

SCIATICA & LOWER BACK PAIN CONDITION PROTOCOL

Supplementation Regimen:

Severe Back Pain (debilitating normal function):

- Optimal Acute, 4 capsules 3 times daily
- Optimal Chronic, 4 capsules 2 times daily **OR** Natural NSAIDs Pak, 1 packet 3 times daily (contains Optimal Acute & Optimal Chronic)
- Optimal Muscle Rx, 5 capsules 2 times daily
- Optimal Fruit & Veggie Plus, 1 serving daily

Moderate Back Pain (pain is constant but you can function normally):

- Natural NSAIDs Pak, 2 packets daily
- Optimal Muscle Rx, 3 capsules 2 times daily
- Optimal Fruit & Veggie Plus, 1 serving daily



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

Nutrition Regimen:

- Cut out processed foods, fried foods, and carbonated beverages
- Eat more raw fruits and vegetables, specifically cherries, blueberries, spinach, and arugula
- Eat more foods that contain healthy fatty acids, specifically avocados, coconut oil, flax seeds, soy beans, and salmon

Exercise Regimen:

- Perform a full-body training program, with an emphasis on strengthening the core muscles, 3 times per week
- Stretch legs, specifically the hamstrings, for 10 minutes daily

Additional Recommendations:

- Reduce the use of NSAIDs (Tylenol, Ibuprofen, etc.)
- If NSAIDs are used, supplement with:
 - Optimal Whole C - Chewables, 2 chewables morning and night
 - Optimal Liver Kidney, 2 capsules morning and night