

NECK & BACK PAIN CONDITION PROTOCOL

Supplementation Regimen:

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

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

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 a day



****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. Aim for at least 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