

# NECK & BACK PAIN CONDITION PROTOCOL

## Supplementation Regimen:

**Severe Neck & Back Pain** (debilitating pain to a point you cannot function normally):

- 4 Acute, 3 times a day
- 4 Optimal Chronic, 2 times a day
- 1 NSAID Pak, 3 times a day
- 5 Muscle Rx, 2 times a day
- Optimal Fruit & Veggie Plus, 1 serving daily

**Moderate Back Pain** (pain is constant but you can function at work & other daily activities):

- 1 NSAID Pak, 2 times a day
- 3 Muscle Rx, 2x a day
- Optimal Fruit & Veggie Plus, 1 serving daily



**\*\*NOTE: IF THE NATURAL NSAIDS PAK CAUSES AN UPSET STOMACH, SWITCH TO ESSENTIAL PROTECT AND TAKE 2 CAPSULES BETWEEN MEALS, TWICE DAILY.**

## Nutrition Regimen:

- Eat more dark and colorful raw fruits and vegetables. Foods that contain fatty acids such as avocados, young coconuts and salmon are extremely good for the joints and disc spaces.
- Stay away from processed foods, fried foods and carbonation. Carbonation should be avoided because of its acidity.
- Stay away from smoking. It is associated with back pain because it causes malnutrition of the spinal discs, creating mechanical stress.

## Exercise Regimen:

- Proper exercise programs have been proven to dramatically reduce neck and back pain and are necessary for complete recovery.
- A stretching program for the legs and especially the hamstrings along with the low back is important.
- Strengthening exercises for the abdominals and other muscles help your core be stronger, which takes pressure off your spine and discs.

## Additional Recommendations:

- NSAIDS (Non Steroidal\ Anti-Inflammatory Drugs) like Tylenol, aspirin, or prescription drugs like Naproxen, Cox-2 inhibitors and inflammatory pain relief type drugs actually cause cartilage damage instead of fixing it.