

# Learn to release your own pains!



**It can truly be this quick!**

# WHEE: Whole Health - Easily and Effectively®

Users report WHEE relieves physical pains from:

Tension headaches

Migraines

Frozen shoulders

Backaches

Irritable bowel syndrome

Surgery and Injuries

Arthritis

Chronic fatigue syndrome

Cancer

and more...

WHEE also helps relieve anxieties, stress and distress that are often associated with pains, and reduces need for medications.

See more about problems helped by WHEE at

[www.wholistichealingresearch.com/WHEE\\_helps.html](http://www.wholistichealingresearch.com/WHEE_helps.html)

WHEE is easy to learn and use, yet is very potently and rapidly effective, allowing you to clear away residues of new and old traumas from hurtful experiences – even when these occurred years or even decades ago.

WHEE enhances confidence and creates positive attitudes even when you are in distress and under severe pressures.

Children as well as adults respond well to WHEE and use it often in any and all painful and stressful situations because it is user friendly and immediately effective.

WHEE is so easy to learn and use, it can be taught in personal or group telephone sessions.

This book will show you how to transform your pain from a scourge and enemy, to become your teacher and friend, deepening your experiences of life on every level of your being.

*7 MINUTES TO NATURAL PAIN RELEASE: WHEE for Tapping Your Pain Away*

Energy Psychology Press, Fulton, CA 2008 6" x 9" 252 pp. ISBN 978-1-60415-034-6 US\$17.95

Available through [www.paintap.com](http://www.paintap.com), Amazon.com, Barnes & Noble, Ingrams

**7 MINUTES TO NATURAL PAIN RELEASE:  
WHEE for Tapping Your Pain Away -  
The Revolutionary New Self-Healing Method  
By Daniel J. Benor, MD**

This remarkable book explains how pains are messages from our inner self that can be a blessing instead of a scourge. Dr. Daniel Benor teaches ways to dialogue with pains and release them, often within minutes - even when they have been present for decades. WHEE also releases stresses and distresses that may contribute to pains and emotional issues that arise from pains - including anxieties, depression, insomnia and problems in relationships.

WHEE is a Wholistic approach, addressing body, emotions, mind, relationships and spirit. WHEE can help restore wholeness in a person's life.

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Daniel Benor, MD, is an American psychiatric psychotherapist who insists on treating each individual person in the ways that are just right for them. He has refused to go the route of prescribing medications to deaden symptoms and treat diagnoses.

For over 25 years, he has been diligently pursuing the study and practice of wholistic healing - addressing body, emotions, mind, relationships (with other people and the environment) and spirit.

Pursuing these studies, he visited England on a year's sabbatical in 1987, ending up staying for ten years to study healers and healing. Acceptance of healers was far greater in England than the US in those years. Dr. Benor was also happier practicing in England because psychotherapy was unregulated and he was not forced to prescribe psychiatric medications, as was becoming the focus of psychiatry in the US.

Being a thorough researcher, he collected and published an annotated bibliography of 191 controlled studies of healing in Volume 1 of Healing Research. Amazingly, many of these studies show significant effects in non-

human subjects, including animals, plants, bacteria, yeasts, cells in laboratory culture, and enzymes. Volume 2 explores dimensions of self-healing. Both of these volumes are published in separate versions for professional and lay readers. Each contains over 1,500 references.

Volume 3, *Personal Spirituality*, was the most challenging to write. This required enormous investments in Dr. Benor's own personal development. As with his other volumes, he felt he had to understand the subjects of his books himself before he could teach them to others.

He then returned to the US, where there are more opportunities to teach wholistic healing. Over the years, psychiatry had sadly shifted to focus exclusively on prescribing medications. Dr. Benor was challenged to stay true to his calling to help people sort out their problems themselves, rather than drugging them into oblivion. It was here that WHEE was born.

Dr. Benor constantly sought to develop ways of providing psychotherapy along with the medications. Eye Movement De-

sensitization and Reprocessing (EMDR) was a blessing to him, as well as to his clients. He was able to use EMDR with adults and children who had post-traumatic stress disorders and lesser anxieties and stresses. He also used EMDR to de-stress himself. However, it is strongly recommended that EMDR should be done only during sessions with the therapist. This is to prevent being overwhelmed by intense emotional upwellings that can occur during treatment. This limited the usefulness of EMDR.

He next learned Emotional Freedom Techniques (EFT). In EFT you tap a finger at a long series of acupressure points on your face, chest and hand, while reciting an affirmation. Because it does not evoke intense emotional releases, it can be used as self-healing. The problem with EFT is that people who most need it are also the most likely to become so stressed and flustered that they cannot recall the long series of points used in EFT and then stop using it.

He then discovered that it is possible to combine elements from EMDR and EFT in ways that

are faster and deeper than either alone, and this is how WHEE was born.

WHEE has surpassed all expectations in ease, speed, depth and transformational potentials. It has been so successful that Dr. Benor's money back guarantee – if no benefits are experienced – has been claimed only once in six years.

Users report WHEE relieves pains of all sorts within minutes, even when these have been present for years, and sometimes for decades.

A few cases from this marvelous book are illustrative:

*'Sal' suffered from back pains due to metastatic cancer. He was eager to reduce his pains because he suffered from multiple unpleasant side effects from pain medications, on top of the nausea and headaches from chemotherapy.*

*Learning WHEE over the phone, Sal was able to reduce his pains immediately. He then needed far less pain medication and was able to use the WHEE for the side effects of chemotherapy, as well as to help him return to sleep if he woke with pains. He was very grateful for the improvements in his quality of life during his last months, as were the other members of his family.*

As Sal demonstrated, WHEE can help even with the most severe pains imaginable. WHEE addresses problems on all levels of a person's being.

*'Susie was a cute, outgoing eight-year-old tomboy who had suffered from arthritis for a year following a bout of rheumatic fever. The pains in her knees had been so severe that she was actually bedridden twice for several weeks at a time. Her parents were unhappy with her having to take many medications, some of which made her groggy, while other had potentially dangerous side effects. Fortunately, WHEE was rapidly effective in reducing her pains from a*

*level of 7 or 8 (on a scale of 10) down to 2 or 3. She was very proud of being able to deal with her pains by herself.*

*Still, Susie was frustrated and angry when her pains did not clear entirely. I cautioned her and her family to go slowly with WHEE, explaining that the pain was a reminder to her to not run around and stir up the arthritis in her knees, which would then prolong her suffering.*

*As she improved, she began to be oppositional and rebellious around doing chores and schoolwork, and her parents realized just how much they had tended to her needs. In simple language, she had been spoiled through the necessary pampering she received while debilitated. As they sorted out these issues, Susie, her two older sisters, and her parents also benefited from using WHEE for their frustrations and angers.*

Children respond to WHEE more quickly than adults because they don't have barnacles on their problems.

*'Darryl' was a married 45-year-old truck driver who had suffered severe backaches for 15 years following an accident at work. He was very unhappy with the fogginess he experienced when he took powerful pain medicines, and equally unhappy when he reduced his medication and suffered more from the backaches.*

*Darryl found WHEE helpful in reducing his pain from levels of 9 or 10 down to a 6. I encouraged Darryl to enjoy his lesser levels of pain for a week, observing where there might still be reasons to hold onto it, and recommended strongly that he not rush to reduce it further at that time, and certainly not to eliminate it completely.*

*Darryl discussed his decreased pain with his wife, Zena. They had come to un-*

*derstand that if and when his pain was completely gone, this could bring about major changes in their lives. She was particularly looking forward to being able to take walks with him in nature again, as she missed his company a lot but had done this on her own rather than not do it at all. Still, she felt that the pain, overall, had brought them closer together, as he had not been going out with the guys as much. She was concerned that he might go back to spending time at the bar after work and attending soccer games, to the detriment of the closeness they had developed. She also pointed out that he would be able to do many chores he had been unable to do for years. Darryl had not realized the burden that Zena had gradually taken on as he became less and less able to help around the house.*

*Darryl readily agreed to go slowly with further pain reductions, so that he and Zena had time to adjust to the changes this could bring to their relationship. He actually found that he enjoyed her company more than that of the crowd at the bar—which was a big relief to Zena. And so his return to more normal life activities was gradually sorted out, with periodic uses of WHEE for acute pain control and then further decreases in pain.*

It is often best to release chronic pains slowly and in gentle steps, to ease a person back into normal life habits.

Dr. Benor has taught WHEE in the US, Canada, Mexico, England, Sweden, Switzerland and Japan.

A German translation is in process for *7 Minutes to Natural Pain Release*.

**Daniel J. Benor, M.D.** is a holistic psychiatrist who developed the amazingly successful WHEE method for self-healing. Dr. Benor has taught experiential workshops for self-healing and lectured internationally for 25 years. He has authored many articles on holistic healing. He appears internationally on radio and TV. He is a Founding Diplomate of the American Board of Integrative Holistic Medicine, Founder and Past Coordinator of the Council for Healing, and for many years has been on the advisory boards of the journals, *Explore*, *Subtle Energies* (ISSSEEM), *Alternative Therapies* and *Frontier Sciences*; and on the Advisory Council of the Association for Comprehensive Energy Psychotherapy (ACEP). He is Editor of the peer reviewed *International Journal of Healing and Caring - On Line*

[www.ijhc.org](http://www.ijhc.org)

See more by and about Dr. Benor and his work at:  
[www.WholisticHealingResearch.com](http://www.WholisticHealingResearch.com)



When Daniel Benor was exploring education and career options in high school, he knew from the first time he learned about psychotherapy that this was what he wanted to do. He actually found it difficult to believe that anyone would get paid for doing something so utterly fascinating! He studied Psychology at the University of Los Angeles, California (UCLA) for his Bachelor's degree, thinking he might become a psychologist. He completed a four-year course of studies in two and a half years, wanting to shorten his course of studies. He realized he would have had to do a graduate degree on rat psychology before becoming a clinical psychologist, and felt his time would be better spent otherwise.

He decided on a career in psychiatry, which in those days was totally focused on psychotherapy. He studied medicine at UCLA and was very pleased with the courses in psychiatry. While all the other courses focused on bits and pieces of people, the courses in psychiatry included interviews with live people. For instance, the first lecture featured a pregnant woman who discussed the wonders of bringing life into this world. The next week, a woman with a newborn discussed her

experiences and feelings about motherhood. In the second year, the course in psychopathology featured people who were struggling with each of the problems covered in the course, such as depression, panic attacks and schizophrenia.

He was deeply disillusioned, however, with how the rest of medical knowledge was taught. The focus was on bits and pieces of people, and on diagnosing and treating symptoms and diseases, not on the people who had the problems. Without having words for it at the time, he had reached a point of burnout and disillusionment with the impersonal and inhumane ways in which medicine was being practiced. He took a year off from medical studies with a research fellowship in psychiatry at the UCLA Neuropsychiatric Institute, confirming his desire to be a psychiatric psychotherapist, and then returned to complete his medical school training.

Dr. Benor finished his first year of specialty training at the University of Cincinnati Department of Psychiatry. He was utterly delighted to be training and working in his chosen profession at last. When Uncle Sam would not grant him an educa-

tional deferment during the Viet Nam War, he volunteered for service in the US Air Force Medical Corps. He was assigned to the largest Air Force psychiatric hospital, located in Wichita Falls Texas, where he worked for one year as a General Medical Officer and for a year as a psychiatrist. This was another professional disappointment. As there were insufficient facilities and personnel to treat the many people with psychiatric casualties, the Air Force simply processed people with psychiatric problems out of active duty, discharging them to the Veterans Administration Hospitals.

Dr. Benor completed his psychiatric training at the Colorado Psychiatric Hospital and Denver General Hospital. During his training years, he was again challenged to satisfy his wishes to treat each individual person in the ways that were just right for them. He refused to be bound by the then prevalent psychoanalytic model of therapy, and insisted on learning the basics of behavioral therapy, family therapy, transactional analysis, hypnotherapy, and as many other approaches as he could.

On completion of his studies, he took a sabbatical year to work

at a psychiatric hospital in Israel, but again was unhappy because the focus was on diagnosing and medicating people rather than using psychotherapy. He shifted his work to a school counseling service, where he happily practiced psychotherapy for five years, learning a lot about cross-cultural issues in the multi-cultural society of Israel.

Dr. Benor took another sabbatical year to study family therapy at the Philadelphia Child Guidance Clinic, where he trained in the treatment of family systems. It was during this year that he became fascinated with Therapeutic Touch, Reiki and related healing modalities. This started him on his path of exploring many of the deeper dimensions of health and disease that contribute to physical and emotional health and illness.

Ever since then, he has been diligently pursuing the study and practice of wholistic healing - addressing body, emotions, mind, relationships (with other people and the environment) and spirit.

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He then returned to the US, where there are more opportunities to teach wholistic healing. Over the years, psychiatry had sadly shifted to focus exclusively on prescribing medications. He was horrified to find that some of his younger colleagues were training in programs where psychotherapy is an elective, and half of them elect not to bother with a subject they find irrelevant to medication management. This was not what Dr. Benor had signed on to do!

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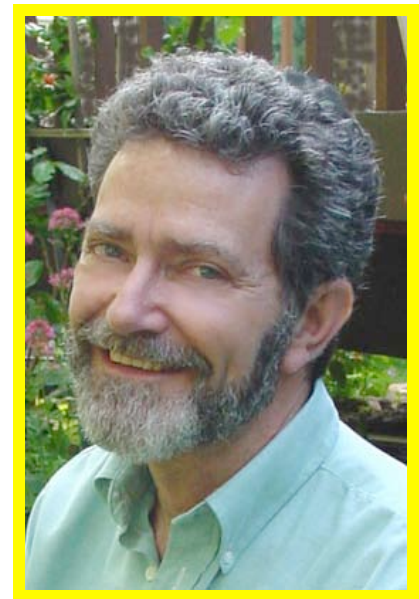
of acupuncture points on your face, chest and hand, while reciting an affirmation. Because it does not evoke intense emotional releases, it can be used as self-healing. The problem with EFT is that people who most need it are also the most likely to become so stressed and flustered that they cannot recall the long series of points used in EFT and then stop using it.

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## BOOK ENDORSEMENTS

Dan Benor is one of the most creative, inspired healers in our culture. In his latest achievement, he has combined two recognized approaches to pain management and related problems. The result is WHEE, a non-drug, non-surgical technique that is likely to be a major breakthrough. This discovery is a great gift to the millions of pain sufferers who are still seeking relief. If pain is a part of your life, you can't afford NOT to read this book."

- Larry Dossey, MD

Author of *The Extraordinary Healing Power of Ordinary Things*

Dr. Benor is both a gifted psychotherapist and a remarkable healer. This book is a must read as it contains a plethora of insights into the human psyche and very pragmatic approaches to creating patterns of health and well being in our lives. Dr. Benor's WHEE technique is one of the most effective and efficient methods that I have experienced in alleviating physical and emotional pain and suffering. This is not only a book to read, but something to experience! "

- Lucia Thornton, RN, MSN, AHN-BC

President, American Holistic Nurses Association

Dr. Daniel Benor's book will empower you by giving you the tools with which you can learn from your pain, restore your health and heal your life.

- Bernie Siegel, MD

Author of *Help Me To Heal* and *Love, Medicine & Miracles*

More endorsements at [www.paintap.com](http://www.paintap.com)

## APPRECIATIONS FOR WHEE

### ***WHEE for long-standing whiplash pain***

"My personal tale involves a stubborn pain in the neck and shoulder, which had been recently triggered by homeopathic treatment for a series of whiplashes experienced 10-18 years prior. I was well aware of the root psychic cause of this physical distress and had been consciously, albeit intermittently, attending to it over the previous 2-3 months; knowing and respecting my body's own timing, I fully expected my recovery to be further drawn out until the necessary life changes were in place. I literally had NO expectation of an overnight recovery. Much to my absolute amazement - by mid afternoon the day following my learning and applying WHEE for my shoulder pain in an evening workshop, I discovered myself to be completely free of pain! I have remained pain free ever since (6 weeks) and have not stopped spreading the word!" (Continues free of pain 1 year later)

- Paula

### ***WHEE for persistent post-surgical pain***

Daniel Benor and I were participating in a mini vision-quest that involved a mountain hike. Dan noticed that I was limping and asked if I would like to get rid of the pain. (A couple years ago while windsurfing, I tore all three of my hamstring muscles from my ischial tuberosity. The hamstrings were reattached to the bone by molly bolts that become tender and painful upon exertion and cause me to limp.)

I felt rather silly at first, walking through the woods repeating this affirmation out loud, but after each repetition, Dan would ask me to assess the pain level on a scale of 1 to 10. I first assessed my pain at a level 6, but after repeating the phrase several times, the perceived pain level decreased to a 4, then to a 2. After about 20 minutes, the pain was completely gone!

- Lucia Thornton, RN, MSN, AHN-BC

President, American Holistic Nurses Association (AHNA)

More appreciations at [www.wholistichealingresearch.com/appreciations.html](http://www.wholistichealingresearch.com/appreciations.html)

## Contact:

Daniel J. Benor, MD

Ph. (609) 714-1885 Fx. (519) 265-0698

[DB@WholisticHealingResearch.com](mailto:DB@WholisticHealingResearch.com)