



# DRPAWLUK PAIN SOLUTION SUMMIT

Dr. Pawluk: Welcome to the Pain Solution Summit. And today's session is with an expert in acupuncture. Dr. Sokitch to be more formal has an interesting journey herself. So let me ask Dr. Sokitch to talk to us about her journey of becoming an acupuncturist and integrating acupuncture into her medical practice.

Dr. Sokitch: I'd be happy to tell you all about it. I was actually training in general surgery when I graduated from medical school and I was a resident in general surgery and was having experiences with patients where they were in pain. Obviously they'd had surgery or we'd done surgery on them because as a general surgery we often worked on the burn unit and we worked with people who were in a tremendous amount of pain. And what I began to notice is that whatever we were doing for pain wasn't helping.

Dr. Pawluk: Okay.

Dr. Sokitch: And we were giving the medications and especially on the burn unit, it was terrible, the amount of pain that people were in because the surface of their skin of course had been removed. And the recovery from that is intensely painful. And we would have these people knocked out with drugs because that was the only thing we could do for their pain. And I began to be sort of curious like what can we do that would work better? And there were a whole bunch of things that happened right around the same time I was in my internship year when I first began to have these experiences. But then in my second year of residency, it became more pronounced. And so I started wondering what else could happen. And what drives me is that when I was five is the first time I decided I wanted to be a doctor and it would happen because my great grandmother was my very best friend at the time. And she was the person who took care of me. And one day she collapsed in front of me and basically I never saw her alive again. She died a few days later.

Dr. Sokitch: And when my mom told me that she had died, I remember her saying, her heart stopped beating. And I didn't know what that meant. But I started to imagine what it would take to make her heart start beating again. And it was on that day, like I was devastated because of course I had lost her, but more was I started trying to figure out how to solve the problem. And I think I've been on that mission ever since. I hate pain. I was like, my own personal pain and other people's pain has been my enemy my whole life, you know? So I've always sought to find solutions. And so as a resident, I'm here looking at like what's happening to my patients and what are the solutions? And somebody gave me this book called the Web That Has No Weaver, beautiful book about Chinese medicine.



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- Dr. Sokitch: And I didn't even know anything about Chinese medicine at the time, but I started to read this and it made so much sense to me on a logical level that our body has flows of energy or currents of energy that go through it. And when you are in pain, that is energy that's not moving. So what can you do to get it moving? And so I got really fascinated by the whole idea. So I actually left my residency after my second year and went to study acupuncture. And so I went to work in the emergency room and then I went to acupuncture school. And it's a longer story, but I'll just make it short like that. And because I was fairly young as a physician, this is 30 years ago, so I was fairly young as a physician and, and I think I was open-minded.
- Dr. Sokitch: I would see patients in the emergency room who had these mystery problems. And it's not uncommon, you know, like we have the best of Western medicine available to us, but our science only can go so far in solving problems and answering questions. And so for me, Chinese medicine was this thing that filled in the gaps to me. Like Western medicine is like these big rocks in a river bed. And then the chain of medicine is like a water that flows and there's available answers within all of that. I've been doing acupuncture for 30 years now and I still love it. I still think it's a beautiful way to address health.
- Dr. Pawluk: And you combine acupuncture with conventional medicine? Traditional medicine, right?
- Dr. Sokitch: Yes.
- Dr. Pawluk: How does it integrate for you?
- Dr. Sokitch: Well, for me, again, because I was fairly young when I started all this, I feel like I had a flexibility in my mind and to me they integrate beautifully.
- Dr. Sokitch: So for me it's this continuum of, so the big picture is the Chinese medicine because it has the whole idea of how the organs work is different; in how energy flows in your body is different. And so I use Chinese medicine as my foundation of how I look at a person. And then I use Western medicine as an adjunct wherever Chinese medicine doesn't completely cover what needs to be understood. I use testing from the Western medicine. I use medications if needed, but to me it's a perfect system. Like it works perfectly and sometimes surgery is necessary. Sometimes surgery is necessary and sometimes and often, you know, sometimes medications are necessary. Recently, I had two patients who got the flu and that went into a secondary infection. One who got a sinus infection, one best strep or tonsillitis after or along with the flu while they



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needed antibiotics. So you know, you do your best with any tool that you have available and then you move on in order to help somebody.

Dr. Pawluk: There is no system of medicine, there's no system of healing, there's no professional system that covers all possible problems. It's a matter of integration and knowing which one to use at what point. And the energy that you're talking about is called?

Dr. Sokitch: Chi. I make jokes I call it cheese.

Dr. Pawluk: So what does acupuncture do? What is acupuncture?

Dr. Sokitch: Well, first of all, acupuncture is a tool within a system of medicine that is traditional Chinese medicine within a system of belief. And that there's a whole set of beliefs that go along with it. Much like there are a set of beliefs that go with Western medicine. And the whole idea is that your body is made up of energy and energy travels through your body in certain patterns. And when the energy is out of balance, there are problems. So the premise is that that energy flows through your body and that it needs to continue to flow in order for you to feel healthy and well. And the systems, there are organ systems and each organ has different functions and different ways of working than it does in Western medicine, although there's an overlap. And so the whole idea is what does it take for your body to be in balance? And when your body is imbalanced, there's harmony and then you don't have pain and you don't have problems in your health or in your life. It's really quite amazing.

Dr. Pawluk: So for that purpose acupuncture is often used as a preventative system and as a health maintenance system, right? I used to be sad that that Chinese doctors would only get paid when people were healthy. And I realized one time that basically that's true only because it was as long as the patients were going to the doctors that were getting paid at, but if they got too sick, they ended up in ICU or needed surgery, then they had to go to some other doctor and that doctor got paid. But ideally, yes, ideally you keep people in your system of care for cost and prevention work and you need to combine, as we said before, everything. But also because Chinese medicine does have the concept of prevention, not necessarily to the think of it as prevention. They think of it as maintenance, right? It's maintaining this homeostatic and balancing system.

New Speaker: Well basically wellness. Yeah. Keeping your energy flowing is providing wellness.



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- New Speaker: Now does acupuncture like, even if you do surgery on somebody, what's the role of acupuncture in somebody who's had surgery?
- Dr. Sokitch: Because I did surgery I feel like I have a special connection with people who have surgery, but acupuncture helps the energy flow and helps them heal faster. It prevents scarring. It helps with the pain and helps the healing process go faster. It's incredible what acupuncture can do. And that the whole idea of plugging into the flow of your life force really cause Chi is that life force energy, right? So when you plug into that and help a person remain vital and thriving, then surgery is just a minor blip to help a person's energy. Actually I always think of surgery as especially when somebody's had some kind of a health issue I view everything sort of as a continuum of the physical and the mental and the emotional and the spiritual and where all of those things together.
- Dr. Sokitch: And so when you have a health issue that becomes difficult. There's some emotional and spiritual component as well. And if you have surgery, basically the healing goes from this moment in time to fit. You're in this position when you have, before you have the surgery, when you've had surgery, you're in this position, you've altered completely. It's like taking an airplane across the world, right? You start here and a few hours later you're in another place in the world and we didn't have that ability to travel like that energetically or physically before we could do surgery or airplanes, right?
- Dr. Pawluk: Yeah. Because Chinese medicine dates back millennia, right? Yeah. I've often said that when I started, I share with you, we shared this before the call that I've been trained in acupuncture as well as an MD for the same reasons you get frustrated with a system that is not solving all the problems. And I said to myself, when I want to say find a different solution, I said, you can't fool a billion Chinese for 3000 years. Right? Something's got to be happening there. Even though we didn't understand it from a medical perspective, didn't have a place in our medical system as a medical doctor. And you basically have to integrate on your own, but you're clearly, the Chinese have found benefits for a very, very, very long time. So there's clearly some benefit there. And we now know, you and I know, that the two can be combined very easily. You can do it separately. You don't have to combine them, but actually the best results happen when you do. Especially for those circumstances where you don't have control. If somebody has a fracture, you still have to deal with it, you know, and in a conventional way to help the fracture, but you will heal much faster when you combine an energetic system like acupuncture. Yeah. So, since this is a pain solution summit what's the role of acupuncture in helping people with pain?



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- Dr. Sokitch: Again, it's probably one of the things that acupuncture is most famous for is helping people with pain. And what I remember listening to the guy who was the many years ago, but the President of the World Health Organization and when they endorsed acupuncture originally, which is quite a long time ago, but he said the thing that made him a believer is that they were doing acupuncture on animals and that it worked because animals can't think about things and they can't have what we call placebo. So when it works on an animal and you're like, wow, there's something happening here. Although I can't do acupuncture on animals, I don't know. I haven't worked that out, but acupuncture for pain is, I mean it's one of the main reasons that I became interested in it is because of the pain that I was watching and witnessing in my residency.
- Dr. Sokitch: And it works amazingly, you know, like a person can come in in acute pain and within a few minutes you can have the pain gone. And if it's acute pain, sometimes it won't even come back. But if it's something more chronic then of course it takes a lot longer. And there are many systems involved when somebody's been in pain for a long time. So that's where my Western medicine, I use a system of Western medicine called functional medicine, which is again, looking at systems and using your body systems to help figure out how to get you in balance.
- Dr. Pawluk: Yes. I think that's clearly important. I think as you said, people with pain, chronic pain have multiple layers of problems, especially chronic pain, right? So over time there are physiologic changes. There are psychological changes or emotional changes. There are cognitive changes. Do you only need one treatment for chronic pain? No.
- Dr. Sokitch: Yeah, so I've written a book actually called Healing When It Seems Impossible: Seven Keys to Defy the Odds. What's that?
- Dr. Pawluk: Can you repeat that title please?
- New Speaker: Healing When It Seems Impossible.: Seven Keys to Defy the Odds; and it's about literally about difficult health issues like chronic pain or chronic fatigue. So over the years I've seen more difficult health issues with patients because they come to me as a last resort and it's often something like chronic pain or chronic fatigue or some chronic malaise that they have that nobody has found the answers to. And because I do both Chinese and Western medicine, I've been able to look at things in a different way. I have something that I call the triangle of wellness.



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**Dr. Sokitch:** So when no matter what you have, and this is based on both Chinese and Western medicine sort of bringing the two together. But it's the hormones, your nervous system, and your immune system. And whenever you have an issue that's chronic and that has been going on for a long time or mysterious because I deal with a lot of people, mysterious health issues, those three elements. If you figure out what's going on with the hormones, the nervous system, and the immune system, you begin to get those systems into balance, then your body can do nothing but get well.

**Dr. Sokitch:** Because if you have your hormones, your nervous system, and your immune system functioning, you're going to be able to get well. So with people who have had chronic health issues or chronic pain, that's what I do is I work on that sort of on that level. And when you have had chronic pain, your hormones start to go out of balance. Your nervous system goes into chronic alert mode because if you're in pain, you just can't ever relax. You can't ever let your body calm down because there's this constant stimulation, right. I've actually recently had some back pain and had to live that. And especially a few days ago, I could hardly walk and it's not something I'm not used to, you know, so I was like, oh my gosh, it's hard to focus. It's hard to pay attention to what's going on even though you're trying to focus and do your job. So it's definitely finding the solution to that is a multifaceted problem. It's not just one thing that you can do.

**Dr. Pawluk:** And so a typical course of care for somebody, I don't know if you can remember a case or a patient or while even yourself, I guess, is they come in to see you, you do your assessment. And you figure out what approach you're probably going to need to take with this particular person. Sometimes we're right, right. And often we're not. Often what we do is we say, fine, we, here's where we start. And then you do a treatment and then you reassess and then you do another treatment. So can you go through a series of what you've seen or done with chronic pain patients?

**Dr. Sokitch:** Sure, yeah. Well, so first of all with chronic pain, again there's a story. So in the initial visit I spend a good hour and a half with a person and I get the whole story. I go all the way back to before the pain started, what was going on in their life, what was happening in their lives, how did the pain start when and where, how did it proceed, you know, how does it envelope your life? And then I do an exam, both Chinese and Western. And in Chinese medicine of course you feel the pulse and you look at the tongue. And I also feel the abdomen because there are clues in the abdomen that will tell me what systems are out of balance. And then based on what systems are out of balance, I do testing. So



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often if you've been in chronic pain, again your adrenal hormones are going to be out of balance.

**Dr. Sokitch:** Your hormones overall are going to be out of balance. Your chemistry in your brain is going to be out of balance. So I look at all these different systems from a Western point of view, using tests to understand what's going on and then I work to get everything in alignment so that pain can be treated. Because if you've had, again, if you've had pain for a very long time, just doing acupuncture may not solve the problem. If it did, great, , if that works great, but usually there are hormones out of balance and the immune system's out of balance. So I just start to work using supplements, using acupuncture to get everything in alignment so that the body can relax so the body has the tools it needs in order to get well and I do acupuncture, but I use the acupuncture for balancing systems.

**Dr. Sokitch:** I don't necessarily use it for treating symptoms. And I think that's maybe the biggest difference in how we do things in allopathic medicine. I mean, I was a surgeon, right? So you go to go to the thing that's wrong and you try to fix it, but sometimes the thing that's wrong has a much deeper root. So that's what you want to find. You know, was there an exposure to a toxin? Was there something that happened when a person was a baby? You know, like there's so many elements to a story that leads to where today you have chronic pain.

**Dr. Pawluk:** Surgeons often as a group of people to have a belief system that to cut is to cure.

**Dr. Pawluk:** But we know that if you have a rupturing appendix, fine, you may have to remove the appendix so it doesn't rupture. You may, maybe you don't, but that's a solution. If you have a tumor in an organ that's blocking the exit of the fluids out of that entrance or exit of fluids, then the surgery may make some sense at that point. But what you're doing then is more comprehensive and holistic. So surgery often fails, right? Because it doesn't solve the whole problem. But to go back to the point about the case. So if you take the case, you do all the things that you do and you apply your process to that person, and you do the acupuncture, then you do follow up, right?

**Dr. Pawluk:** And what do you do with the follow-up?

**Dr. Sokitch:** So I'll give you a story because it'll be easier to kind of follow this woman's story. So I have millions or not millions but thousands of patients, but one woman who is in her mid-fifties, 58, I think came in, had this chronic neck pain, terrible





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chronic neck pain and had headaches every day of her chronic neck pain and has a highly stressful job and had some injuries many years ago. But, so this kind of has been a progression. Right? So many years ago she'd had some injuries, hadn't had them treated, hadn't seen any integrative doctors, just had whatever, waited for it to go away and maybe had some physical therapy. So by the time she came to me, she was in unbelievable amount of pain and had been through menopause. So her hormones had already gone out of balance. She was on several medications for pain.

**Dr. Sokitch:** Because she had to think clearly, she couldn't take the medications during the day when she was working, cause she has this high stress job. So all of those things kind of go together. So with her, we measured her hormones, we worked on getting them in balance at the same time that I started doing some acupuncture and the acupuncture was pointed at, sorry, I love my bad humor stuff. I laugh but you know, cause you use needles it was pointed at balancing the overall energy. So balancing all her whole system, not just at fixing the pain because fixing the pain was a deeper issue that she'd had. She had stress, she had hormonal imbalances. I think she had some digestive issues and we worked on all of those things at the same time as trying to help her neck and start to release the pain, you know?

**Dr. Sokitch:** And she actually got better fairly quickly within three months. She wasn't having pain all the time.

**Dr. Pawluk:** And how many treatments did you do over that three months?

**Dr. Sokitch:** You know, at first I saw her weekly, probably for four or five sessions. And she was already having less pain within four or five sessions going from what to what and over those four or five sessions. Well, when she came in we would say her pain was like a nine. And you know, within those four or five sessions, she was down to a two or three most of the time. A.

**Dr. Pawluk:** And was she happy with that two or three?

**New Speaker:** You know, not entirely. She's not entirely happy, but she was happier. But again, like her job for her is all-consuming and there was a lot of stress happening with her job. So, she got a lot better. And then she had a massively stressful event at work and it came back and at that point she was seeing me at once a month sort of for maintenance. And so when she came back, she was again in that amount of pain. And so, but within a couple more treatments, that got a lot better. So she did really well with acupuncture.





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- Dr. Pawluk: And the holistic approach. Do you still see her?
- Dr. Pawluk: She's still my patient. Yeah.
- Dr. Pawluk: Wonderful.
- Dr. Sokitch: Most of my patients have stayed with me because even if they get better with one thing, then it becomes preventive, right. Then you maintain your care or you maintain your health by doing certain things
- Dr. Pawluk: And life still happens. Right? So that chronic problem is still there in some ways, and so it doesn't take a whole lot necessarily to get it to set it off.
- Dr. Sokitch: That's her pattern. So we all have patterns of how our bodies handle stress, and those patterns seem to come back over and over and over again, you know, so you may have a problem, you get better, and then several years later, something else will happen and it'll fit right into that pattern of whatever's happening in your body.
- Dr. Pawluk: So that's one of the key points about chronic pain that we're going to make in this whole Pain Solution Summit series is it's rare that one solution fixes everything. And with chronic pain, it's so multilayered and you have to individualize it. You know, people ask me regularly, what's your experience, how many patients have you treated and what's the success rate of your patients? What's their rate? I can't tell you that because every person is unique, right? So you have to design a program. If my only tool is acupuncture, that's all I ever do is acupuncture than I'm not going to have as good as success rate as you do with your multi-pronged and multilayered approach. Would that be correct?
- Dr. Sokitch: Yes, I think that's true. I think, you know, again, I take myself back to my surgeon mentality. I want a person to feel better. I don't care what it takes to make them feel better. So if they need a medication, if they need acupuncture, if they need hormonal therapy, if they need their digestion fixed, cause a lot of chronic pain has something to do with digestion, you know, and what chemicals your body absorbs in your digestive tract. So whatever it takes and I think we agree on that. Like we would do whatever it takes for you to feel better.
- Dr. Pawluk: Yeah. Well as long as you're not hurting the person by doing whatever it is, you have to walk the walk with the patient. Do no harm is our motto, right? As much as you possibly can. If you're only an acupuncturist, if somebody goes to somebody who is only an acupuncturist and does nothing else but acupuncture,



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and because we know it's a chronic layered problem, then the patient has to become the person with chronic pain has to become their own advocate and put together their own team. Now you might say, I've reached the limits of what I can do. You have another problem now you're going to have to go see a neurologist or you're going to have to go see a minister. Are you going to have to go see a psychologist to deal with other aspects of what you have going on? That your experience too?

Dr. Sokitch: Oh yeah. Yeah. I mean, if you have, again, healing when it seems impossible, but when you have a difficult health issue, you have to have a team. You know, and unfortunately a lot of that kind of thing isn't necessarily covered by insurance. You know, like to step outside of the conventional medical world. There are things that aren't covered by insurance, but in order to get well, you need some kind of a path to get well with support of the various people.

Dr. Pawluk: Yeah. And I think we have to respect the fact that every discipline has their perspective on what they do and what they can accomplish. If you ask some people like a doctor, whether you should do acupuncture, there's a good chance you're going to be told no. Cause a doctor will say, you should do it my way.

Dr. Pawluk: Including the surgeons, including the pain specialists and so on. So again, you have to become your own advocate to say, and the summit basically is to help people to understand how layered it is and what options you do have and how you have to create your own options. In an ideal world, you'll find a single doctor like yourself who will do multiple approaches at the same time. And hopefully that solves the problem for you.

Dr. Pawluk: That's not always the case. Tell us a bit about the different types of acupuncture there are.

Dr. Sokitch: Well, there are many different types of acupuncture. My training is in what's called traditional Chinese medicine, which is the ancient style of Chinese medicine. There are all sorts of elements that go with it. I'm not going to go into that, but there are different styles of Chinese medicine. There's a system called five elements acupuncture, which is based on all the organs have an element of the earth. And there's a flow of an energy throughout, like basically connected to how the earth flows, has more of an emotional, spiritual impact. The traditional Chinese medicine is very sort of I don't know how to say it, but it's not quite as theoretical in its approach. And then there's in Europe, once Chinese medicine started getting out of China and different countries in



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different places in the world have developed different systems of using that tradition.

- Dr. Sokitch: So there's the Japanese style, which is much less painful. That's what I practice, which is less painful acupuncture. And part of that was because for me when I studied Chinese medicine, they will use these needles that were quite painful and I didn't like that. I immediately as I was practicing, began to have patients who also didn't like that painful approach, putting needles in a way that hurts. So I figured out how to start being less painful and then learned that the Japanese style is less painful. And then there are different traditions. There's the helm system that both of us studied a little. I started a little, and you studied a lot based on French energetics, which is very effective for pain. I use that.
- Dr. Sokitch: Yeah. In Germany they took the idea of energetics into a whole, like using machines to study how the energy is flowing. So there's so many ways to use Chinese medicine--
- Dr. Pawluk: And that's called EAV electroacupuncture according to Vol. So it's fascinating. Acupuncture visit has many sort of faces and aspects to it. What does acupuncture do to people emotionally?
- Dr. Sokitch: That's one of my favorite things because each--
- Dr. Pawluk: How much what the five elements does, right? The meridians all have their emotional components as well. . And not only does it relieve pain, but it actually helps and facilitates balancing emotions too. Could you talk about that?
- Dr. Sokitch: Sure. It's one of my favorite things about Chinese medicine is that each organ has physical functions and emotional and spiritual functions.
- Dr. Sokitch: I'll use the liver as an example as my organ. I used to be a liver person.
- Dr. Pawluk: You're not angry all the time are you?
- Dr. Sokitch: Not anymore. But I used to be. I used to be basically angry at everything in life. So, but the liver regulates the smooth flow of energy in your whole body and it regulates the emotion of anger and it regulates your ligaments and tendons in women. It regulates their menstrual cycles. I always add the Western function, which is that it helps your body with detoxification. But in Chinese medicine, really the liver's job is to deal with stress. So anger, frustration, dealing with stress, ligaments and tendons, and smooth flow of energy. So the liver always



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plays a role in pain because when you have pain, you have energy that's stuck someplace.

Dr. Sokitch:

And so getting your energy moving, getting the liver energy moving when you have a chronic pain situation is very important. But the cool thing is when you have a chronic problem, there's always an emotional component. And in traditional Chinese medicine, that's our training is whatever your health issue is, if it comes from inside your body, there's an emotional component to it. There's a spiritual lesson that the liver is place in. In your spirit is that space between your physical soul and your higher self. The heart, the heart deals with the emotion of joy. It took me years to figure this out, but, but going from anger to your heart is the process of forgiveness, right? To take yourself to a new place. And so there's this flow of energy that takes you from anger, which is wood that delivers energy, is wood to the heart, which is burn the fire, to forgive in order to get to a new place. So by doing acupuncture, you can shift your emotions. People come into me all the time, you know, stressed out, angry, frustrated, or going through emotional grief or emotional trauma and the acupuncture will help settle their emotions as much as it helps balance their bodies.

Dr. Pawluk:

You hear stories regularly that you put a needle in one spot and all of a sudden the person starts crying. The person is normally very reserved and is holding things back and you put one needle in and they start crying. That's a release. Important release. I had some questions but we've dealt with it a lot of what we wanted to talk about. Is there anything you want to add to what we've discussed about acupuncture, your role of acupuncture in chronic pain?

Dr. Sokitch:

Well, I mean obviously whenever you have pain, I would recommend that you seek out some sort of Chinese medicine support because acupuncture is very helpful in the program of whatever it else you do to get well from your pain. But there are other elements to getting well when it seems impossible. And I'm going to address my first key of the seven keys in my book. And that is love. So whenever you feel poorly in your body for a long time and when you've been in pain for a long time, it's terrible; you start to feel betrayed by your body. You start to feel angry at your body and that doesn't help you get well. So this becomes this compounding effect where you're angry and frustrated because your body's not getting better. You're kind of blaming your body because it's not doing what you want it to do. But I advise you to approach your body from a perspective of love. Instead, your body's not stupid. It's not doing this for no reason. Whatever is happening, there's a some reason behind it. We may not know the root cause right away, but we're looking for it.



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- Dr. Sokitch: So you want to come from a perspective of your body's trying to help you with something. Let's figure out what that is and let's be patient and loving instead of angry at your body. That would be my advice.
- Dr. Pawluk: Thank you, that was lovely. Lovingly lovely. So people with chronic pain, often you can't get rid of the pain completely, so you have to live with it. What you want to do is to decrease the amount of pain and at least your frustration and emotional issues resulting from your pain process. Hopefully you'll be able to get rid of your pain and in a lot of cases you can, but not all the time. So if you're in a position of what you were saying in a position of love, then you're more in a position to be able to sort of make a partnership with your pain. And basically love your pain cause there's a reason for you to have the pain, right. So we may have to love our pain. We have lots of people in our lives that we don't necessarily want in our lives, but we don't have a choice about having them in our lives. And so we can come to terms with that and love them. Then at least that it becomes something you can manage.
- Dr. Sokitch: That's a really good analogy. I like that. Yeah.
- Dr. Pawluk: Thank you. Good. Well thanks again. Let tell us again what the title of your book is, please.
- Dr. Sokitch: Healing When It Seems Impossible: Seven keys to Defy the Odds. It's available. You can go find it on my website, which is [hearttoheartmedicalcenter.com](http://hearttoheartmedicalcenter.com) or you can find it on Amazon.
- Dr. Pawluk: So your website is hearttoheart as in H E A R T. Art. Yeah. And to, T O, heart to heart medical center.com. Wonderful. Dr. Sokitch, Thank you so much for spending your time taking the time to help us to learn about another approach to helping people with their chronic pain. And feel free to go to Dr. Sokitch's website and I would recommend your book.
- Dr. Sokitch: Alright. Thank you.