

6 Ways to Get Fast & Long Lasting Relief

1.) Ice Your Pain

I found from taking care of 1,000's of patients that most choose to use heat to treat their pain. This does loosen the muscles, so it helps the area feel better for a short while but it increases inflammation. That means long term it will cause the problem to get worse. I recommend my patients always ice their back pain. It may hurt while you are doing it but you are reducing inflammation so long term you will get more relief.

Recommendation: Ice 15 minutes on & 30 minutes off at least twice a day but the more you do it, the better. You can never do too much.

2. Rest Your Body

Your body will do most of its healing while you are sleeping. If you want to heal, try to get at least 8 hours of sleep at night and stop in the middle of the day to take a 15 minute break. You don't need to sleep, just recline in a chair, car or couch and get your postural muscles out of gravity. This short break will help the muscles avoid fatigue, added injury and inflammation due to over use. When you are sleeping, do not sleep on your belly. Try to sleep on your side with your head balanced between your shoulders or sleep on your back with cushion on both sides of your head so it does not over rotate.

Recommendation: Sleep for 8 hours or more, if you can and rest for 15 minutes in the middle of the day.

3. Stretch Your Body

You will reduce your chance of injury if your muscles & joints are loose and lubricated. If you don't regularly stretch your muscles, over time they will get tight, over developed in some areas and under developed in others. This will greatly increase the chance of you being injured. Do yoga, Pilates, Tai Chi or follow my 15 minute Dominate Life Stretching Routine.

Recommendation: Do 15-60 minutes of stretching every morning. My 15 minute Dominate Life Stretching routine is on our office YouTube Channel: Gardner Schofield Chiropractic. If your pain is severe rest and ice first. Once the pain has reduced, then start stretching. Be careful not to overdo it and aggravate your problem. When stretching, take the muscle to the point of soreness and then stop and take 5 deep breaths.

4. Minimize Your Inflammation

Your pain is typically caused by inflammation. If you reduce inflammation, you reduce pain. You can reduce inflammation by drinking a lot of water (1/2 your body weight in ounces every day or more). Drink vegetable juices, especially celery juice. Take probiotics, chlorella, ginger, turmeric, fish oil, Hemp & CBD oil (If legal in your state). You can also take an anti-inflammatory, but I would recommend trying the natural approach first, because then you are working with your body and not forcing your body into minimizing inflammation. You must take double or triple a maintenance dose to help your body heal. (Consult your health care practitioner for your specific needs). Avoid processed foods, fast foods, microwave meals, GMO fruits and veggies, sugar or sweeteners and if you are allergic, avoid dairy and grains.

Recommendation: Drink a lot of water and take good healthy fats, greens and supplements that support digestion. Take triple the maintenance amount. Then reduce to maintenance amount as your body heals.

5. Strengthen Your Core

Your core helps prevent unnecessary movement and keep your back stable. Do not do sit-ups or any core exercises that compress the low back or crank on the neck. Instead, start with planks, bridges and spine friendly crunches. You can watch my core strengthening video on our office YouTube channel: Gardner Schofield Chiropractic.

Recommendation: Do core strengthening exercises 3 times a week for 15 minutes. You can always do more. This is not recommended until your pain is mild.

6. Get Your Alignment Fixed

NUCCA is an advanced and very precise form of chiropractic that uses physics, algebra and geometry to gently get your body centered and balanced in gravity. The NUCCA doctor does this by using a gentle and sustained pressure with their hands to the Atlas bone (The first bone in the neck) The Atlas acts as a lever to getting the head on straight over the neck. There is no cracking and no guess work. NUCCA uses x-rays and postural evaluation before and after the adjustment to make sure your body is fixed. This allows your body to hold and heal. NUCCA changes the position of the entire body. In studies, NUCCA and other Atlas Chiropractic techniques have been shown to be more effective than traditional chiropractic for getting relief with low back pain.

NUCCA and other Atlas Chiropractic techniques have also been shown to help with the symptoms of:

- Acid Reflux
- ALS Disease
- Allergies
- Anxiety
- Arthritis
- Asthma
- ADD/ADHD
- Auditory (ear) Dysfunction
- Autoimmune Disorders
- Carpal Tunnel
- Chronic Fatigue
- Concussions
- Depression
- Diabetes
- Digestive Disorders
- Fibromyalgia
- Headaches
- High Blood Pressure
- Hip Pain
- Immune Function
- Insomnia
- IBS
- Knee Pain
- Learning Disorders
- Leg Pain
- Lower Back Pain
- Menstrual Disorders
- Meniere's Disease
- Migraines
- Multiple Sclerosis
- Neck Pain
- Neuropathy
- Neurologic Disorders
- Ear Infections
- Parkinson's Disease
- Sciatic
- Scoliosis
- Seizure Disorders
- Sinus Problems
- Shoulder and Arm Pain
- Skin Disorders
- Tinnitus
- TMJ Dysfunction
- Torticollis
- Trigeminal Neuralgia
- Vertigo
- Whiplash

PS. If you are interested in getting a NUCCA Evaluation to see if we can help you, take advantage of our **risk-free \$44 NUCCA Evaluation special**. There is no obligation and never any pressure. (Over \$400 value and may not be valid for Medicare or Medicaid)