

What you need to overcome pain

by Wim Beek

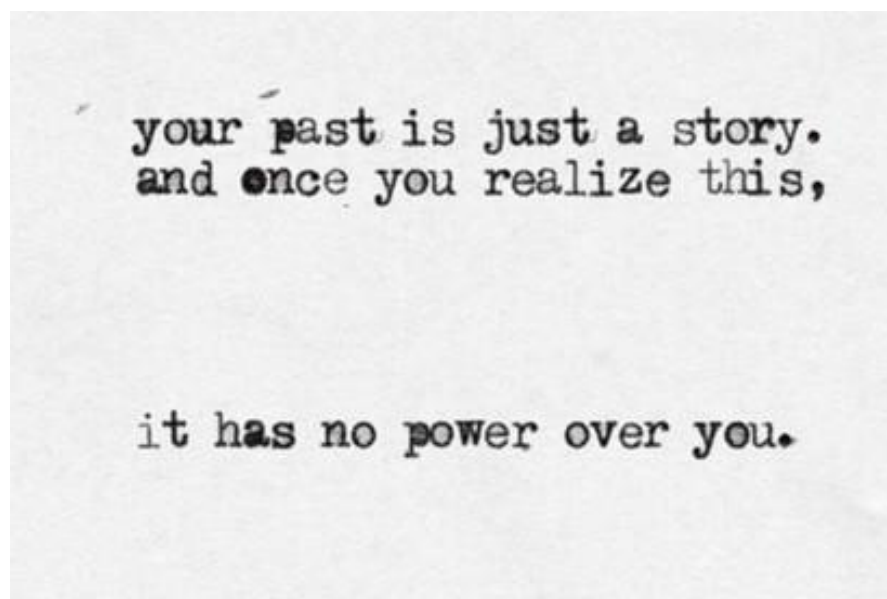


vrijvanpijn.nl

info@vrijvanpijn.nl

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Great that you requested this free gift!

You're dealing with pain, and you have a strong motivation to get rid of it. You want to feel free again, be able to do things on your own terms, and participate in everything again.

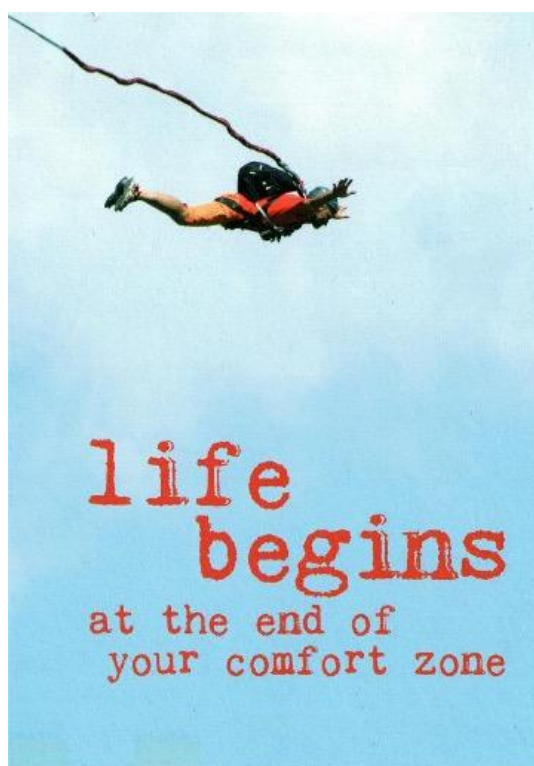
Wouldn't it be wonderful to discover that there is a solution?

Imagine if your dearest wish could come true. That you would be free of pain and able to live life normally again.
What would that mean for you?

In my medical history and in my own recovery process, I discovered how I could overcome my pain.

How do you harness the power of your body, your natural ability to heal, and your untapped potential for physical recovery, your relationships, your work, the quality of your daily life, your future, and your happiness?

In this free gift, you'll find answers to the question: “What do you need to overcome your pain?”



Chapter 1: Learn to Live With It

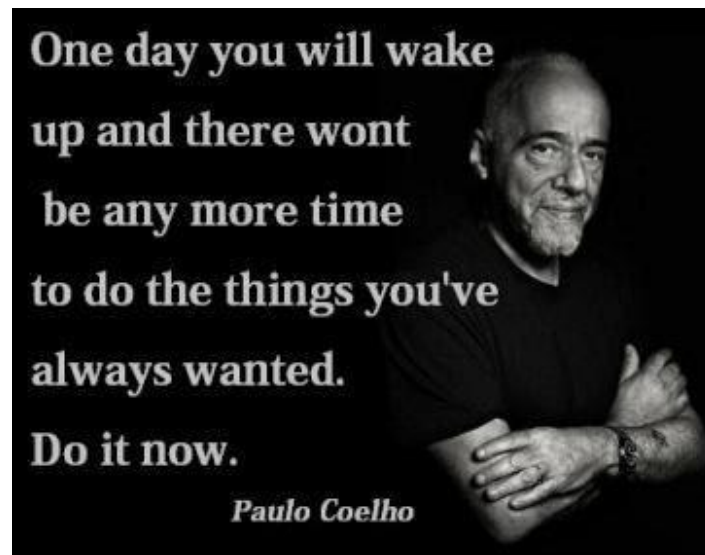
For many people with pain, conventional healthcare is a dead-end street. People with pain often hear from their doctor: “*Learn to live with it*” and are sent home.

If you suffer from pain due to osteoarthritis, rheumatism, complex regional pain syndrome (CRPS) or other immune suppressing diseases as Crohn's disease, the advice to “*learn to live with it*” can have serious, negative

consequences for the rest of your life.

Do you recognize yourself in one or more of the following situations?

- You have to ask others for help with “simple” things like grocery shopping, cooking, or tying your shoelaces. You are no longer able to live without the people or tools that support you.
- You get tired quickly and often reach your limits. The quality of your daily life is severely affected. You can no longer just go to the market or go out with your friends. One of my clients shared that she lost income because she was unable to work in her own business for several days each month due to her pain.
- Your pain makes you less mobile and affects your relationships with family and friends. You find yourself saying “no” more often to birthdays, coffee dates, or going out.
- Despite their good intentions, you feel that others cannot truly understand your situation. As a result, they show less empathy for your circumstances. To protect yourself, you distance yourself more, which can lead to isolation.
- You feel like you always have to adjust. You've already reduced your work hours or even stopped working altogether. You feel like you're losing your freedom and slowly losing your independence.
- You feel lonely because of the pain you're experiencing, and you can't talk about it easily with others. You feel like a burden. You have a sense of loss because of what you've lost in personal connections and things you once enjoyed in life.
- You're angry that this is happening to you and feel isolated. You feel mistreated by the doctor and have the sense that the people you wish would support you are now finding you a burden.

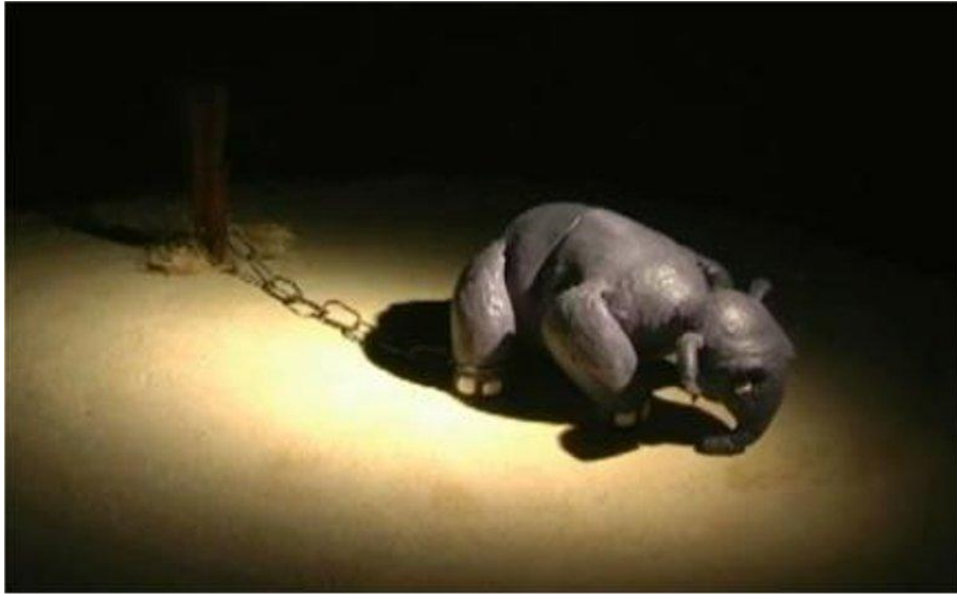


I know exactly how this feels. I've been through it myself and have been right in the middle of it.

Chapter 2: The little elephant

In countries where elephants are trained for heavy work, they use a simple and effective method. When the elephant is a baby, they tie it to a tree with a rope around its leg. While still small and not very strong, the elephant learns early on that it cannot escape. Its body and mind become accustomed to the rope around its leg.

As the elephant grows bigger and bigger, they continue to tie it to the tree with the rope around its leg. Because the elephant is used to the rope, it no longer tries to escape. Of course, we all know that the elephant is strong enough to break free. But it doesn't do it.



Even when a crisis arises. For example, the well-known story of the adult elephant that was tied to a tree in front of a building that was on fire. The elephant was terrified of the fire, but it couldn't escape. Escaping wasn't even an option for the elephant, because the rope still "kept it trapped."

In the short video I saw of this story, a man noticed what was happening. He untied the rope, and only then could the elephant run away from the fire... What is your "rope around your leg" that keeps you "trapped"?

Without the rope

If I were to show you that much more is possible than what conventional medicine can offer, would you be open to exploring it? Both my clients and I have personally experienced that there are alternative ways to overcome pain, beyond painkillers and surgeries.



Chapter 3: Three essential questions

- Essential question 1:

Do you want to keep it this way, or do you want to change something?

To overcome your pain, it is very important that you give yourself the chance to heal and choose optimal health. Ask yourself whether you truly want to be free from your pain. Only when the answer to this question is "yes" does it become interesting. Would you then be open to exploring other, new possibilities?

You've probably already received unsolicited advice from others. People telling you what you should or shouldn't do, people who view things through their own lens. These people, of course, do this with good intentions, and that's fine. But ultimately, you are the one who makes the choice and the decisions about yourself and your future.

You have to, because others haven't experienced what you are going through and cannot accurately assess what is best for you. You are the only one who knows what you need. Whatever happens, listen to your intuition, your inner voice, and your gut feeling.

*The fact that you experience
doubt is actually a good thing*

Doubt is a warning that there's something you don't yet know. It's telling you nothing more or less than that there's something you don't yet understand. Realize that doubt about which step to take can cost you a lot of energy. Doubt can paralyze you. The danger is that you can get stuck in the feeling of doubt.



You do need to be a bit stubborn and have some courage, but your beliefs are repeatedly the foundation for recovery and lifelong health.

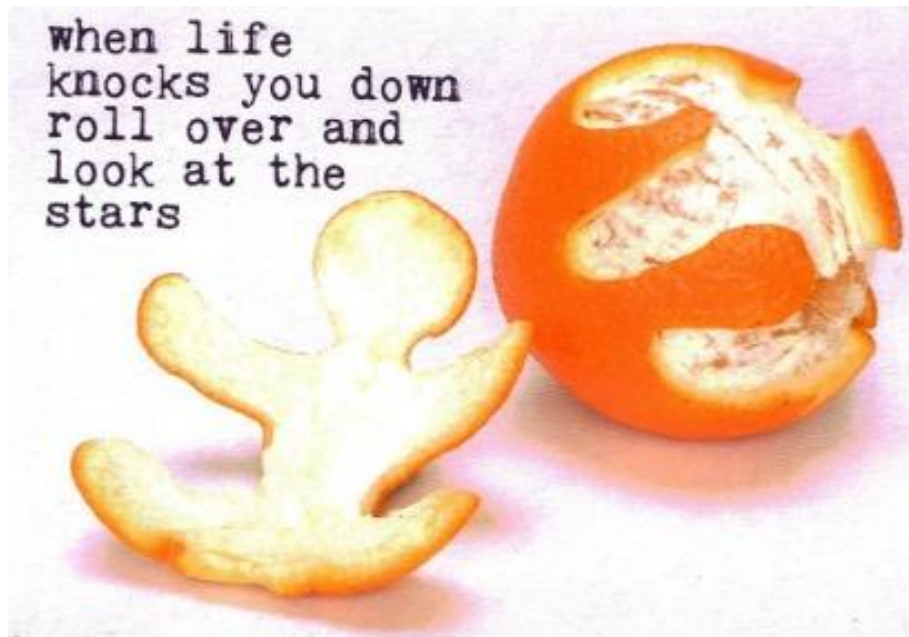
A belief is an assumption. An assumption that directs your thoughts and feelings. Beliefs therefore have a huge influence on our well-being and health. Beliefs determine how we see ourselves, how we respond to others, and the meaning we assign to our experiences.

- Essential question 2:

Where does your believe come from?

We adopt beliefs from people we see as models, whom we have accepted as authorities. These could be our parents, grandparents, a teacher at school, our friends, the doctor, a politician, but also the pop idol, singer, artist, or footballer you admire.

Because beliefs can have such an all-encompassing effect on your daily life, it is important to examine which beliefs are actually true, which ones fit you, and which ones don't. Which beliefs, in hindsight, turn out to be false?



- Essential question 3:

What is the worst that could happen if you make a decision?

When you act and get moving, you will notice that your doubt disappears like snow in the sun. You are discovering something, and that's real. As long as you doubt, it's not yet real. You're holding on to the idea of what could happen if... it goes wrong.

If it works out, it was a good step. If it doesn't, it was also a good step, because now you know more about what does NOT work for you.

Whatever step you take, it's always a good step. Trust that your feelings will tell you what you need and what you don't.

Don't let fear paralyze you, but use it as a guide.



Chapter 4: Give Yourself Permission

If you live with pain, nothing would be more desirable than to heal from it. I can imagine that your first reaction would be: "... give myself permission to heal? Of course, I give myself permission, I want nothing more than that!"

On a conscious level, this is true for everyone. To clarify this, you will read some examples of beliefs on the following pages.

In the left column, you'll find "limiting beliefs." These are beliefs we often adopt from others during our upbringing. These beliefs work for many people, and that's fine.

But that doesn't apply to everyone. Certainly not to people who are dealing with pain and have been brushed off by their doctor.

Empowering beliefs are beliefs that open you up to more possibilities and support your healing. In the right column, you'll read "empowering beliefs."

Limiting beliefs about pain:	Empowering beliefs about pain:
As you get older, you will automatically get sick at one point	Everyone can grow old healthy
You can't recover from chronic pain	My body is able to recover
I need medication to handle my pain	There are other solutions to treat pain
I caused my illness myself	If I have caused my illness myself, I can also cause my recovery
Sickness is a long and painful process	With the right treatment you can recover from pain and sickness



Limiting beliefs about health:	Empowering beliefs about health:
Everybody can have a chronic disease	Everybody deserves a good health
You don't have to do anything about your health	I will take care of my body to stay healthy

My health has nothing to do with my lifestyle	A healthy lifestyle supports my long-term health
People think I am weird when I work on my health	My health is more important than what people think of me

Chapter 5: Take control into your own hands!

When you are in pain, it's understandable and even normal to feel sad, angry, and frustrated. It can be very tempting to place the responsibility for your pain and its consequences onto others. Many people with pain complaints wait (sometimes for their entire lives) for others to relieve their pain or even completely take it away. They wait for their family to support, encourage, or direct them.

They wait for the physiotherapist, who is supposed to provide (temporary) relief from the pain. They wait for charitable organizations to raise enough funds for more research. They wait for science to finally discover a new medicine.

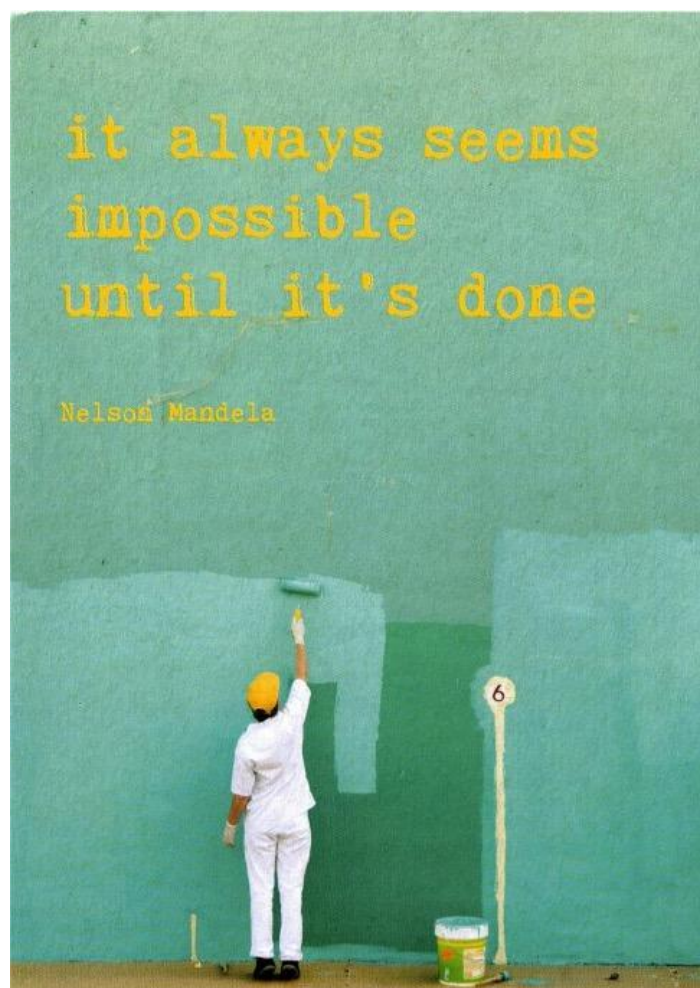


As long as you wait and adopt a passive attitude, you give away control over your health and your pain. If you give control over your circumstances to others, little will change, and your feelings of helplessness and incapacity will only grow stronger.

Taking control of your recovery means making an important decision: you are responsible for the healing process and refuse to see yourself as a victim of circumstances. You have already mapped out your beliefs. You now know that there are always more possibilities than you think, at any time and under all circumstances. If you only want to see them.

Taking control is also about maintaining your dignity and not waiting passively for fate. Everyone has the right and the freedom to make decisions about their own circumstances.

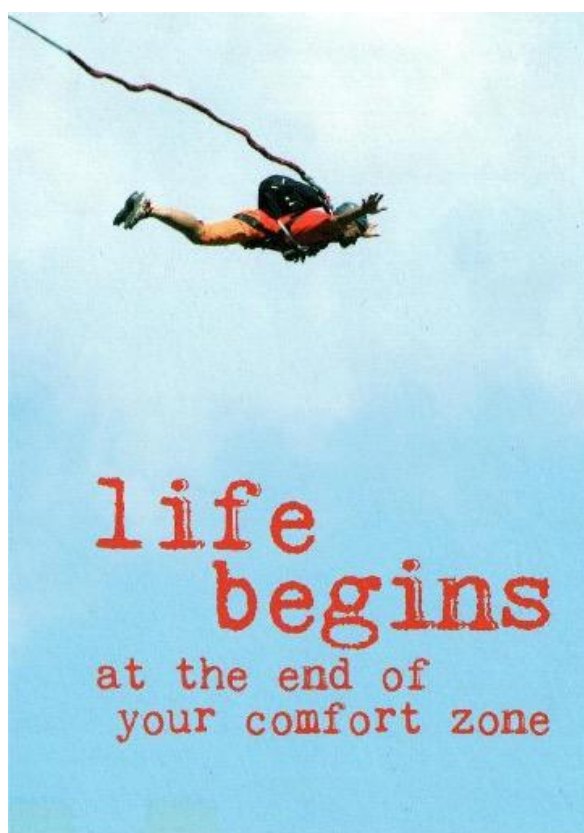
Make the decision that you are the one who has final control over your health and recovery. This is an **INNER DECISION**, an agreement with yourself.



Because not the doctors, your loved ones, or society, but **YOU** alone ultimately have control over your own health. Your decisions determine the speed of your recovery and, with it, the quality of your daily life, your happiness, and your future.

Chapter 6: Where this all comes from – my story

Just before my 21st birthday I developed serious symptoms of illness: I could no longer walk, I had no feeling in my right hand and I had pain in my legs, feet and on my skin. In addition, I had very poor vision with my right eye. After six months it got better again. Three years later the symptoms returned and the neurologist determined by means of an MRI scan that I had a progressive disease. He stated that I would not get out of the wheelchair anymore and would remain paralyzed. The pain would remain and spread. He did not know where the disease came from and did not know what could be done about it. I did not hear any hope in his story.



Nevertheless, I believed in the possibility of recovery. Because I come from a family of doctors, I knew that I would not find answers within conventional medicine. I felt that I needed a different approach and had to find my own way in this recovery process. I am convinced that there are endless possibilities, so that is what I went looking for. I searched with the attitude that there are always answers, often in places where you have never looked before.

Chapter 7: My Freedom from pain

I have done everything I could to find a way to recover. I have tried all kinds of therapies, read books, done studies at home and abroad and opted for supportive nutrition. Finally, I became aware of the power of various effective treatments. In this way, I also made contact with my healing hands. By combining the treatments, I discovered powerful possibilities for my recovery.

Now I hardly have any complaints. The pain, paralysis and fatigue complaints are gone. My moving skills and coordination, which have been so bad for years, are at 97% of my old level. I can do everything again and, with a feeling of gratitude, let this recovery process continue.



My vision

I believe that, in addition to regular medicine, there are other possibilities to recover from osteoarthritis, post-traumatic dystrophy and other (autoimmune) diseases like Crohn's disease. This is not just a belief; I have experienced this myself and I also see it every day in my practice. I want to achieve in our society that a real collaboration arises between Western and complementary medicine.

In my practice vrijvanpijn.nl ('Vrij van Pijn' means: 'My Freedom from pain') I run in the Netherlands I help people from illness and pain to recovery and freedom. In doing so, I bring my clients to a point where they have optimally recovered. For me it is fantastic to let people experience that everything is possible for recovery. For my clients, I strive to ensure that they leave with a big smile on their face and can ultimately live unrestrictedly again. It is possible to go through life full of self-confidence and pleasure again.

Use this document to your advantage!

If you have a question or you want to make an appointment send your email to: email: info@vrijvanpijn.nl.

Warm regards,



Wim Beek

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