

## Your Health

- [Overview](#)
- [Interactive Health Centers](#)
- [Shared Decision Making](#)
- [Preventive Guidelines](#)
- [Hill Health Magazine](#)
- [Health & Wellness Discounts](#)
- [Nutrition & Recipes](#)

# Hill Health: When Life's a Pain

**She was tired of hurting. Diagnosed at age 29 with the complex pain disorder fibromyalgia and later with degenerative disc disease, Susan Koller feared, like many patients with chronic pain, she'd also feel hopeless, helpless and angry the rest of her life.**

As one of at least 100 million American adults who suffer from chronic pain, she didn't want to rely on prescription or over-the-counter medication "forever."

"I worried about the potentially harmful side effects of their regular, long-term use," says Koller, now 63, of Citrus Heights. Then she heard about a mind-body technique that promised relief.

It's called NeuroBehavioral Pain Management Program (NBP), developed by NeuroBehavioral Programs. She's been using the method successfully for five years and is now certified and licensed as an NBP practitioner.

"I'm calmer, more relaxed and happier," Koller says. "I've 'found myself' again. This seemed like an easy, long-term way to manage pain myself and that's what it's turned out to be."

## You're In Control

The concept is actually pretty simple, she says. "Never underestimate the power of the mind-body connection. NBP is basically a behavioral health technique that uses that connection to teach the brain how to do new things."

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Having a self-care tool to manage pain has also allowed Koller to renew and deepen her personal relationships. "When I'm pain-free and have reduced my uncomfortable emotions, I'm open to communicating and engaging more with other people in my life—NBP has given me back the opportunity to have fulfilling relationships and improve the quality of my interactions."

## Anywhere Pain Relief

As someone who has lived for decades with chronic pain, Koller says she has gained heightened self-awareness and the upper hand on her pain using the NBP technique.

"I discovered that the perfect 'medicine' for relieving pain was within me, as it is within everyone," says Koller. "Even if we're skeptical at first, the system teaches us to use more of our mind-body abilities. It's simple to learn and it's portable—I can take it with me anywhere."

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usan has even been able to return to activities that she used to do—before pain made unwanted choices for her. "I can dance with my husband again, even in high heels. And I can do laundry, feed the horse, garden and clean the house without pain, which includes bending and lifting," she says. "I'm excited about life with my family and friends again. I wanted to enthusiastically step back into my life and be an active participant," Koller says. "Thanks to NBP, I'm back."

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[Back to Hill Health Magazine Table of Contents...](#)

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[Interactive Health Centers](#)

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[Discounts on Massage/Yoga](#)

[Getting Started](#)

[Request Support](#)

[Shared Decision Making](#)

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