

Dr. Lee Lipsenthal MD, ABIHM used the NewReality PAL while being treated for cancer. Because of his positive experience he published his results and sent it out to his 15,000 member newsletter client list.

I have just finished six weeks of radiation therapy for my esophageal cancer. This treatment caused severe burning of my esophagus and stomach, leading to pain 24-7. My escapes from the pain have been narcotics and dissociation, (picturing my body as a separate entity, so that I can distance myself from the pain — a nice break). My meditation practice has been extraordinarily useful. I have also used an interesting technology for pain and anxiety management called *The New Reality, Personal Achievement Device* which uses a combination of audio and visual stimulus to relieve pain and control anxiety (more below).

This process has been an interesting lesson, not about pain management, but about how pain affects your life and psyche. After my cancer diagnosis, my life became “about me” in a positive way. Every day I would receive cards, sweet emails, and hugs. Every day, I would take care of myself with meditation, exercise, and various therapies. However, I was still able to empathize with others, and “see outside of myself,” mostly because I was feeling OK.

Suffering daily pain has been a game changer. Each moment, I am drawn from whatever I am focusing on (a task, a relationship or conversation) to my bodily discomfort. Burning and cramping interrupts every conversation. Every activity becomes a struggle. Every moment becomes about me. I no longer find it easy to “see outside of myself” and the world inside my thoughts. My empathy for others has faded; my ability to relate has suffered.

As a physician, we are often confronted with chronic pain patients. They are difficult for us to deal with, as we are often powerless to make their symptoms better. This is highly frustrating to people who are driven to see positive results. More than that, it is a challenge to help them to step outside of their world-view (or personal view) that they are wrapped up in, and even invested in. After 6 weeks of pain, I am just beginning to understand this.

The New Reality, Personal Achievement Device

It is not my intention to sell products in these newsletters and I have no relationship with New Reality. I have used their device to help to manage my pain and decrease anxiety since the beginning of my radiation treatment. It is an interesting use of light stimulation (using goggles), pre-recorded guided imagery and music. I personally found it very useful to help me ‘relax’ into the pain I was experiencing. You may want to explore this for your patients. You can find it here.
<<http://www.newreality.com/>>

A mother has started a blog following her son’s positive response to using the equipment.

<http://alyssa-edsempowerment.blogspot.com/>