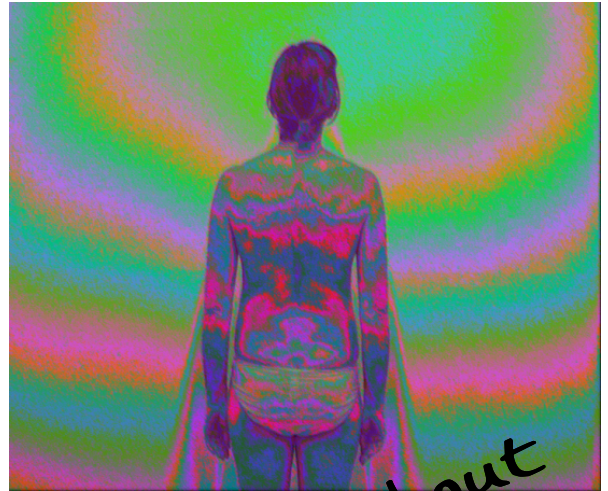




# 10 ~~7~~ Things You Wont Be Told About Why You Have Back Pain..!



Before



After

*The best little book about  
back pain in New Zealand*



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## Dear Friends,

Welcome to this information booklet. I truly hope the information within this publication will provide you with some answers and be the beginning of your health journey back to a satisfying and fulfilling life.

This free booklet gives you information...

- that you won't have been given by your health professional
- on research that back pain can indicate other health issues
- as to why you are still having pain when you have been told there is nothing wrong with you
- on the Healthwise Energy Centre and myself and why people turn to me after they have tried everything else!

### The Spine

The spine and its structure are one of the most fascinating parts of the body. The spine is our support system, holding us erect in both the physical and emotional sense; it has flexibility so we can bend and padding (support) to act as shock absorbers.

There are over 48 major nerves connected to the spine. These nerves communicate with the brain, the nervous system and the rest of the body. The spine has 26 vertebrae and they all have protrusions for attachments of ligaments and muscles. There are three natural curves in the spine that serve as shock absorption, for strength and leverage.

### Back Pain

Many people have had back pain at some time or another during their life. I have lost track of how many times I have heard "I just bent down to... and wham my back was out." This could be a good time to ask your self 'why is my back not strong enough to hold me up'.

There is much debate and controversy about neck and back problems, mainly because of the many misconceptions about back pain and treatment. There are many similar symptoms that come from different problems. The cause of the back pain needs to be addressed not the symptoms. I will guarantee to get to the cause of the back pain and make the difference.

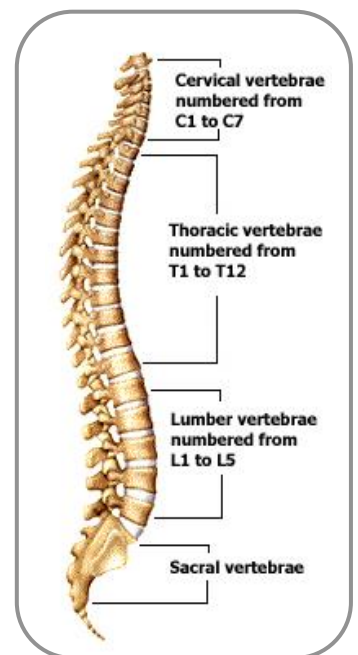
**Warning:** If your back pain has not improved within 6-12 weeks of injury, this will be an indication that your body is out of alignment and that other health issues are taking place.

At Healthwise Energy Centre we are committed to working with people as a joint venture to greatly improve their health, happiness and lifestyle. I have been working in this field for well over a decade and have had my own significant health challenges that I have overcome through enormous investment of time, money and research.

Best wishes,

Graham Wilkinson

**Please note:** This booklet is in no way intended to diagnose, recommend or prescribe. It is intended to educate and provide information rather than replace conventional medicine. Today, we have the best of conventional and complementary medicine.





## 1. Gravity...is in our every activity

“Little has been said about gravity, even though it is arguably the most potent physical influence in any human life”<sup>i</sup> (Oschman, 2007). Our bodies are designed to operate and function dominated by gravity.

Harvard Medical School clinically researched and summarised the work of Dr. Joel Goldthwait<sup>ii</sup> in the early 20<sup>th</sup> century (rarely cited) which has laid a foundation for the modern bodywork therapies. Goldthwait, a surgeon, developed a successful therapeutic approach in which he had his patients move their bodies in alignment with the vertical therefore decreasing our compromising of the body’s organ functions.

Certainly a man before his time; Goldthwait wrote an impassioned plea for everyone to pay more attention to the ways they hold and move their bodies in relation to the gravity field. This is more important than we realise.

Any imbalance can cause one part of the body to be strained more than the other, no one part of the body can be strained without affecting the whole body.

The mal-position of an organ will disturb its function – it is therefore a matter of common sense to expect better health when the body is balanced and in alignment. Goldthwait brought the world’s attention to the importance of our bodies being in alignment and that standing up straight is vital to our health – this was 100 years ago, and it is still a fact today.

At Healthwise Energy Centre we appreciate fully the ways in which gravity interacts with the body, energy flows and emotions and what clinical approaches have sometimes phrased as; ‘gravitational traumas’.

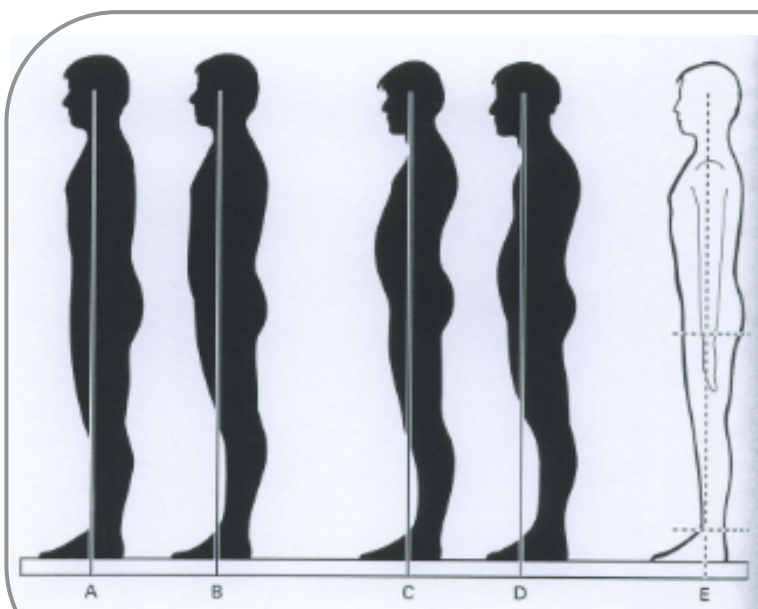


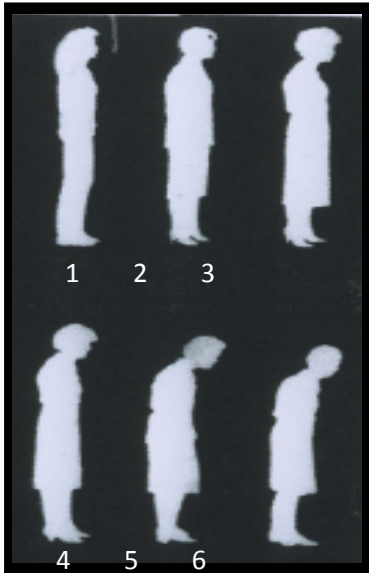
Figure 1: Harvard University Chart of Grading Body Mechanics

- A. Excellent mechanical use of the body
- B. Good mechanical use of the body
- C. Poor mechanical use of the body, showing signs of pot belly – notice the difference in the bend of the spine, the core muscle is showing the results of strain. With Graham’s treatments people can stand up straight again.
- D. Very poor mechanical use of the body, this person has more damage. This can be atypical of an asthmatic, as a reformed asthmatic said; ‘once I realised that my bad back occurred because I was a lazy breather, my health greatly improved’. Asthmatics commonly cannot breathe deeply, they take puffs, usually they are out of alignment probably affecting the digestive system, have constant sore neck, headaches and live with very low energy.
- E. Ideal vertical structure – ideal gravity line.



Perfect posture is a condition where body mass is evenly distributed and balance is evenly maintained during standing and locomotion.

This following illustration also highlights posture and gradual decline.



- 1 A young women standing up straight.
- 2 As time progresses taking on life head first.
- 3 Lumber, also the thoracic and cervical spine causing the head to carry forward.
- 4 Noticeable forward incline.
- 5 Very noticeable forward incline, neck movement limited.
- 6 Head and body forward, probably needing a walking stick when moving.

Also notice that as the head is more forward, so too is the left foot because the body needs to counter- balance this misalignment.

Figure 2 is also showing how people can carry stress within their bodies and what it looks like.

Figure 2: Posture Gradual Decline

“It’s not because we carry the weight of the world on our shoulders, it’s because we carry the weight of the world on our minds.” Dr. Lunkard 2008

#### What has this got to do with back pain?

Ignoring back pain for too long or using painkillers cannot be reversed. Use back pain as a signal to get your body into alignment, this will pay of dividends, a million-fold for your whole body and life.



## 2. Tensegrity...our architecture and flexibility

Tensegrity was a principle developed by R Buckminster Fuller (1948) also known as 'God's geometry'. The tensegrity view on the body opens new avenues of holistic strategy for understanding how the body works, how it compensates and how to understand some otherwise incomprehensible behaviours.

Tensegrity underlies geodesic domes, tents, sailing vessels and many other stick and wire structures. Of course then it is easy to comprehend then that tensegrity would apply to the human body. Tensegrity is the link between the structural (skeletal) and the continuous tensional systems (muscles, tendons and ligaments). Ligaments form slings that are capable of supporting the weight of the body – absolute perfect engineering. Goldthwait (1909) stated that an imbalance can cause part of the body to be strained more than the other and that no one part can be strained without affecting the whole body.

The tensegrity concept explains the ability of the body to absorb impacts without being damaged. Mechanical energy flows away from a site of impact as an elastic shock wave. The more flexible and balanced the body the more readily it absorbs shocks. This is an important factor for athletes and other physical performers as flexibility and alignment reduce the incidence of injury.

Just as a strain in one area of the body affects the whole body, an improvement in flexibility in one area will have effects that radiate outward benefiting all the body. Healthwise Energy Centre may focus attention on one particular area or region within the body that is stiff and/or sore knowing that beneficial effects can and do spread to all other areas in the body.

### Forces arising in the lower back region during bending

The calculations are based on a simple model of a man weighing 180lb.

The 5<sup>th</sup> lumbar vertebra is regarded as the fulcrum for the spine, and the erector spinae muscles are considered cables.

Equilibrium is achieved when muscular forces balance the pull of the gravity plus the weight being lifted.

Without lifting a weight, the compressive force on the 5<sup>th</sup> lumbar vertebra is 494lb.

**Should the man be lifting a 50lb load in the position show, the compressive force on the 5<sup>th</sup> lumbar increases to 855lb.<sup>iii</sup>**

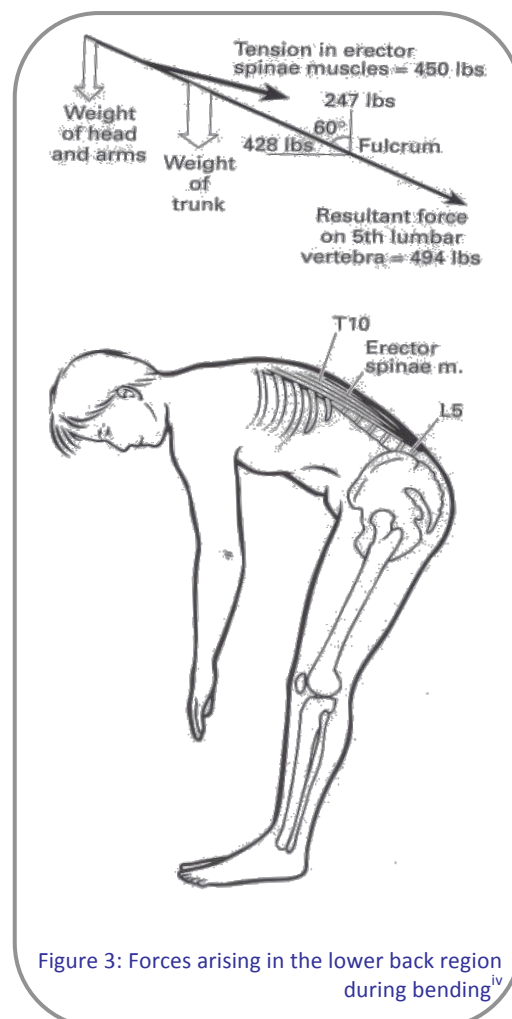


Figure 3: Forces arising in the lower back region during bending<sup>iv</sup>

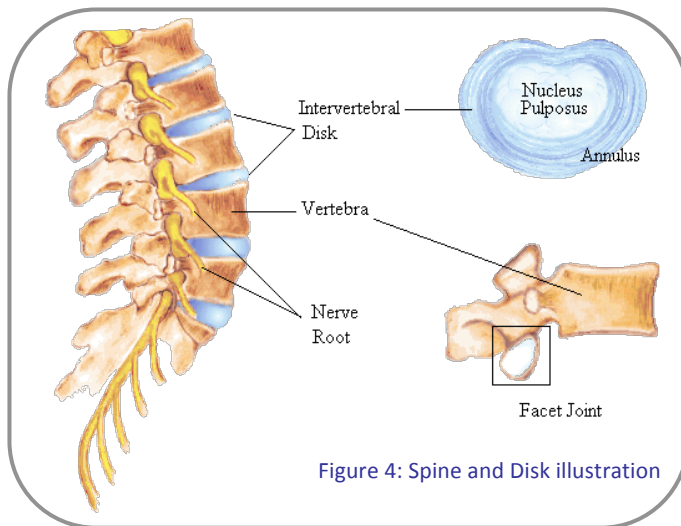


Figure 4: Spine and Disk illustration

Another function of these discs is that they work like the shock absorbers on a car. Whenever you take a step or land from jumping, that force is transferred to your spine. The energy from striking the ground goes through the bones in your feet then to your ankle, your knee, your hips and pelvis and ultimately winds up in your spinal column. Most of this force is absorbed by your discs, which is a fortunate thing, otherwise your back bones would constantly be crashing into each other and that could be painful.

When under the appropriate tension, the soft tissues around the spine can lift each vertebra off the one below it. The upward projecting superior articular processes of one vertebra extend higher than the lower tips of the downward projecting inferior articular processes of the vertebra above it. The fibrous connective tissue forms slings that suspend each vertebra from the one below.

Goldthwait's therapeutic approach was based in part on observations made while performing surgery on people. He noticed that abdominal nerves and blood vessels are under tension in individuals whose bodies are out of alignment. He also reported 'stretching and kinking' of the cerebral arteries and veins in those whose necks were bent. Various cardiac problems were correlated with 'faulty body mechanics' that distorted the chest cavity in a way that impaired the circulatory efficiency. Goldthwait also documented with x-rays a build up of calcium deposits around the vertebrae.

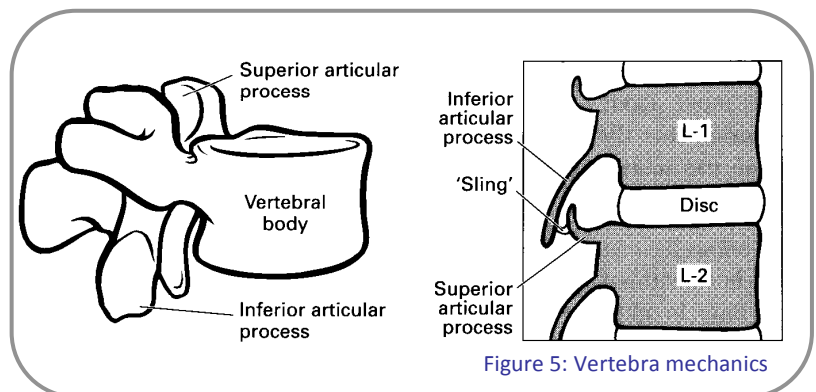


Figure 5: Vertebra mechanics

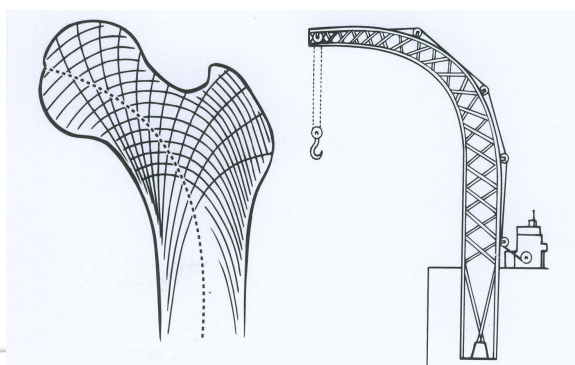


Figure 6: The head of femur and a crane are both tensegrity structures, as they employ both compression and tension resisting elements.<sup>v</sup>

**What has this got to do with back pain?**

For tensegrity to be working well your body needs to be in alignment. When your body is out of alignment, you will have back and other pain that will affect many other areas in your body.



### 3. Inflammation...the silent killer

Inflammation is the body's first defence against infection. TIME magazine published an article in 2004 *'The Secret Killer'*<sup>vi</sup> which focuses on the relationship between inflammation in our bodies and disease. Suddenly inflammation has become one of the hottest areas in medical research. This article asks the question; 'What has a stubbed toe or a splinter in the finger have to do with your risk of developing chronic disease?' More than you think apparently. Scientists are delving deeper into the fundamental causes and seeing links to age-old immunological defence mechanism called 'inflammation'. Most of the time inflammation is a good response, however every once and awhile the feverish production doesn't shut down on cue – meaning inflammation becomes chronic rather than a short-term response, thus turning on itself. So if the inflammatory fires refuse to die down, or flare up for prolonged periods, permanent damage results and can be the cause of many health conditions.

Another pioneer of our time Dr. Barry Sears and author of 'The anti-inflammation Zone' (2005)<sup>vii</sup>, talks about silent inflammation being the first sign that your body is out of balance and no longer well. When your body is in constant inflammation it reacts by having your adrenal glands (kidneys) pump out high amounts of cortisol. Cortisol is commonly thought of as a stress hormone; actually it is an anti-stress hormone. Chronic inflammation is basically over stimulation of cortisol which can result in increasing insulin (making you fatter), killing nerve cells (making you dumber) and depressing your entire immune system (making you sicker).

The hormonal mechanism that evolved for cortisol was never intended to handle long-term stress coming from silent inflammation. Cortisol was meant to shut down the immune system to recover from a short-term, though potentially deadly, infectious disease or a fear of being eaten by a wild animal. Chronically high cortisol can lead to a host of health issues resulting in weight gain, loss of intellectual potential and becoming predisposed to disease.



Figure 7: Time Magazine 23 February 2004

#### What has this got to do with back pain?

When your body is under stress, inflammation will build up at the in the injury site and elsewhere throughout the body. The body becomes overwhelmed and will not be able to heal naturally. PIP imaging can show you where any inflammation is in your body.





#### 4. Kidney, adrenal glands, cortisol – are our stress mechanisms worn out?

Cortisol is normally produced by the adrenal glands, located just above the kidneys. It belongs to a class of hormones called glucocorticoid, which affect almost every organ and tissue in the body. Scientists think that cortisol has possibly hundreds of effects in the body. Cortisol's most important job is to help the body respond to stress. Among its other vital tasks, cortisol....

- helps maintain blood pressure and cardiovascular function
- helps slow the immune system's inflammatory response
- helps balance the effects of insulin in breaking down sugar for energy
- helps regulate the metabolism of proteins, carbohydrates, and fats
- helps maintain proper arousal and sense of well-being

Because cortisol is so vital to health, the amount of cortisol produced by the adrenals is precisely balanced. Like many other hormones, cortisol is regulated by the brain's hypothalamus and the pituitary gland, a bean-sized organ at the base of the brain. First, the hypothalamus sends "releasing hormones" to the pituitary gland. The pituitary responds by secreting hormones that regulate growth and thyroid and adrenal function, and sex hormones such as oestrogen and testosterone. One of the pituitary's main functions is to secrete ACTH (adrenocorticotropin), a hormone that stimulates the adrenal glands. When the adrenals receive the pituitary's signal in the form of ACTH, they respond by producing cortisol. Completing the cycle, cortisol then signals the pituitary to lower secretion of ACTH.

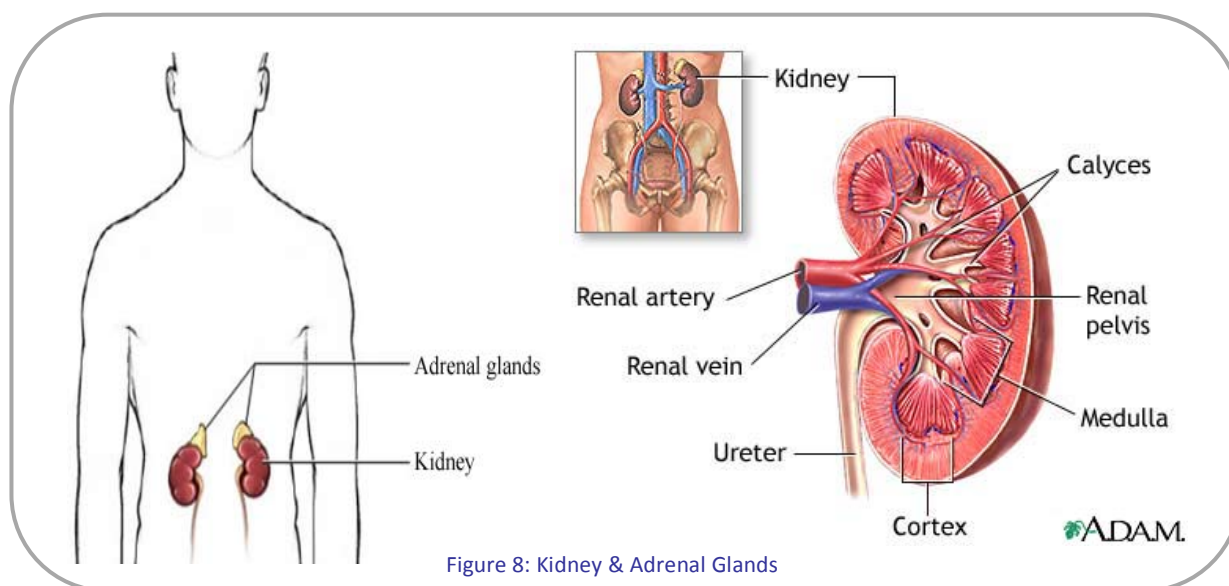


Figure 8: Kidney & Adrenal Glands

##### What has this got to do with back pain?

Producing too much cortisol for months or years can eventually lead to burnout of your adrenal glands and put extreme pressure on your kidneys. This will happen when we are constantly stressed, anxious, unhappy and over using stimulants e.g. caffeine. A sick kidney presses upwards causing a stiff neck, disk trouble, stiff and painful arms, back problems and fuzzy eyesight. Other signs are adrenal exhaustion ringing in the ears, tinnitus and back pain not healing within a few weeks.



## 5. Referred Pain...where does the pain come from really?

Referred pain is a term used to describe the phenomenon of pain perceived at a site adjacent to or at a distance from the site of an injury's origin. One of the best examples of this is during ischemia brought on by a heart attack. Even though the heart is directly affected the pain is often felt in the neck, shoulders and back rather than the chest.

Referred pain describes the experience of feeling mild to severe discomfort in an area distant from the actual cause. For example, a knee ache may have nothing to do with your knee (the localized area) at all. Instead, it could indicate an underlying condition in the hip or foot area.

Although medical experts are unsure exactly why the source of pain is, they are beginning to recognise that referred pain is a real symptom. Most agree, too, that specific types of referred pain are indicative of serious underlying conditions. These may include:

- arthritis ,
- back, neck, knee, hip and shoulder misalignment
- gall bladder disease
- heart attacks
- irritable bowel syndrome

Some experts put referred pain in the same category as “radiating pain,” others separate them as two distinct conditions. Radiating pain generally includes instances in which pain travels across a naturally connected network of nerves. For instance, if you have a herniated disk in the lower back, you could feel shooting pains down your leg due to the shared nerve network.

Alternatively, referred pain is characterised by the sensation of pain in an area that doesn't share the same nerve network as the root source of the pain.

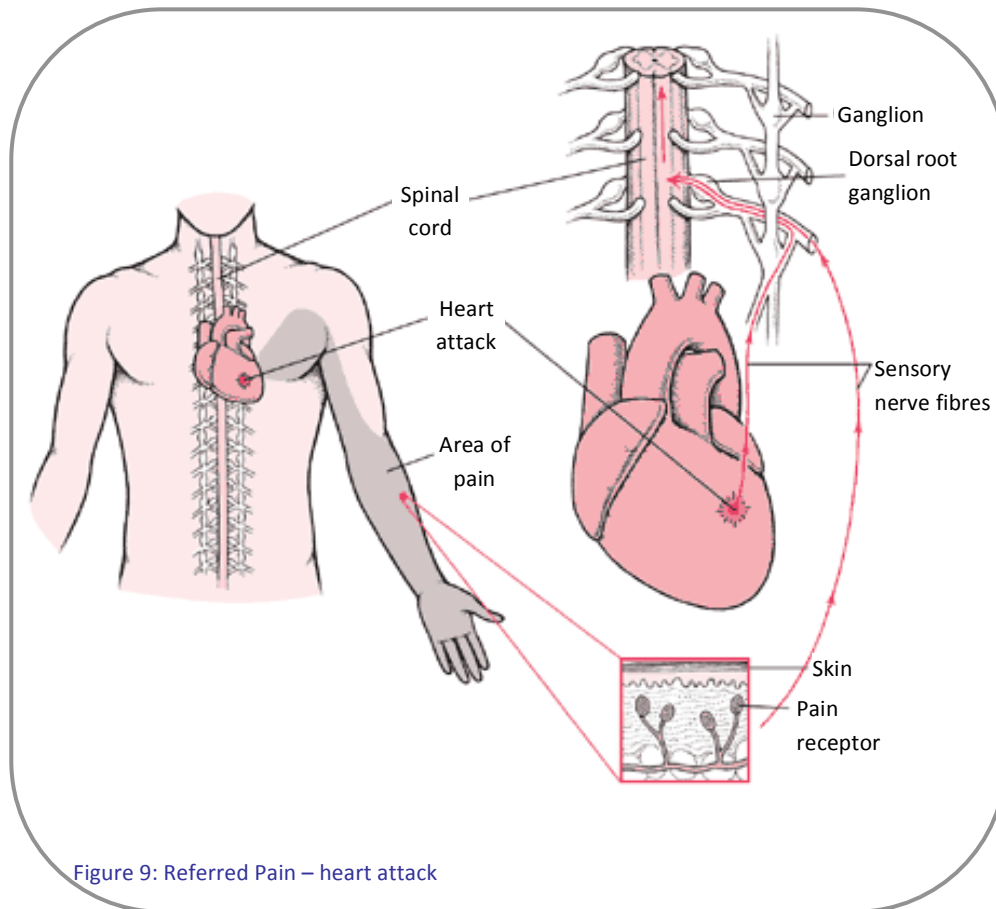
Like other types of pain, referred pain can be acute or chronic, dull or sharp and internal or external, depending on the original source of the pain and the degree of the injury.

The symptoms of referred pain depend on the affected area, the degree of injury and a person's current health. Here are some common scenarios in which people experience referred pain:

- **Amputations:** Phantom pain is the phenomenon in which amputees experience discomfort in extremities that are no longer there (i.e. feeling pain in the leg that has been amputated). While this sensation may be due to the fact that the brain is misinterpreting nerve endings, it can also result from crossed nerve impulses at the amputation site.
- **Arthritis:** Joint pain is common with arthritis, but other parts of the body also suffer. Arthritis can cause referred pain in the groin and thighs. Similarly, those with osteoarthritis typically experience referred pain in the upper neck vertebrae upper back region.
- **Gall bladder, liver, spleen problems:** Referred shoulder pain can indicate disease of the gall bladder, liver and spleen. Even appendicitis can send pain signals to the right shoulder.
- **Heart attacks:** Symptoms of a heart attack, including arm and neck pain with chest tightness, are common instance of referred pain. While the heart itself is affected and projects no sensations, surrounding, unconnected tissues exhibit sensations of pain.



**Example: referred pain during a heart attack**



*Healthwise Energy Centre assesses the whole person  
and treats the whole body.*

**What has this got to do with back pain?**

If you are presenting with back pain and its not healing then this could be an excellent indication that there is something else deeper going on in your body and that your back pain is **referred pain**.



## 6. Cervical Spine...holding your head up

C1 and C2 are the first two vertebrae in the neck area – the atlas and axis. The atlas is called the 'king pin' (the most important vertebrae). If these vertebrae are out of alignment, the entire structure will be out of alignment. Both of these vertebrae supply the thymus. Through misalignment, nerve flow from C1 and C2 to the thymus will affect its production of T cells, which in turn affect the function of the immune system.

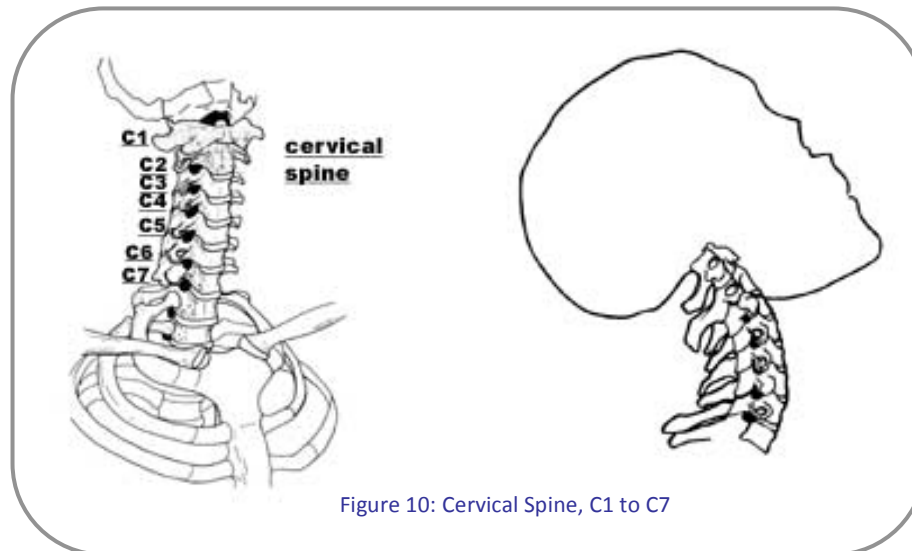


Figure 10: Cervical Spine, C1 to C7

### What has this got to do with back pain?

If the cervical spine is misaligned, then so too is the rest of the spine, causing neck and other back pain, referred pain and other health conditions. The lumbar spine, along with the pelvis and stomach can become toxic; this has a link through to the cervical spine and jaw (TMJ joint). This is sometimes very difficult to diagnose and treat. Grinding of the teeth, clenching or clicky jaw and headaches and even dizzy spells are often linked to this area of the spine.



## 7. Vagus Nerve...the mother of all nerves

The Vagus Nerve is the body's most powerful anti-inflammatory system, controlling digestion, detoxification, glucose metabolism as well as immune reciprocity. The Vagus nerve fights the ravages of stress, inflammation, insomnia and toxicity as well as improving energy, immune and brain function.

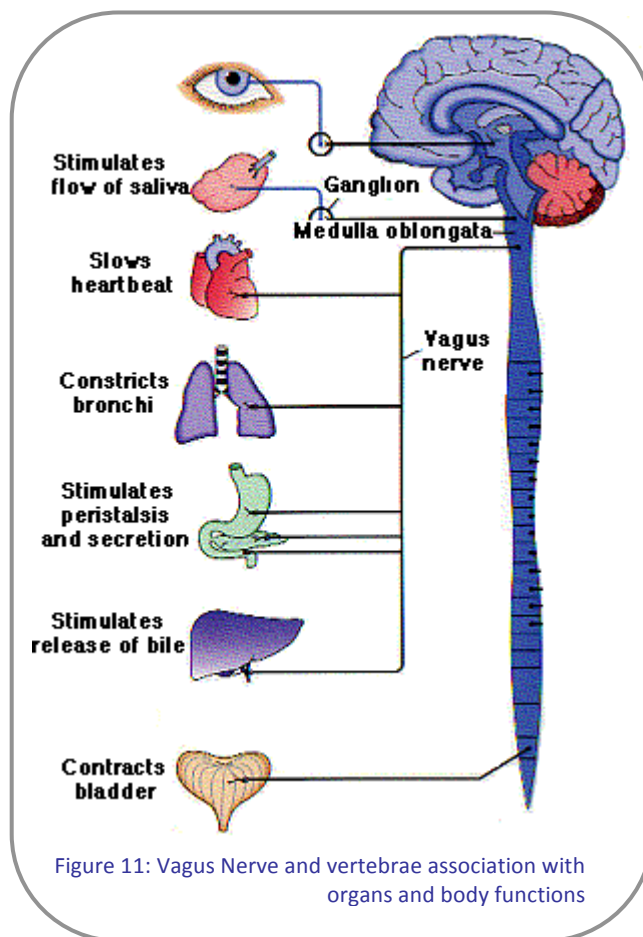
The Vagus Nerve is the longest of twelve pairs of nerves that originate in the brain, serving as the brain's central command in the fight against stress, inflammation and toxicity. The Vagus Nerve regulates our "fight or flight" response, digestion, detoxification, various aspects of heart rate, blood pressure and more.

Recently, the Vagus Nerve has been the subject of increasingly intense research for epileptic seizures, obesity and clinical depression. When functioning properly, doctors say it is an essential element in bolstering the body's natural ability to fight against stress, inflammation and toxins that can trigger illness, which is why medical experts now believe it may hold a powerful key to our wellbeing. (Dr. Paul Yanick 2008)<sup>viii</sup>

Dr. Yanick, a specialist in Quantum Medicine, represents a new paradigm for natural healthcare that addresses the underlying root causes of today's health problems. Its primary focus is to restore innate healing and innate immunological functions by rebuilding and maintaining the functional fabric of nature's polarities within the body.

Traditional Chinese Medicine has long recognised the heart-mind connection and considers the Vagus Nerve as the heart of this connection.

The TMJ is in very close proximity to the Vagus nerve. If the jaw joint is out of alignment this will affect the Vagus nerve and also decrease the nerve stimulation to the thymus.



### What has this got to do with back pain?

If the Vagus Nerve is not functioning correctly because of cervical spine, TMJ or skeletal, misalignment there is a growing plethora of research to tell us that this nerve impacts significantly so many areas of our health. No energy, living with permanent jetlag.



## 8. TMJ the jaw bone is connected to...everything

The temporomandibular joint (TMJ) is known as the jaw joint. The TMJ is the hinge at the side of the face that connects the jaw to the temporal bone of the skull (of course the skull is connected to the spine –hence the connection). Approximately 40% of the nerves leave the cranium through the TMJ. If these nerves are suppressed or restricted in any manner through the TMJ being out of alignment, that can cause serious and far reaching health problems.

The TMJ is a primary intersection for the circulation of blood to and from the brain. Most headaches are a result of a disturbance in blood supply to the brain, and oral stress causes the neck to tighten, restricting circulation. This area is also a crucial pathway for the transmission of neural impulses. To have the TMJ and the major muscles groups that operate the mouth and lower jaw in a constant state of stress leads not only to physical tension, also abnormal changes in hormonal and chemical balance as well. Interestingly, it is known that the four bio-electromagnetic circuits pass through the TMJ which are:

- Small intestine circuit
- Stomach circuit
- Gall bladder circuit
- Endocrine circuit

An abnormal TMJ affects all structures on these circuits resulting in clinical symptoms. Jaw joint problems lead to an imbalance of the pH in the saliva. This in turn will upset the balance of the intestinal flora. Not only will this cause functional disorders but also structural disorders which will in turn affect the ileocecal valve, perhaps causing it to remain in an open position, letting food particles re-enter the intestinal tract.

Many specialists consider the TMJ the most important joint in the body.

- Dr. R Voll of West Germany, Nobel Prize Candidate for Medicine 1983, 1984, stated that the jaw joint was the most important joint in the body.
- Dr. Harold Arlen states that the TMJ syndrome is a physical problem but eventually affects one psychologically. Patients with ear pain, fullness, hearing loss, loss of equilibrium, have a disorder of the TMJ associated with the spasm of mastication.
- George Goodheart DC, stated that the TMJ is the most important joint in the body and it actually can cause circulation problems, lymphatic blockage and could have psychological influences.

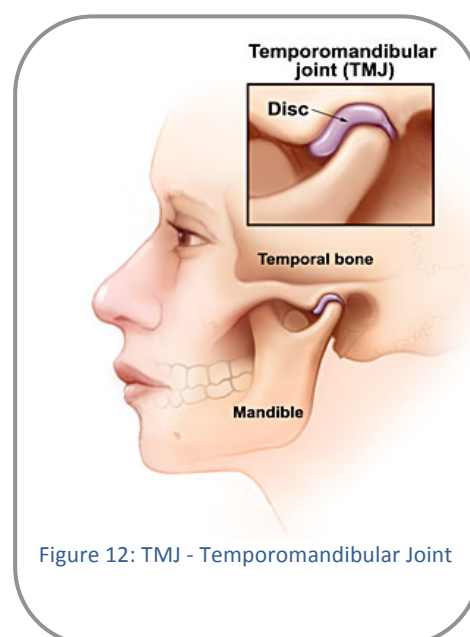


Figure 12: TMJ - Temporomandibular Joint

More obvious symptoms of TMJ are:

- Sore or tight jaw, clicky jaw, grinding of teeth, lock jaw

Less obvious symptoms of TMJ are:

- Pain in the ear, sinusitis, tinnitus
- Backache, neck & shoulder problems, scoliosis
- Headache, equilibrium problems
- Weak muscles, leg length abnormality
- Stomach problems, Candida, Hypoglycaemia

### What has this got to do with back pain?

When you have back pain that does not go away and you have some of these other symptoms, there could be a chance this is because of your jaw. Graham specialises in treating the jaw and has had great success in resolving many of these other symptoms as a result.



## 9. Arthritis...not only for the oldies?

Not according to Gorman and Park (Time Magazine, December 2002) who consider that we are headed for an epidemic of joint disease. Osteoarthritis is a degenerative disorder in which the cartilage, the natural shock absorber that cushions the insides of your joints, begins to break down. Doctors used to think that osteoarthritis was a disease of old age but they now believe that this form of arthritis, the most common form of one of 100, can begin its relentless, initially painless invasion from the early age of 20, to 30.

The first sign is often a twinge in your knee or your back, or some stiffness at the base of your thumb. Or maybe you are getting out of the car and a sharp pain shoots down your leg from your hip to your calf. "Nothing serious," you think. "I must have strained something. I'm too young to have arthritis." Think again, chances are this problem is called osteoarthritis.

There are many theories about how to treat this disease. Dr. Kenneth Brandt research evidenced the importance of muscles in relationship to arthritis. Take the quadriceps, the large muscle on the front of the thigh that helps raise and lower the leg. "It's common knowledge that patients with osteoarthritis of the knee will have weakness in the quadriceps," says Dr. Brandt, a rheumatologist at Indiana University in Indianapolis. For a long time, physicians assumed this was because their patients' pain prevented them from exercising. But five years ago, Brandt and his colleagues began studying a group of 400 elderly people living in central Indiana and discovered, much to their surprise, that weakness in the quadriceps in some cases preceded the advent of osteoarthritis.

It makes sense. The stronger the muscles, the greater the load they take off the joint, thus limiting damage to the cartilage.

However, once the arthritic process gets started, the damage to the joint eventually begins to grow. That's when the body's immune system gets into the act. White blood cells rush into the joint and release destructive proteins that chew up the bits and pieces of damaged tissue. This so-called inflammatory process, which is often but not necessarily accompanied by swelling, works well when the body needs to fend off an acute attack—say, from invading viruses or bacteria. But when the problem is chronic, as in osteoarthritis, the white blood cells may overreact, repeatedly releasing so many of their "mopping up" proteins that even healthy tissue is laid waste. In rheumatoid arthritis, the immune-system response is particularly aggressive.

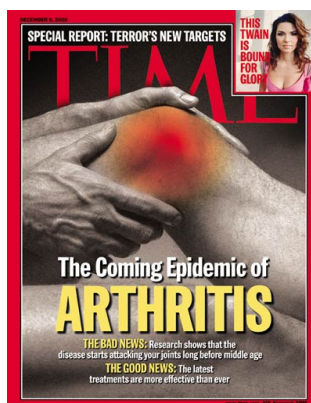


Figure 13: Time Magazine 9 December 2002

### What has this got to do with back pain?

Constant back pain puts pressure on the joints with limping and posture problems. Slow wearing of the joints can compound and lead to long term damage. Joints are hinged. If they are correctly supported by muscles and correct body alignment they should never wear out.

## 10. The body structure

### Magnificently Designed

The skeletal, lymphatic, nervous, viscera and cardiovascular systems are magnificently designed.

Hip, knee, and ankle: all well lubricated and cushioned for motion and impact. They are designed as a hinge and well supported, they will last.

*If you get pain find out why.*

The pelvis, coccyx and sacrum areas are sited in close proximity to the lower back L4, L5 region that hold the upper back upright.

*If you get pain find out why.*

Muscles are the support and the foundation blocks that hold us up.

*If you get pain find out why.*

You cannot support the spine without these being supported. Your spine cannot hold the head up without the team work of over 640 muscles all designed to function in synchronicity.

Pain will indicate you have a problem.

Also if you limp you are out of alignment. What is the wear on your shoes? Are they even?

Give your body the best, listen to the signals, invest in preventative actions, it will pay so many dividends in so many ways.

*Call Healthwise today to find out why.*

**In New Zealand, one hip replacements costs \$15,000 with between one and four years on the waiting list (2008).**

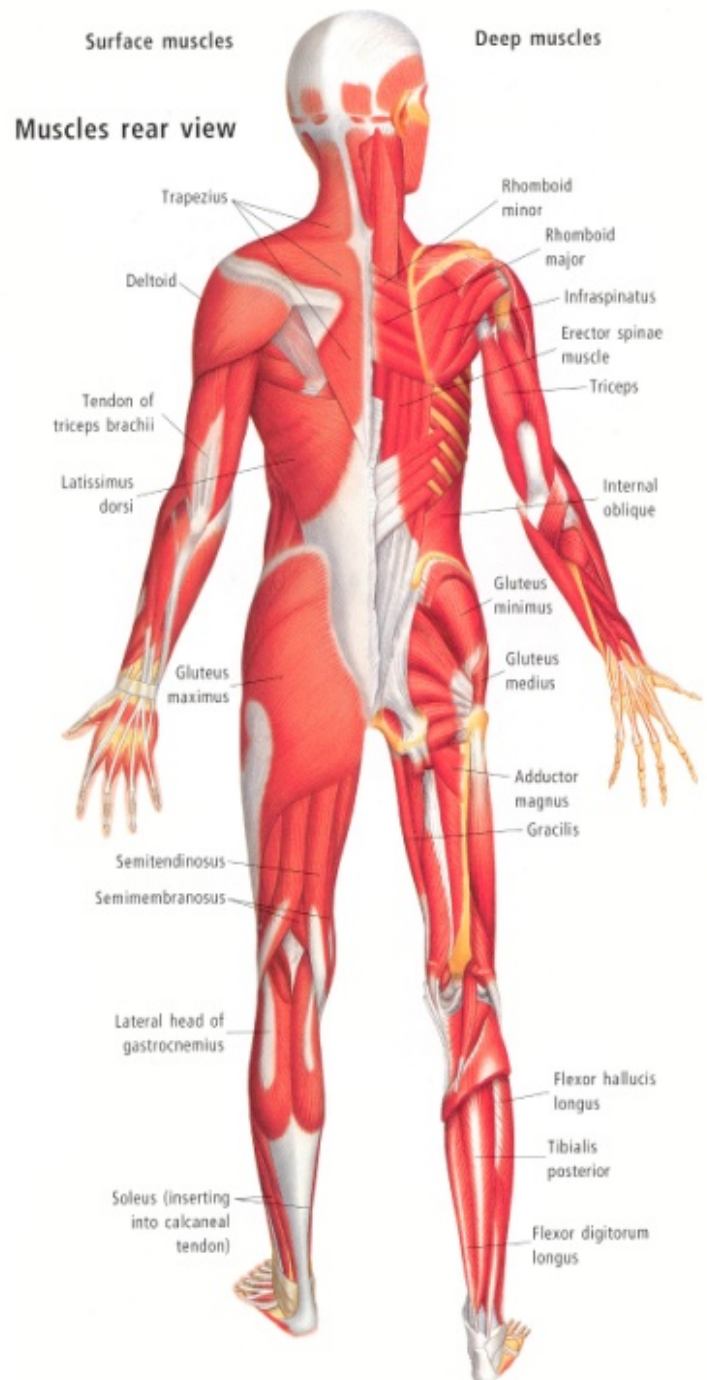


Figure 14: the body structure





## 11. So the pain is all in your mind..? ...Get a picture of health 'PIP'

Have you ever been told when a diagnosis can't be found; 'that it is all in your mind'? If you haven't, then you are one of the lucky ones. Being told this usually happens to people who have been experiencing back ache and other pain that has been coming and going for a long time and becomes somewhat 'mysterious' to health care professionals.

The pain is difficult to explain to health care professionals, as sometimes it is in one part of your back and then another. It can be in your shoulders, neck or jaw and you may have accompanying symptoms that have nothing to do with you back! You even may have begun to doubt yourself.

**Polycontrast Interference Photography (PIP)** is the most validating technology today. You can see for yourself where your health issues and concerns are, even pending ones. People can be overwhelmed by how obvious the PIP is of their condition, especially when they have been told "it's all in their head" or no other test has been able to identify the health condition.

### What is PIP?

PIP is a visual non-invasive scanning system that reveals where current problems may exist and interestingly where developing issues might arise. Invented by UK scientist Dr. Harry Oldfield, the PIP system enables operators and their clients to see recordings of 'before and after' treatment and healthcare plans,' and thereby motivating people to make better-informed health choices. PIP can assess and evaluate health issues; show developing and existing stresses to the body; demonstrate healing procedures; and provides an evaluation of treatment methods and systems.

PIP is currently utilised in research studies and clinics worldwide to assist holistic healthcare models and research into all areas of complementary therapy and healing. PIP shows the interference and transference of light patterns, at and beyond the visible range. It does this by recording and then recoding light intensities through the PIP imaging computer programme, with a full spectrum lighting environment and video camera.

The following PIP images illustrating back problems.



Male, 45

Left: Back under stress, presenting with headaches, sinus, numb hands and feet. Note congestion around head.

Right: Showing improvement from treatments.



Female, 33

Left: With congested back, low energy,  
especially around kidney, head ache

Right: After treatment – tension easing and  
headaches have gone



Male, 72

This man had a heart by-pass 13 years previously,  
now leaking energy and has tension around arms  
and headaches.

Note tension around jaw and throat, poor energy  
field around this person.

*Healthwise Energy Centre assesses the whole person  
and treats the whole body.*



## 12. Frequently Asked Questions

### a. Why would your treatment work for me when nothing else does or has?

At Healthwise Energy Centre **we focus on the whole person and treat the whole body.** Your experience of being sent to see a different person for every problem and a drug for most of them is that you and your body get confused and the problem is that you have not been able to isolate the actual problem.

We do not recommend you stop your medication. However we do recommend a programme to get your body stimulated and strengthened your immune function. The body has the ability to heal and at Healthwise Energy Centre we guide you and your body to return to good health.



### b. Do the treatments hurt? Bone crunch? Manipulate?

Treatments are hands on, very gentle and very relaxing; in fact, many people feel so relaxed they can actually fall to sleep at some stage during their sessions. This gives their body time to restore and heal.

You will be on a comfortable massage table, fully dressed and the session usually lasts an hour.

The treatments work on the muscles and nerves, thus stimulating vibrations and energy down deep into your body. This corrects the misalignments and issues within your body and stimulates your body to do the work which it will continue to do for the next 5-7 days.

This process awakens the healing of your body, and stimulates the body to heal itself. By treating your whole body with very gently moves it reacts and restores your energy levels in such a way that healing can naturally take place. Your body can sense the problem and needs the correct stimulation and messages to be restored to overcome trauma. The memory of the trauma/injury is often stored at cellular level and needs to be released otherwise it will return again and again and again.

### c. What are you trained in?

I have trained in Bowen Therapy, BodyTalk, aspects of Chinese Medicine, Emmet Technique, and Energy Medicine. See 'Who is Graham Wilkinson?' section for further information.

I have professional memberships with:

- NZBTI
- International Bodytalk Association
- Associate member – Australasian Integrative Medical Association

*"Humans are very clever they can grasp the big picture, it is the simple things we miss."  
Dr. Lunkard, India, 2008*



**d. You say our bodies have the ability to heal. What does that mean?**

*Our bodies are designed to heal themselves, the real questions are: What stops it? What goes wrong? Why do the drugs not work?*

*Think for a moment that the body is truly the most marvelous and powerful thing. Look at the spine and tensegrity just one of the many examples of how perfectly engineered the human body is.*

*Our bodies do become overwhelmed with environmental, toxin, diet, work and societal impacts. Of course along with those are the emotional and psychological factors that become overloaded or totally ignored as being connected to our physical self. It is no wonder our bodies are presenting with 'dis-ease', inflammation, misalignment and many other health issues.*

***The body is ready for the correct time, environment, thinking, feeling and commitment from you to heal and become well.***

***We forget to listen to our bodies and treat pain and discomfort as signals for help. The toxins in our food chain are depleting us of vital minerals, vitamins and nutrients and our bodies are starving for these in order to have optimum function.***

**e. How will it work for me?**

*We require people to make a choice of either a quick fix (band-aid approach) or commit to a designed programme (long-term regained health and lifestyle). The programme includes treatments, what to take to support themselves, what changes to make, how many hours to train and work keeping extending ourselves a little each day.*

*Graham Wilkinson has a very high success rate with thousands of people over the years of which most people have had serious and chronic conditions and have tried many things.*

*Healthwise has designed healthcare plans that are easy to follow and are individually tailored.*

*If your heart is willing, you will make changes, feel better and benefit in many ways.*

**f. Will I be able to afford this?**

*Can you afford not to? Consider what you have spent already in time, money with seeing a different person for each symptom. Imagine committing to a health plan that improves your health, gives you the skill, knowledge and maintenance for long-term wellness, so that in 20 or 30 years time you are still enjoying good health..*

***Its all about attitude and attitude is everything!***



## 14. What have other people said...?

### Back pain and bedridden

I called to see if Graham did home visits as I could not move. One treatment from Graham and I was back at work within three days!!! Every time the workload got too much my back would go. Graham helped me change this and I have had no major problem for the last seven years. Thanks Graham. I send all my friends to him as he is the guy you go to when nothing else works.

Jo Jurisich, Mt Maunganui

Jane a health practitioner sent me to Graham. Three years prior to seeing him I had a hip replacement. The pain was terrible and I could not sleep – effecting my every move. I was driving to my specialist mad. They kept giving me injections for pain relief but it never took the pain away.

Jane said if anyone can help you, Graham can. He asked; “Why are you limping so much when you have had your hip replaced?” Well I needed a miracle because nothing was working for me.

Graham straightened up my whole body using gentle moves in a relaxing environment, relieving my pain. What a wonderful relief.

Dawn W

Back pain, neck pain, fibromylgia, no energy

*I visited Graham desperate for relief in tears most days. I had been off work for six weeks and was still the same. Graham with his gentle relaxing work soon had me back at work full time and has kept me that way for years. Highly recommended. I send all my friends to him,*

Maureen G

### Back pain

*I picked up my daughter and felt my back go. I was away on holiday, tried several things, nothing works. I knew Graham could help. He did, this was the only thing that worked for me.*

Tracey B

*I had been having terrible back pain since being pregnant and giving birth by caesarean two years before and we were wanting another baby. My mum knew Graham and she suggested I go and see him. After a few sessions and following his programme, my back pain was gone and I was pregnant. The next birth was natural. Thanks Graham.*

Mikalea Harrison.

Read more testimonials on the back page and online at [www.healthwiseenergycentre.com](http://www.healthwiseenergycentre.com)



## 15. 11 reasons why this could work for you...

1. It is completely natural and uses the body's natural healing process
2. It is non-invasive, gentle and relaxing
3. You will experience no bone crunching or neck twisting
4. At Healthwise Graham treats the cause and not the symptoms
5. Healthwise will listen and hear your whole person
6. Your whole body will be treated, not just the symptomatic area
7. You can benefit from state-of-the-art technology which can determine
8. Graham is a specialist in TMJ amongst other things
9. Healthwise health plans focus on your long term health
10. Graham too, has experienced recovering from long term illness
11. You have tried everything else and nothing has fully worked ♥



## 16. Who may not be suited to treatments?

- a. People who are only after a quick fix
- b. People who are not committed to making changes
- c. People who have expectations that life time health issues can be treated in 1 or 2 sessions
- d. The people who don't understand that to get well it needs investment of time and effort.

**Remember:** It has taken you some time to get into this health condition; one consultation or treatment will not 'fix' you.



## 17. Who is Graham Wilkinson?

Graham has become one of New Zealand's' most successful complementary health practitioners. He is the person people are turning to when they have tried everything else.

Twenty years ago Graham's had his very own very significant health challenges that spanned across ten years. He accessed many healthcare professional with limited or no success in getting better and he endured the psychological wars with the various government departments, to eventually realise that there must be another way, other people, other health modalities and other information.

It was this experience and realisation that led him on the biggest learning curve of his life. The information and knowledge he discovered, he applied to himself and today he lives a full, healthy, happy, quality life.

Graham decided to give up a lucrative career to apply his learning and to study and train in complementary health modalities. He has travelled throughout New Zealand and around the world to access the best and latest training and information. Today he draws from this solid foundation of experience and expertise with everyone he works with.

Those willing to work with Graham in a joint venture will improve their health and wellbeing. He is the man people turn to when they have tried everything else.

This new career and vocation continues today. Not only has Graham trained in Bowen Therapy, he has added other modalities; Bodytalk, Emmet Technique, aspects of Chinese Medicine, Nutrition and good old common sense and well researched health and wellness practices.

Early in 2000 Graham set up the Baywide Bowen Clinic in the Bay of Plenty and successfully ran this practice for eight years before moving to Wellington in August 2008.

Graham is now adding state of the art technology, the first of its kind in New Zealand for the benefit and added value of his clients. He travelled to India to learn more and train in PIP technology and has formed a partnership with Dr. Thornton Streeter, CEO of the Centre for Biofield Sciences (CBS), India and the UK. CBS is a certified ISO 13485-2003.

In August 2008, Graham and his wife Mandy set up the Healthwise Energy Centre in Wellington, New Zealand. The centre is an accumulation of all of Graham's experience, expertise and new technological advances for a complete holistic assessment and an integrated approach to healthcare and wellness.

So today Graham provides treatments that are unique and meet individual need. He assesses the whole person and treats the whole body. Graham is the man people are turning to when they have tried everything else.





## 18. Who comes to see Graham Wilkinson?

People who have tried everything else and those who are committed to improving their health.

- From babies to 93+ year olds and all those in between
- People willing to look at what they have to do and change to be well
- Those who have been to many others and want one person to work with
- People who want to be drug and pain free

Those who:

- ♥ genuinely want to get well
- ♥ are willing to learn new information and ways
- ♥ are open minded
- ♥ willing to notice and note changes
- ♥ understand the importance to investing in a health plan with a long term view
- ♥ want to be more aware and in control of their health
- ♥ want to be well for the rest of their lives

Check the testimonials and website [www.healthwiseenergycentre.com](http://www.healthwiseenergycentre.com)



## 19. Check your health 'projectory'

Write down the answers to the following questions:

1. What is your original health problem?
2. When did it start?
3. What are other problems that have needed serious healing time since or those that have not fully recovered?
4. Have you had to go to a doctor or specialist for any of these issues?
5. What are your energy levels like (high or low)?
6. Do you wake refreshed or lethargic?
7. How much time and money have you spent on your health?
8. Have you just concentrated on one area of pain or several problems?
9. Are you well or each year is there another problem?

**Now let's look into the future.** This exercise is not hard, though many find it reasonably difficult to comprehend.

You have gathered a brief outline of your past and current health issues.

Have the problem or problems deteriorated? If so, visualise them into the future and imagine if they get worse than they are now.

Now, think about how you will manage at work, at home, your relationships, your lifestyle and will it cause more problems?

**Remember:** If you keep doing the same thing, you get the same results.

You and your health are worth the investment



## 20. Healthwise Energy Centre: Graham Wilkinson & Mandy Lacy

The Healthwise Energy Centre is a new complementary health centre based in Wellington, New Zealand. The centre incorporates information, education and bodywork with modern technological advances in holistic health assessments for an integrated approach to healthcare and wellness.

The philosophy at Healthwise Energy Centre is a joint venture with clients who are committed to improving their health and wellness.

The modern technology is **Polycontrast Interference Photography (PIP)**. It is a human energy field imaging process that is internationally recognised as the ultimate biofield imaging system. It is an accurate, safe and non-invasive assessment system. PIP technology gives clients an improved understanding of their health status.

The focus at the centre is preventative medicine concentrating on wellness and a holistic approach to treating the whole body.

The Healthwise Energy Centre works in partnership with Dr. Thornton Streeter and is the **New Zealand Centre for Biofield Sciences (CBS)**. CBS CEO Dr. Thornton Streeter has over 15 years experience in using PIP technology and over 10,000 PIP images have been collated to develop a database and atlas of health conditions.

*"As a scientific community, we are now moving away from problem and system based medicine to solution based preventative medicine." Dr. Thornton Streeter*



Graham and Mandy have been working together for over eight years in promoting complementary health. Mandy is currently providing the business development and works alongside Graham developing their practice in Wellington. She too has trained in PIP technology and comes from a health background. Mandy commenced her career in nursing, then management and digressed slightly (very significantly) to now be qualified and experienced in organisational psychology having specialised as a transactional analyst in organisations and groups. The work she loves the most (outside the Healthwise Energy Centre that is) is individual coaching, supervision and team training. People seeking and reaching their potential is what gets her going and she sees a lot of this in the people who come to Healthwise Energy Centre.



## 21. References

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- <sup>ii</sup> Goldthwait et al 1934
- <sup>iii</sup> Strait et al 1947
- <sup>iv</sup> Strait et al 1947
- <sup>v</sup> Oschman. J, 2007, Energy Medicine – the scientific basis, Churchill Livingstone, London
- <sup>vi</sup> Time Magazine, February 23, 2004
- <sup>vii</sup> Sears. Dr. B, The Anti-inflammation Zone, Harper Collins, New York
- <sup>viii</sup> 2008 Dr. Paul Yanick, Jr., PhD, N.D., C.Q.M., is a world renowned expert in Quantum Medicine, author of over 300 articles and books and is the founder and CEO of QuantaFoods, LLC. With seven U.S. patents, numerous scientific awards and 35 years of clinical experience, Dr. Yanick is considered a leading authority in the field of Quantum Medicine and for over fifteen years has had a regular column, Quantum Medicine Update, in the prestigious Townsend Letter for Doctors. Dr. Yanick is a Diplomat of the American Board of Anti-Aging Medicine, a Diplomat & Certified Member of the American Association of Nutritional Consultants, and is Board Certified by the American Naturopathic Medical Accreditation Board.



## From Clients' Perspectives:

- ♥ Whole body is treated
- ♥ Gentle gradual process
- ♥ Health plan is easy to follow
- ♥ Can see own pictures of health and changes in health
- ♥ Combines the Mind, body and soul

I had migraine and vision problems, PMT, hormonal problems, neck, back and shoulder pain. Before meeting Graham I had tried everything. He helped me overcome these problems and has given me much better health. I also saw him for treatments over five years for stress and sports injuries. He will be dearly missed in Tauranga. Robyn P 2008

*After experiencing a very stressful situation in my life, I found myself tensing up constantly and eventually my body went into muscle tightness whereby everything simply seized up. This caused severe pain as my shoulder and neck muscles.*

*I was completely taken by surprise at how gentle the treatment was and I knew it had unlocked something as I felt very nauseous the next day as the toxins had been released. I went back weekly, then monthly and I could not believe the difference in the level of pain as it diminished and after eight weeks non-existent. I went back to work and have been full-time ever since. I have kept up the bi-monthly treatments now over four years for what I call 'preventative treatment'. I totally endorse the work Graham Wilkinson does. M. Giles 2008*

I suffered from fibromyalgia, had no energy, was stressed, and had jaw pain and migraines. I had been off work eight weeks trying different treatments and was on heavy medication before I met Graham. He gave me immediate relief, I soon returned to work and was soon full-time again. I have had four years pain free. Nobody can believe it! I refer 100s to Graham. Maureen G 2008

*I was stressed with headaches, neck pain and pain running down my arms. I was exhausted and could not sleep. It was amazing seeing my PIP image, I could see for myself a number of problems. Graham's treatments incorporated healing of the body and mind, what a dramatic change. I highly recommend his work. Heather T 2008*

With DVT at 21 years old, blood clots caused my leg to almost die. I had nine years of pain. I had been unable to work for eight months prior to meeting Graham. I was back a work the next week. Denise F

*Hey Graham, thanks for the healing - haven't had even a twinge since your treatment - Great! I certainly hope with all my heart that my wife benefits to the same extent. See you again I'm sure. Peace and Plenty, Robèrt. Goa, India August 2008*

