

A man and a woman are jogging on a sandy beach. The woman is on the left, wearing a dark blue tank top and white pants. The man is on the right, wearing a light blue t-shirt and khaki shorts. They are both smiling and appear to be in good physical shape. The background shows the ocean and a clear blue sky.

**"To make pain go away,
you need to remove the trigger
that's setting off the alarm. "**

@level4pt