



# Why You Are Still Hurting

*The Hidden Truth About Trauma Your  
Body Has Been Keeping From You*

A Free Wellness Guide by Lady Alswell Blankson

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If you have ever felt exhausted for no reason you can name, reactive in ways that surprise even you, or stuck in a pain that logic alone has never been able to talk you out of, this guide is for you.

You are not imagining it. You are not broken. And you are not alone in it.

Most of us were never taught how the body actually carries pain, only how to hide the fact that we were carrying it at all. Here are six real truths about what your body has been holding, and why, so you can finally stop guessing at what is wrong with you.

## **The Truth About Your Nervous System**

Your nervous system was built for one job above all others: to keep you safe. When it senses danger, real or remembered, it responds automatically, faster than conscious thought, with reactions like fight, flight, freeze, or fawn.

If you grew up in an environment that felt unpredictable or unsafe, a home with unpredictable anger, a parent who disappeared emotionally, a childhood where you had to stay alert just to feel steady, your nervous system learned to treat that unpredictability as the baseline. It built itself around staying ready for the next thing to go wrong.

This is why you can be safe today, truly safe, and still feel your body brace at a raised voice, a slammed door, or even silence that lasts too long. Your body is not overreacting. It is running a program it built a long time ago, one that has never been told the danger has passed.

## **Where Trauma Lives in Your Body**

Trauma is not only a memory stored in the mind. Researchers studying trauma survivors, most notably Dr. Bessel van der Kolk, whose work became the foundation for an entire generation of trauma treatment, found that the body itself holds what happened: in muscle tension, in breath patterns, in the way your shoulders sit, in a flinch you cannot always explain.

This is why understanding alone is often not enough to heal. You can know exactly what happened to you, name every detail, tell the story perfectly, and still feel it living in your chest, your stomach, your jaw. The body keeps its own

record, separate from the story your mind tells, which is exactly why healing has to reach further than insight alone.



## **The Connection Between Pain and Illness**

Chronic stress does not stay emotional. Left unaddressed, it changes the body physically, elevating cortisol, disrupting sleep, weakening immune function, and contributing to the kind of chronic conditions so many of us carry quietly and blame entirely on genetics or bad luck.

This shows up as fatigue that sleep does not fix, tension headaches, digestive issues, autoimmune flare ups during hard seasons, or a body that simply will not settle no matter how much you rest. Your physical health and your unhealed history are far more connected than most of us were ever taught, and that connection is not something you have to untangle on your own.



## **Why You Cannot Simply Move On**

You have probably been told, directly or indirectly, to just let it go, to get over it, to stop dwelling. If that advice worked, you would have already taken it.

Healing is not a decision you make once. It is a process the body has to move through, often with real support, because a nervous system shaped by years of stress cannot be willed into safety by determination alone. Willpower can change your behavior for a while. It rarely changes what your body believes about whether the world is safe. Needing more than willpower was never a weakness. It was always the truth.



## **What Your Body Is Really Asking For**

Every symptom you have been managing, the tension, the exhaustion, the reactivity, is not random. It is information. Your body has been asking for something specific: safety, regulation, acknowledgment, and real support, not just for the story, but for the physical experience underneath it.

Most of us were taught to manage symptoms instead of listening to them, to push through exhaustion, medicate the headache, and explain away the anxiety, without ever asking what any of it might actually be pointing to. Learning to hear

what your body is asking for, instead of only managing what it is showing you, is where real healing begins.

## **The Next Step Toward Freedom**

Knowing what is happening inside you is powerful, and it is genuinely the first real step. But knowledge alone rarely finishes the job. The nervous system does not heal from information delivered once and absorbed alone. It heals in relationship, with real support, real accountability, and someone who understands this territory because she has walked it herself, not only studied it from the outside.

That is exactly what coaching with me is built for: taking everything in this guide and turning it into an actual, personal path forward, built around your specific story instead of a generic checklist.

*“Your pain has a name. Your healing has a path. And you deserve to walk it.” — Lady Alswell Blankson*

## **Ready to Go Deeper?**

This guide has shown you what is happening and why. A coaching session with me is where we build the path forward together, with real support instead of guesswork.

Call or text to book: 513-773-5386

You can also explore my books on Amazon for a fuller journey: Finding Me, Rising Above the Pain, Eclosed: Rescued From Within, and The Diabetic Food Bible.

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