

STOP THE MEDICATION MERRY-GO-ROUND!

THERE IS A BETTER WAY TO RELIEVE YOUR CHRONIC PAIN WITHOUT PILLS

BY MATT PEALE

Aches and pains happen for people of all ages. You twist wrong, step awkwardly, bang your shin into a table leg, or hit your head on a shelf standing up without looking. All these types of pains heal in a few days with rest and maybe antibiotic ointment. Chronic pain is the bane of people's existence because it never seems to go away. Taking pills only masks the pain, they never address the cause and fix the issue permanently.

Unless you have a genetic defect, you're not born with chronic pain, it develops over the years from your lifestyle. Your lifestyle involves eating habits, exercise, or lack of, career, family, stress, and hobbies. The common thread between them is you maintain control over all the factors. You can say, "Matt, I have no control over what my boss, spouse, kids, and the meals cooked for me." You made the initial decisions to take the job, marry the person, have children, and allow someone else to control your meals. It's hard to admit those things, I agree, ultimately, you're responsible for all of it.

Let's look at chronic pain and how it can develop. Overuse injuries come from repetitive movement patterns, like sitting at your desk all day, that cause muscles to do functions other than the ones they're supposed to do. For example, your low back takes on the role of your glutes because your abdominals, hip flexors and quads are too tight, pulling your low back out of position. Your low back is meant to stabilize you, not be the primary muscles for lifting objects off the ground. Sitting for long hours remodels your body to make your lower back do what it's not meant to do, causing chronic pain.

Often times people do not recover from an injury properly, this forces the body to compensate for the injury by using other muscles to do its job. Over time, these muscles become overused, and the body remodels itself to adapt, causing chronic pain in those areas. The cumulative injury cycle opens the body for more improper use and chronic pain to develop in different areas of the body that seem unrelated to the original injury. It's a snowball effect of chronic pain throughout the body.

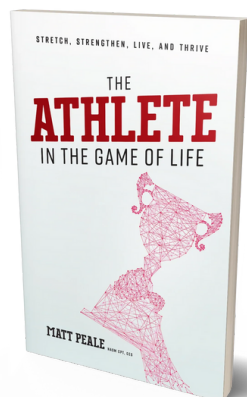
Doctors are taught to prescribe medications for pain, not stretches and strengthening exercises. Pain management clinics are about using different prescriptions of varying strengths, so you don't feel anything. The opioid crisis stems from this abuse of pain pills by doctors who don't care about their patients and are more concerned with the dollars coming into their wallets. The cause of pain is still there, add addiction and financial hardship to the mix, maybe even overdose and death.

Before you reach for the pill bottles, do some research into the cause by consulting with me. I'm a certified Corrective Exercise Specialist and Stretching & Flexibility Coach through the National Academy of Sports Medicine. While I'm not a doctor, I can evaluate your movement patterns to help you determine a natural program to ease the cause of your pain without a prescription. The consultation is free, email me at athleteinthegameoflife@gmail.com and put "Pain consultation" in the subject line.

Physical therapy is a great way to investigate a solution to the root cause of pain. Likely your health insurance covers a few sessions so you're only out a small copay. Specialists like me work with physical therapy to help you continue on the recovery road after your insurance is tapped out. Yes, stretching and exercising are work, and can be difficult at first. There are no overdose possibilities with medicines, and it's cheaper in the short and long term than ongoing trips to the pharmacy.

Believe it or not, dietary changes can also reduce inflammation in your chronic pain areas. People who eat foods with high sodium, fat, and sugars, make their pain worse. The added weight upon your joints as you pile on the pounds puts more stress on your joints and pulls your muscles and bones out of alignment. If you have arthritis, food choices can make the pain worse. Consult with a nutrition expert or RD for professional advice on what foods you're eating that are causing more discomfort than necessary. Changing your eating habits can lead to many positive side effects that reduce other health risk factors like heart disease, type 2 diabetes, and stroke.

Staying in chronic pain is a choice. Do a little work on your body, and the long-term benefits outweigh anything a prescription can offer you in the short term. If you need ibuprofen sometimes, it's fine, don't rely on them like you're eating Skittles. Make the investment into yourself naturally, and your pain will become a distant memory!



» WHAT MAKES WORKING WITH MATT PEALE DIFFERENT?

Matt knows it's the relationship that makes the difference. You are not a number or just a customer, you are a person he considers a friend. Personal training clients also enjoy social activities with Matt outside of the gym. He knows it takes a team to make life happen and be a successful athlete at the game of life. Business hours do not correspond with Matt, he is available at night and on the weekend to ensure client and customer satisfaction. Are you interested in working with Matt?

He can be reached at
athleteinthegameoflife@gmail.com
or by phone at 985-377-9892



» CERTIFICATIONS

NASM: Certified Personal Trainer (CPT),
Corrective Exercise Specialist (CES).
American Heart Association:
Heartsaver CPR AED

THE ATHLETE IN THE GAME OF LIFE



MEET THE AUTHOR: MATT PEALE



Matt Peale is a graduate of the University of Southern Mississippi where he earned an undergraduate degree in marketing in 1997. For two years, Matt played at the highest level of men's soccer at Southern Miss.

Always having a passion for health and fitness, Matt became a National Exercise & Sports Trainers Association Personal Fitness Trainer in 2008 and began working at 24HR Fitness in Laguna Hills, CA. In 2009, he became certified by the American Council on Exercise, National Academy of Sports Medicine, and National Federation of Personal Trainers. Matt has worked with clients ranging from teens to people in their 90's during his time at 24 HR Fitness, and was promoted to Assistant Fitness Manager. Always comfortable speaking in public, Matt has been the featured speaker at numerous healthy lifestyle trainings in California and Mississippi. In 2012, he moved to Hattiesburg, MS, and opened Pine Belt Nutrition, working with clients on weight loss and exercise. Matt has hosted multiple weight loss contests and taught boot camp style training, in addition to one-on-one clients at Pine Belt Nutrition.

In 2014 Matt became exclusively certified by NASM, and moved back to his high school hometown of Mandeville, LA, to begin working at Franco's Athletic Club. In 2017, he co-founded Movement Academy, and developed a PE curriculum and senior exercise program for customers in Louisiana. Later that same year, Matt became the host of the Boomers Lifestyle Network: The Second Half Health & Fitness Show, which aired on the New Orleans Talk Network. The show focused on healthy lifestyle topics for people over the age of 55.

The onset of the COVID-19 pandemic created the opportunity for Matt to earn his Corrective Exercise Specialist (CES) with NASM. This launched his newest endeavor, creating Athlete in the Game of Life and authoring his first book. A former NPC Physique Bodybuilder, and now a Masters Elite Division Obstacle Course Racer, Matt embodies a healthy, active lifestyle and is a product of his product.



A WORD FROM OUR OWN NEAL HIGHTOWER ON WORKING WITH MATT

"Matt's approach to matching exercise to the realities of life, both from a work and activities standpoint, has made a tremendous difference for me. I feel like I have gone back to my twenties in terms strength, flexibility, and overall feel. I highly recommend connecting with Matt to learn more about how he may be able to help you with your health goals."



WORK WITH MATT

Ready to make some changes of your own? Matt works **worldwide** and can help you **remotely**!
Connect with him below to learn more about how he can help you reach your full potential.



By Phone or Email at 985-377-9892 athleteinthegameoflife@gmail.com
To learn more about Matt and his services please visit
<https://www.mattpeale.com/>