

The Breakthrough Experience

The change you create in three months,
and what becomes possible after.

A clear, structured programme designed around you.
Built around what we find in your first session,
and rebuilt to last beyond it.

Powered by Recursive Human Mechanics (RHM)

WHAT'S INSIDE

- 01 The pattern most people in chronic pain know
- 02 How the Breakthrough Experience works
- 03 Why the first session changes everything
- 04 What changes over three months
- 05 From pain to performance, the longer journey
- 06 What's included, in full
- 07 What this looks like, in practice
- 08 Your investment, and how to begin

01 The Pattern Most People Know

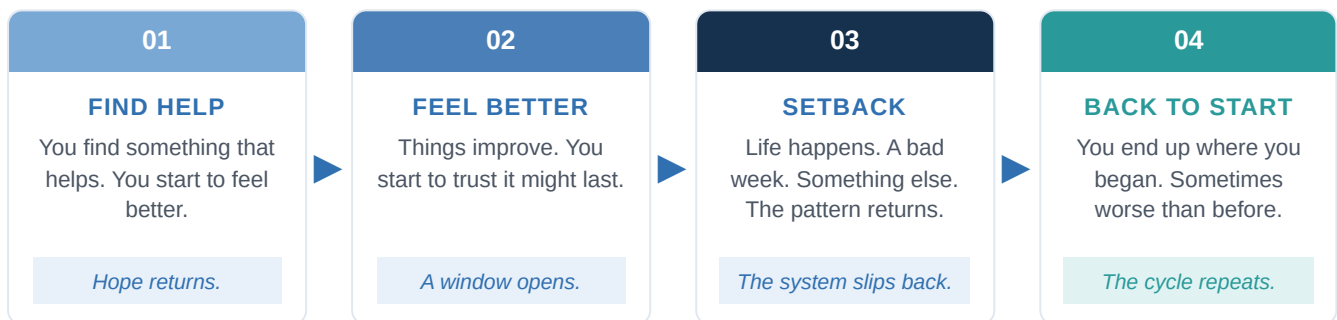
If this sounds familiar, you are not alone, and you are not the problem.

There's a pattern most people in chronic pain know well. You find something that helps. You start to feel better. Then life gets in the way, or you have a bad week, or you try something else. And you end up back where you started. Sometimes worse.

That's not bad luck. It's what happens when pain gets resolved in isolation, without rebuilding the system around it.

WHAT MOST PEOPLE EXPERIENCE

A pattern that repeats until the system itself is rebuilt.



Pain resolved in isolation. No system rebuilt around it.

The Breakthrough Experience is different. We don't just find and correct what's driving your pain. We rebuild your life around it - precisely, personally, progressively - so that three months from now, you're not just out of pain. You're a different person.

02 How the Breakthrough Experience Works

Built around you. Across every layer the body uses to protect itself.

Most programmes give you generic advice and hope it sticks. We don't work that way. Everything in the Breakthrough Experience is built around you: your nervous system, your history, your life. We work across five interconnected layers. When all five are addressed together, the change becomes lasting rather than temporary.

FIVE LAYERS, ADDRESSED TOGETHER

Your symptoms live across multiple connected layers. We work all of them.

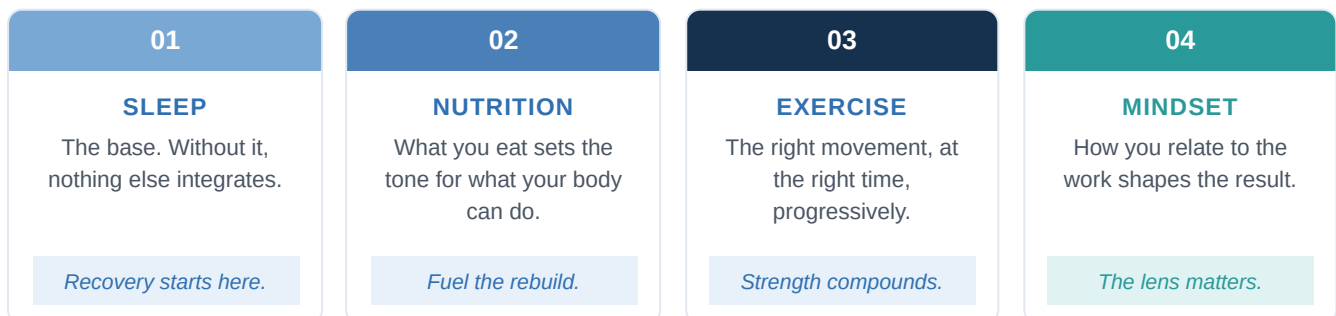


All five addressed together. That is how change becomes lasting.

Alongside the clinical work, we build the daily foundations that make progress compound rather than collapse. We start at the macro level and work progressively toward what is most precise and most powerful for you specifically. Not a generic plan. A system built around what your body actually needs.

DAILY FOUNDATIONS

Macro to micro. Generic to precise. Built around what your body needs.



Foundations make progress compound rather than collapse.

And if you ever get stuck between sessions, help is a message away.

03 Why the First Session Changes Everything

Most treatments work on the body without ever asking what the brain is doing.

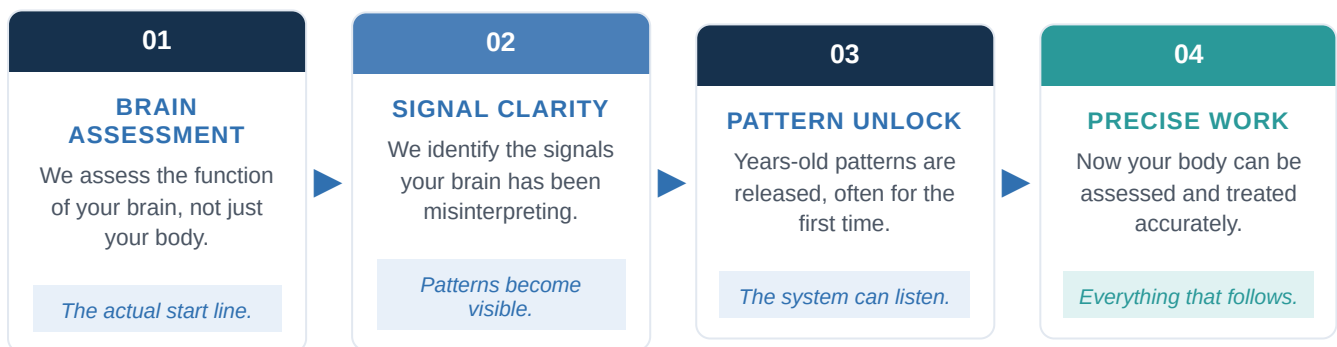
Before we can build anything, we need to know what we're actually working with. In your first session, we assess the function of your brain. We identify the signals it is misinterpreting, and the patterns it has been stuck in, often for years.

When those are unlocked, everything that follows is precise. Your body can finally be assessed accurately, because your brain is no longer giving us confused information.

That's the start line. It's why so many treatments have helped temporarily and then stopped. They were working on the body without ever asking what the brain was doing.

WHY THE FIRST SESSION CHANGES EVERYTHING

The brain assesses first. Then the body can be assessed accurately.



Most people have never been assessed at this level before.

Everything in the Breakthrough Experience is built on what we find there.

04 What Changes

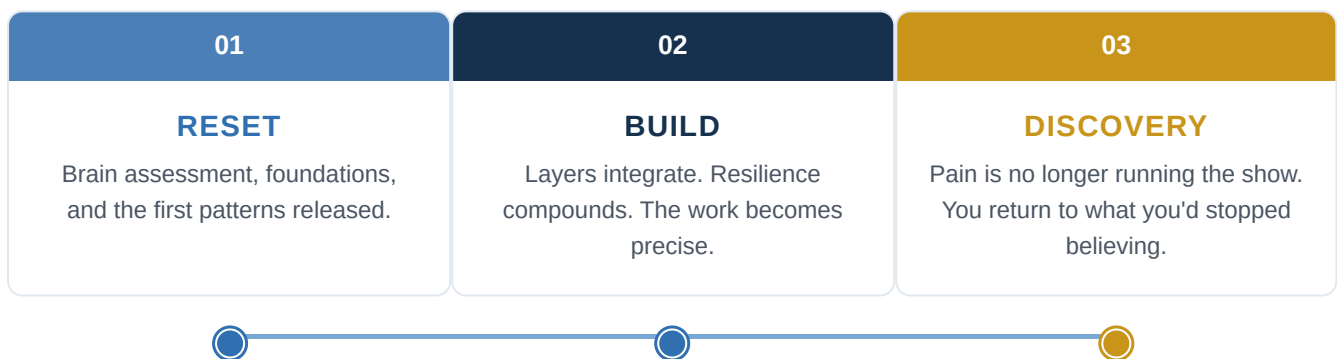
By the end of three months, the shift goes well beyond pain relief.

Most people describe sleeping better, moving with confidence, and returning to the things they had quietly stopped believing possible: playing with their kids, getting back to sport, going on the trip they cancelled, feeling like themselves again.

But the most significant thing comes after. The three months is the reset. What follows is the discovery of what you're actually capable of now that pain isn't running the show. The resilience built during the programme doesn't plateau. It compounds.

THREE MONTHS, AND BEYOND

The reset comes first. Then the discovery of what's now possible.



Not just the absence of pain. The return of possibility.

And for many people, that is where something larger begins.

05 From Pain to Performance

What becomes possible when pain is no longer the driver.

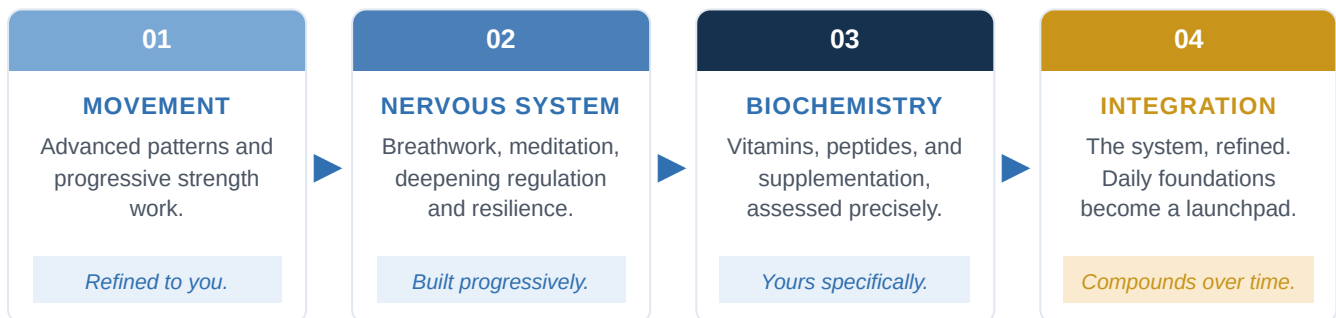
The three months is where everything changes. But for many people, it is also where something else begins.

Once pain is no longer running the show, the question shifts. It stops being "how do I get back to normal?" and becomes "how far can I actually go?" That is when the work becomes something different. Not recovery, but optimisation. Refining movement. Strengthening the nervous system progressively. Exploring what your body is genuinely capable of when it finally feels safe.

This is where we become life enhancement specialists rather than pain specialists. We assess what your system actually needs and build it in precisely, not generically.

WHAT OPTIMISATION LOOKS LIKE

Built around what your system needs, not what is generic.



Not recovery. Optimisation, refined to your system specifically.

The daily foundations from the first three months become the launchpad for something much bigger. Vitamins, meditation, peptides, breathwork, advanced movement work, all assessed and built around what your system actually needs.

The clients who stay on this journey do not think of it as treatment anymore. They think of it as the best investment they make in themselves, consistently. And they tend to bring people with them.

06 What's Included, In Full

An intensive, sustained programme. Not a series of occasional appointments.

Here is exactly what that looks like in practice. Three distinct phases, each calibrated to where your system is in the work.

THE THREE PHASES OF THE PROGRAMME

Each phase is calibrated to where your system is in the work.



Throughout: personalised daily guidance across sleep, nutrition, exercise, mindset.

Throughout the entire programme, you receive personalised guidance across sleep, nutrition, exercise and mindset. This isn't a generic wellness plan. It's built around what your assessments actually reveal your body needs.

Most people have received generic advice their whole lives. This is the opposite of that.

As your sessions reduce, the focus shifts progressively toward your routines: exercise coaching, habit tracking, and fine-tuning the daily foundations that make the results compound rather than collapse. By the end of three months, you are not dependent on sessions to feel well. You have a system that works for you.

07 What This Looks Like, In Practice

Three years on the longer journey. One person's story.

Jill is 79. She came to us bent double, unable to walk more than a few steps. She now lifts a 32kg kettlebell for reps, a weight most men find challenging. This is what three years on the longer journey looks like.



“ I had been to a physiotherapist, an osteopath, an acupuncturist, and a spinal consultant. No-one was able to help me.

“ From my first session I began to improve. Sam has made me realise that even at my age, everything doesn't have to go downhill.

“ It's the absolute change in my life. I've got so many people who say, 'You're so much better.' They can all see it.

“ The things I did before I had that change, a lot of them are even easier now than they were then. And I'm three years older.

Jill, 79, Newcastle. Three years on.

“ After working with Sam, I very quickly viewed my pain differently. I no longer felt that 'this was it' for the rest of my life. I knew I could improve. Now I can virtually do any household job, any gardening job and much more. Not one of these things could I have done prior to seeing Sam. Friends and family cannot believe the difference in me.

Jill, Newcastle, age 79

08 The Investment

Clear, complete, and built around you for the full three months.

£1,500

for the full three-month programme

INCLUDED

- Your initial deep assessment
- All sessions across three months
- Personalised daily guidance
- Sleep, nutrition, exercise, mindset
- Ongoing support throughout
- In-person at our Shiremoor clinic, with remote options

The taster session is booked separately. If you go on to begin the programme, what you pay for the taster credits in full toward it.

The first step

The first step is finding out what's been missed. That's what the taster session is for.

[BOOK A TASTER SESSION →](#)

Opens WhatsApp to start a conversation.

A FEW QUESTIONS, ANSWERED

Can this be done remotely?

Yes. The programme runs in-person at our Shiremoor clinic, with remote options where it makes clinical sense. Some assessment work is best in person, but the ongoing support, daily guidance and integration work translate well to remote.

What if I need more than three months?

Some people do, and that's where the longer journey from pain to performance begins. The three months is the structured reset. After that, ongoing support is calibrated to where your system actually is. Nobody is left without a next step.