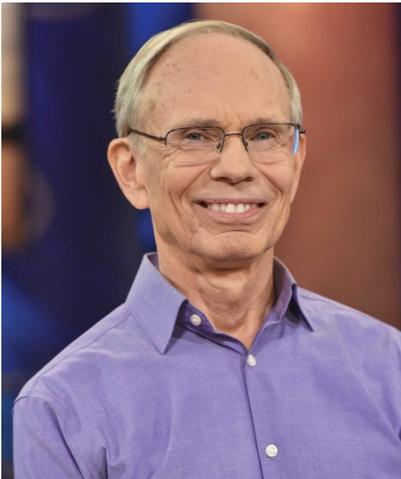


3 STEPS TO PAIN FREE LIVING Premieres August 2019 on PBS Stations

– Expert Lee Albert Provides An Easy To Follow Plan That Eliminates the Root Cause of Many Painful Conditions –



Credit: Gary Gold

3 STEPS TO PAIN FREE LIVING WITH LEE ALBERT

addresses the problem of chronic pain suffered by as many as 100 million Americans. Based upon 30 years of working with clients, neuromuscular therapist, yoga instructor and pain specialist Lee Albert has developed an approach using five specific exercises to effectively eliminate the root cause of many painful conditions by balancing the muscles that are responsible for that condition. This approach is effective, easy-to-do and requires only a small amount of time each day to help keep bodies pain-free and in good working order. **3 STEPS TO PAIN FREE LIVING** is part of special programming premiering on PBS stations in August 2019 ([check local listings](#)).

Albert also shares a gentle breathing exercise that has been shown to slow down the “fight or flight” (stress response) in as little as ten minutes. He demonstrates how altering our breathing pattern makes it possible to reduce stress and add more calmness to our lives. The breathing practice will often improve sleep and has been shown to boost the immune system and help with many chronic conditions. And it’s so easy it can even be done in bed.

3 STEPS TO PAIN FREE LIVING also includes several mindfulness techniques that will help anyone feel better almost immediately. Every thought produces a chemical reaction in the body. By taking a few minutes a day to focus on specific thoughts and images, viewers can learn to make chemicals in their bodies that produce joy and happiness.

The three steps to alleviating chronic pain include:

- Step 1: Identify the cause of the pain.
- Step 2: Alleviate chronic pain by correcting the muscle imbalance — the root cause of the pain.
- Step 3: Maintain the results with simple lifestyle changes.

According to a recent Institute of Medicine Report, *Relieving Pain in America*, pain is a significant public health problem that costs society at least \$560-\$635 billion annually. The human body possesses an astonishing capacity to heal itself, but it needs our help and cooperation to be able to do that. Learning how the body works can unlock simple ways to lessen pain and stress while adding more happiness and calmness.

PBS special programming invites viewers to experience the worlds of science, history, nature and public affairs; hear diverse viewpoints; and take front-row seats to world-class drama and performances. Viewer

contributions are an important source of funding, making PBS programs possible. PBS and public television stations offer all Americans from every walk of life the opportunity to explore new ideas and new worlds through television and online content.

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