



## 5 Must Do's for Neck Pain

- 1) **Ear to shoulder; Nose to shoulder Stretch.** While seated gently bring right ear to right shoulder and count to ten. Repeat with the left ear to left shoulder. Then, turn nose to right shoulder and gently bring down to shoulder and count to ten. Repeat doing this on the left side.
- 2) **Reduce stress on the neck.** By reducing time your head/neck are flexed forward position looking down studying/reading books, reducing time spent in front of computer, reduce awkward positions in sleep in bed or laying on couch.
- 3) **Hydrate.** Any time we experience pain there is inflammation and your body needs water to flush it out! Most people don't drink enough water as it is (not tea, coffee, sodas, etc.). We usually recommend at least 64 oz of water per day or half of your body weight in ounces of water (100 lb person should be consuming at least 50 oz/day)
- 4) **Ice or Heat?** What does a football player do when he hurts his knee? What does a pitcher do when he's done throwing a game? The footballer ices his knee, and the pitcher ices his shoulder. We can learn from sports medicine that when we have flare ups of pain, we need to extinguish the fire and put ice on it. A hot pad may feel good in the short term but you're just adding heat to an inflamed body part, kind of like pouring gas on a fire. Don't do that.
- 5) **Proteolytic enzymes.** Do you want to mask the pain or extinguish the inflammation? Medical doctors have shown how valuable enzymes are to reducing and eliminating inflammation. (get protocol here and buy enzymes)

★ **Bonus:** Call a chiropractor, like Dr. Heyer from Holistic Health & Chiropractic of Frankfort, who has specific techniques and protocols to help those who suffer from lower back pain and disc injuries. He literally knows how you feel, as he has not one, but two herniated discs himself and uses the same methods on his patients that helped him avoid surgery.