



CINDY ANN OLSON

Pain-free at Last Coach, Author, Speaker, Healer

When only 7 years old Cindy had disabling migraine and tension headaches, as well as severe pain and less functioning in her hands and feet. Eventually, Cindy was diagnosed with Charcot-Marie-Tooth disease (CMT), a rare neurological disorder she inherited from her mother. The treatment offered by the medical community was a complex array of powerful and expensive pain medications, which did not eliminate the pain.

Driven to find an end to her suffering, Cindy began a life-long journey which has evolved into the Pain Processing Practice. Her journey has included the study of Chemistry and Botany at Drew University, Financial Planning at NYU, working on Wall Street, teaching sustainability and community gardening. Cindy is a specialist in sustainable agriculture, permaculture and holistic management. A certified herbalist and Reiki Master, she also practices numerous other techniques, therapies, and methods. But her formal education merely hints to the incredible journey to self-mastery and healing that she undertook which ultimately brought about the Pain Processing Practice.

Through her years of study and practice, she has gathered a vast array of tools, and a simple plan to use them, which she uses to heal herself and others.

CINDY'S MOST POPULAR MEDIA TOPICS

- ✓ **Why empowering your self healing is the best investment you can make in your future?** - Learn how self-healing can save you hundreds of thousands of dollars. I live pain-free by empowering self healing for 35 years with a normal work life.
Value add for the audience - 5 ways to free themselves from pain & learn why self healing is the only true healing.
- ✓ **Why facing a life of chronic pain no longer has to be painful?** - Do you know that pain is malleable, you can control your biochemistry & change neural pathways?
Value add for the audience - Learn how pain is connected to story, how to write a new one, control the nervous system & have keys to happiness
- ✓ **Together we can remove the word Chronic, from Pain** - 100,000,000 Americans are facing pain conditions with an annual cost of more than the costs for cancer, heart disease, and diabetes combined. Learn how painkillers keep you in pain.
Value add for the audience - Understand what pain is & why it hurts, what opioids do you & 5 things to be hopeful about with the issue of chronic pain.

PRAISE

"There are no limits to your health and growth when you spend time with Cindy."—**Bill**

"...She has unprecedented knowledge, is undaunted by any challenge, and has an unwavering commitment to her clients."—**Jose**

CONTACT

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