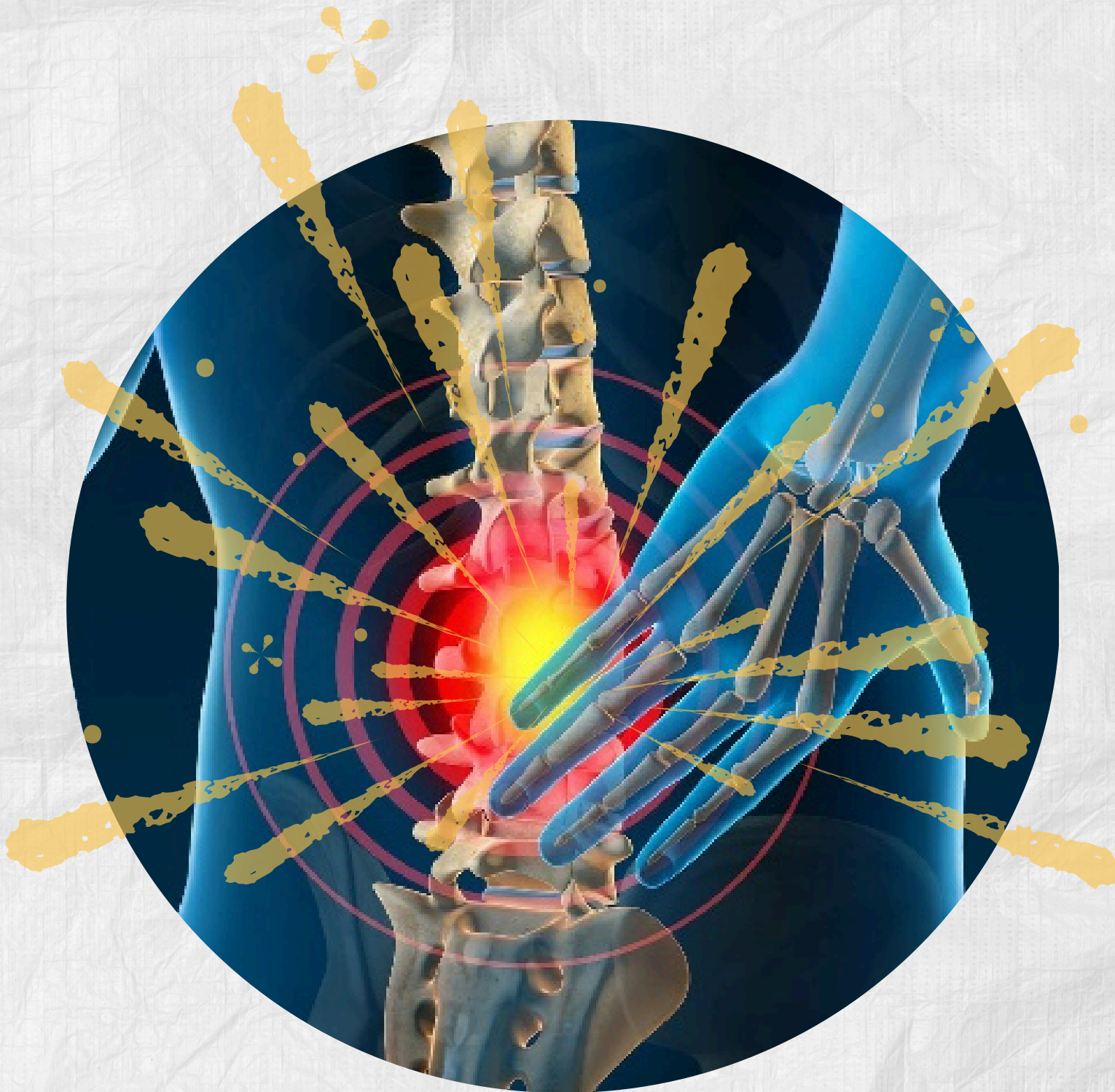




Pain Got You Down?





Contents

Here you will find empowering tools to help you recognize where you are with your pain and some drugless practices to help minimize your pain.

All pain is different. Results may vary.



My story

I screamed but no one heard me. I braced myself with my hands clutching the dash. The piercing sound of brakes screeching across the pavement penetrated my soul. The odor of tires burning, the billowing of smoke, the sirens flashing, people scurrying about the car. I remember like it was yesterday but I was just seven years old.

I smashed into the windshield head first when our car careened into the pile up already created in the fast lane of a Los Angeles freeway.

The drunk driver who caused the accident died on impact.
His passenger died the next day.

Since then I have been in two additional car accidents one of which broke my neck. Then a medical procedure caused such severe debilitation that I was let go of my job.

None of these events I caused.

Wrong place, wrong time.

I have had severe chronic pain. My quality of life today is much bigger than where I was. The pain does not direct me anymore. I am a doctor of natural and bioenergetic medicine and have successfully incorporated drugless therapies to enhance my own quality of life.



About Dr Sheryl Strom

Doctor of Natural and Bioenergetic Medicine

Dr Sheryl works a myriad of health challenges to help individuals obtain their optimum wellness through natural health alternatives. With over 35 years in the health care industry, Dr. Sheryl combines her knowledge and experience of natural health and nursing with extensive continuous education and practice. This allows her to provide state-of-the-industry solutions to patients and fellow practitioners.

Dr. Sheryl has earned multiple degrees including doctorates in Natural, Bioenergetic and Sacred Medicine from the Institute of Bioenergetic Medicine (IBEM). She graduated from San Diego State University with a BA in Spanish, and a BS in Nursing. She is Board certified in Natural Medicine from the American Naturopathic Medical Association and in Holistic Nursing from the American Nursing Credentialing Corporation.

She is certified as an iridologist and instructor with the International Iridology Practitioners Association and serves on the Board of Directors.

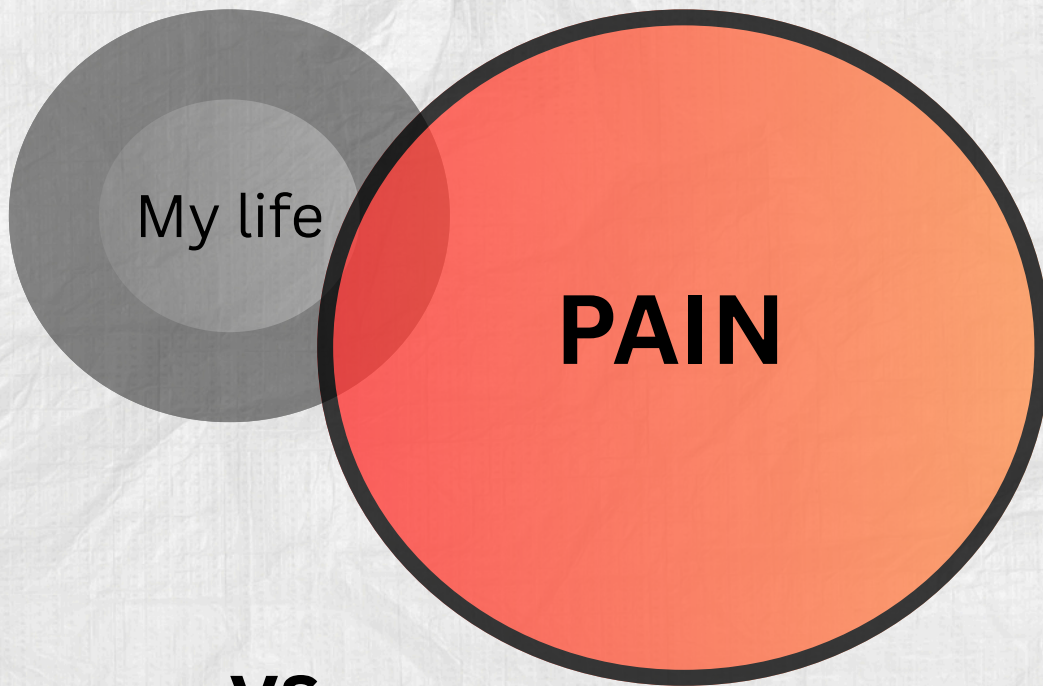
She is also an Acudetox Specialist with the National Acupuncture Detox Association.

Dr Sheryl has owned her private practice since 2002 where she has successfully helped many individuals enjoy optimum wellness. She incorporates several alternative modalities including but not limited to iridology, herbology, homeopathy, reflexology, bioresonance, and auricular therapy. Her focus is drugless therapies.

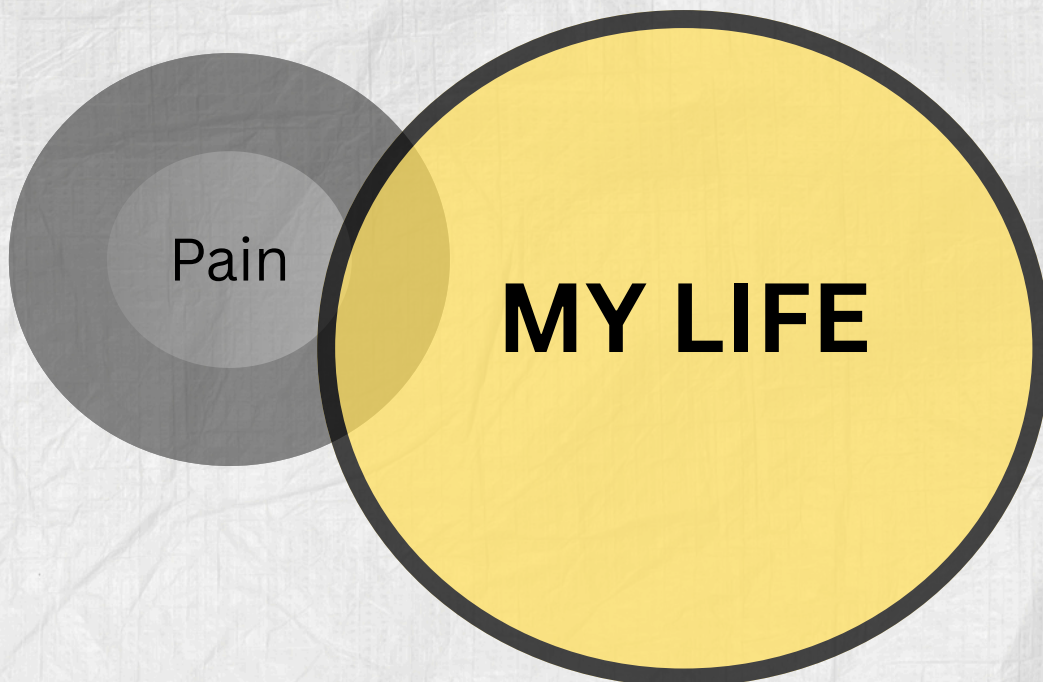
Dr. Sheryl grew up in a family of natural health practitioners and allopathic doctors and nurses so she is able to blend both professions, providing solutions that are in the best interest of the patient. Dr. Sheryl has mentored many professionals in these fields. As a leader in healthcare, she has been featured on television, radio, worked on legislation. She also volunteers, sharing her knowledge and experience with others.



Is My Pain Bigger Than My Quality of Life?

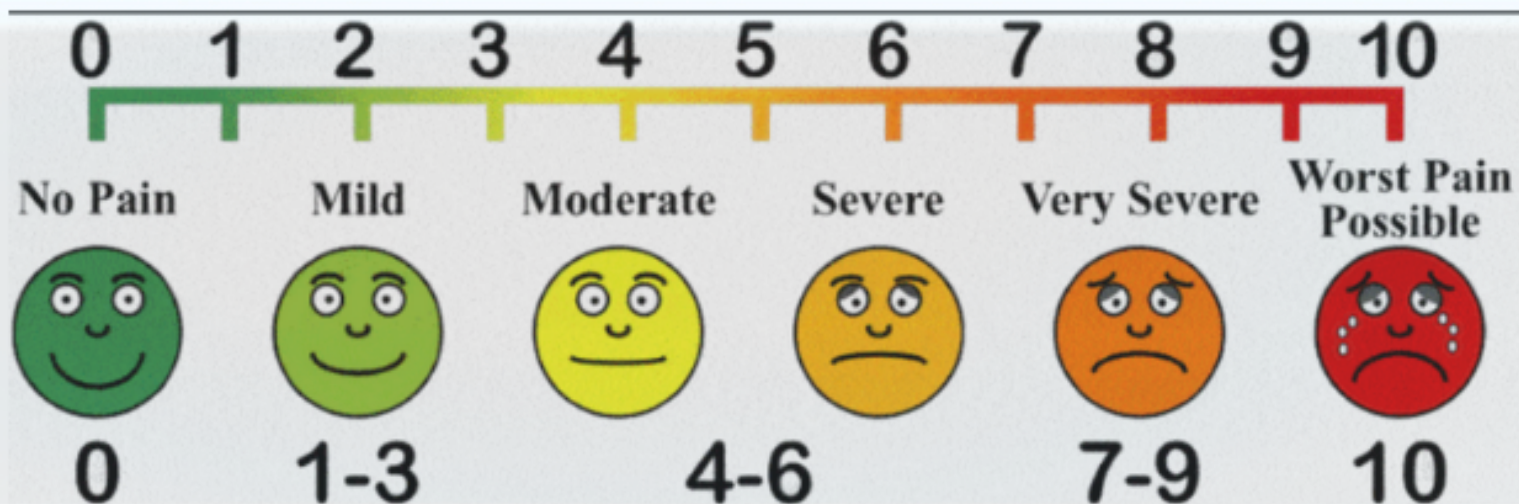


VS





What is my pain level right now?





When My Body's Out of Sync

How do I know ?

Here are a few signs

- “I am too tired. I don’t have the energy.”
- Frequently cutting short family visits
- Afraid of getting in and out of the car
- Avoid outings
- Can’t pick up the babies like I used to
- Sleep is elusive
- Each day is a chore
- My mood has changed
- People notice I am moving slower
- I count the minutes until my next pain pill
- Pain pills don’t seem to work like they used to
- I have become more dependent on others
- My Pain is bigger than my quality of life

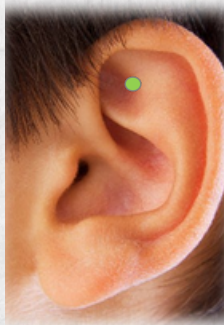
Which one resonates with me now?

~Drugless therapy options do exist~



EMPOWER myself with Ear Acupressure Points.

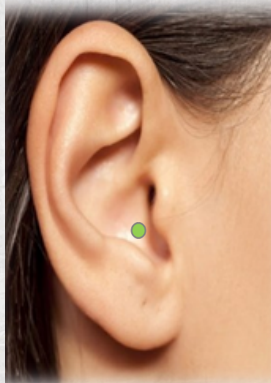
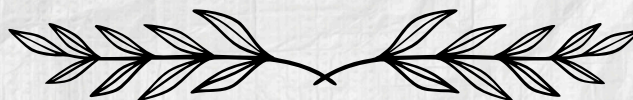
Use fingers to apply 1-2 minutes of pressure to the areas in green. Do this on both ears, and throughout the day to help my body find inner peace and calm.



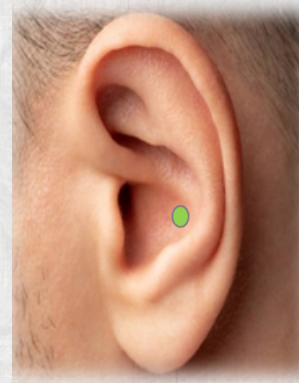
Shen Men Point: "The Spirit Gate", boosts all other points, is directly related to the nervous system, creates an overall feeling of balance and wellbeing



Be Happy Point:
Used for depression, anxiety, nervousness, stress, cigarette, sugar, and drug addition.



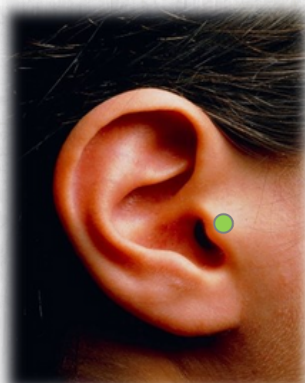
Lung Point-In addition to respiration, the lung is also involved in immunity and protecting the body from disease. The is associated with grieving and letting go. It is responsible for inspiration, respect, and connection with the heavens.



The Liver Point: helps to resolve anger, aggression, frustration, and depression. Supports emotional and physical systems, stimulates physiological and hormonal function, aids in detoxification, clear thinking, and decision making.



Ear Massage Benefits: Relaxation, Tonifying and Warming



Hunger and Thirst Point: Open mouth, drop jaw to find the space. Used for cravings.



To give an ear massage, gently pull down on the earlobes in a slow rhythmical manner and use my middle fingers to apply circular motions to the skin behind the ear. I can also massage the entire ear perimeter with slow rotations for added relaxation.



Switch off your Pain TENS/Frequency Specific Microcurrent

The GO to for FAST pain and healing RELIEF



Used by:
Chiropractors
Physical Therapists
Orthopedic specialists
Natural Health Practitioners
Self care personal use

**Low level electrical current to help relieve pain and
promote healing in damaged tissues.**

[Made also for in home use.](#)



Weekly Planner to Help Redirect My Day

Day	Morning Activity	Status	Afternoon Activity	Status	Evening Activity	Status
Monday	Meditation (10 mins): Focus on breathing	<input type="checkbox"/> Done	Walk Outside (15 mins): Get sunlight for Vitamin D	<input type="checkbox"/> Done	Journal Reflection (5 mins): Write 3 positives	<input type="checkbox"/> Done
Tuesday	Gratitude Practice: List 3 things you're grateful for	<input type="checkbox"/> Done	Creative Activity: Try painting, drawing, or writing	<input type="checkbox"/> Done	Sleep Routine: Go to bed early; avoid screens 1 hour before	<input type="checkbox"/> Done
Wednesday	Light Exercise: Yoga or gentle stretching (10 mins)	<input type="checkbox"/> Done	Healthy Meal: Cook a nutritious meal with vegetables	<input type="checkbox"/> Done	Self-Care: Face mask or other care routine	<input type="checkbox"/> Done
Thursday	Deep Breathing (5 mins): Practice relaxing breathwork	<input type="checkbox"/> Done	Connect with a Friend: Call or message	<input type="checkbox"/> Done	Mindful Reading: Read a book or article	<input type="checkbox"/> Done
Friday	Positive Affirmations: Say 3 positive things	<input type="checkbox"/> Done	Nature Time: Walk in park or green space	<input type="checkbox"/> Done	Digital Detox: Turn off phone 1 hour before bed	<input type="checkbox"/> Done
Saturday	Stretching: Gentle stretches to wake up	<input type="checkbox"/> Done	Declutter Space: Tidy up a small area	<input type="checkbox"/> Done	Watch a Comforting Movie: Pick something uplifting	<input type="checkbox"/> Done
Sunday	Mindfulness Practice: Focus on being present (5 mins)	<input type="checkbox"/> Done	Set Goals for Next Week: Plan 2-3 goals	<input type="checkbox"/> Done	Reflect on the Week: Note progress and small wins	<input type="checkbox"/> Done



three DAILY WINS

3 Daily Wins is an exercise designed to help you focus on nurturing key areas of your life.

physical

mental

spiritual

Each day, choose one achievable win in each category to promote balance and well-being. By tracking your progress, you build momentum and create a more intentional, fulfilling routine.

Physical Win

- walking for 30 minutes
- jogging
- practicing yoga
- lifting weights
- stretching exercises
- dancing
- taking the stairs
- preparing a healthy meal
- trying a new fitness class
- going for a hike
- drinking enough water
- getting 7-8 hours of sleep
- doing a home workout
- breathing exercises
- eating veggies

Mental Win

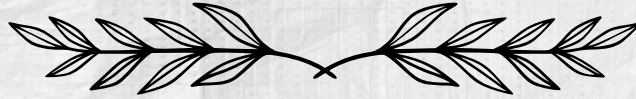
- planning and organizing tasks
- setting a personal challenge
- reading
- journaling
- learning a new skill
- creating a vision board
- studying a new topic
- listening to a podcast
- practicing a language
- writing a to-do list
- reviewing goals and progress
- creating a mind map
- listening to an audiobook
- doing a creative hobby
- organizing your workspace

Spiritual Win

- practicing positive self-talk
- meditating
- praying
- writing a gratitude list
- spending time in nature
- random act of kindness
- doing a digital detox
- practicing affirmations
- volunteering
- forgiving someone
- letting go of negativity
- offering emotional support
- lighting a candle
- using incense for focus
- sending an uplifting message



Why live for your pain when you can live for your life?



Pain is different for everyone. After suffering for years, I understood what I needed to do. Let's find out together how drugless therapies may benefit you and get you on a path to living your best quality of life!

Virtual appointments available for
Frequency Medicine and Iridology.
Trusted Herbal products available
directly from the manufacturer,
not from the Big Box stores.

Schedule your appointment now.

www.bioenergetichealth.com

