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Nutrition for Spine Health

He's Got Your Back

How to Treat Back Pain at Home

5 Steps to a Pain Free Back and Neck

Up to 40% of Back Pain Caused by Infection?

for Back Pain



HomeCures *That Work*

For Back Pain

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Treating Back Pain at Home

By Dr. Scott Saunders

Lindsey was sent to me by her surgeon for a routine pre-operative physical prior to having surgery on her spine. After a few minutes, it was clear that she wasn't a candidate for surgery. She had three previous back surgeries and was still in pain. Here was our conversation:

Question: "What are you having the surgery for?" - Answer: "Pain."

Question: "What did you have the three previous surgeries for?" - Answer: "Pain."

Question: "Why didn't it work the first three times?" - Answer: "I don't know."

Question: "What is going to be done differently this time?" - Answer: "I don't know."

I knew that she would have a less than 10% chance of being pain-free after the surgery, so I asked her about other options she had tried.

"Acupuncture?" - "No."

"Chiropractor?" - "No."

"Massage?" - "No."

She had been to a physical therapist only after her previous back surgeries, but the pain never fully resolved and later even got worse. I had her see a chiropractor before she went to surgery and she called me after the first treatment, "I cancelled the surgery! I feel much better after only one treatment!"

On the other hand, Dillon came to see me after suffering with back pain for five years. He was going to his chiropractor every week for that time, which gave him temporary relief, but he was still in pain. We did some tests and found he had a lesion on his spine that required surgery, which he had, and the pain resolved.

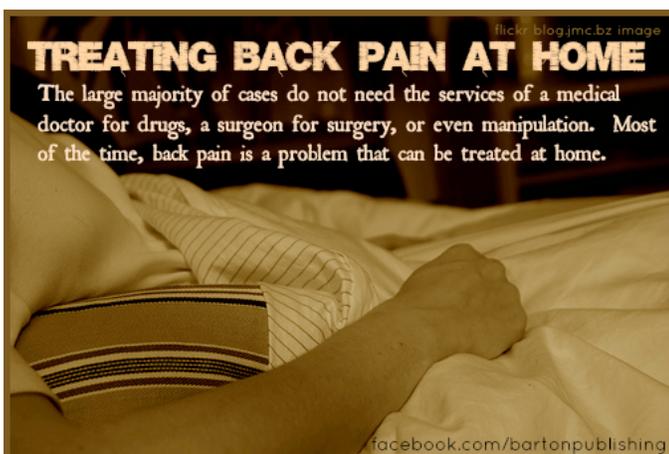
Back pain is a very complex issue. The large majority of cases do not need the services of a medical doctor for drugs, a surgeon for surgery, or even manipulation. Most of the time, back pain is a problem that can be treated at home.

When CT scanners became available, doctors started looking at the anatomy of the spine and found “slipped disks” in many people with back pain. This means that the soft disk that is between the vertebral bones in the spinal column would rupture and spill out, sometimes pressing against a nerve. It made sense that if you remove this bulge the pain should go away. However, it doesn’t always work. Later, studies were done on normal people indicating that there are about the same number of “slipped disks” in people who have never had back pain. (1)

When to See a Doctor for Back Pain

There are some good reasons to see a doctor, but the pain itself isn’t one of them. There are other indicators of potential nerve damage that may require back surgery or some form of treatment that you wouldn’t be able to do at home. If you have any of these three listed below, you should see a competent doctor, chiropractor, or surgeon to get an evaluation and find the cause of the symptoms. Sometimes all that is needed is adjustment. However, there are serious causes such as fractures, cancers or multiple myeloma.

1. **Numbness** – Numbness indicates there is a sensory nerve that is being “impinged” or pinched. If the pinched nerve in the back that is causing pain also produces numbness in any part of the body, then it indicates there is damage to a nerve. The longer it impinges on that nerve, the harder it is to heal and come back to normal after it is repaired.
2. **Weakness** – When the muscles become weaker because of a lack of nerve stimulation, it means a motor nerve is damaged. If this is a physical damage from being pinched, then it should be repaired so the problem doesn’t get worse and lead to disability.
3. **Loss of function** – This is the way of saying that if anything isn’t working correctly, then it needs evaluation by a competent physician. For example, the nerves in the lower back can affect the function of the bladder and bowel; incontinence may be due to a nerve impingement. I think that any dysfunction deserves a consultation to determine the cause.



4. **Worsening pain that does not resolve with other modalities.** If it is getting worse, or not going away, then this indicates treatment failure and either another treatment is needed, or there is something more serious.

Treat Back Pain at Home

In the 1970s, a physiatrist (a medical doctor who specializes in physical therapy and rehabilitation) noticed that he had patients with severe back pain who were going to surgery and coming back in the same condition. Since then, multiple studies have confirmed that even with “bulging disks” you only have a 7% chance of being pain-free after a surgical intervention for back pain. This particular doctor, John Sarno, MD, began doing research and found that the back pain would go away when people resolved their emotional issues.

It seems that the back musculature is especially sensitive to a lack of blood flow. When these muscles don't get enough circulation, they build up an oxygen debt and lactic acid, which causes spasms and pain. The worst pain human beings experience is spasm, such as labor pains during the delivery of an infant.

However, though this pain is severe, it doesn't do damage. This is where all the diagnosis and treatment by surgeons and medical doctors in the past have been less-than-accurate. The assumption has always been that if there is pain, then there must be damage of some kind. But in the case of back pain, this is rare.

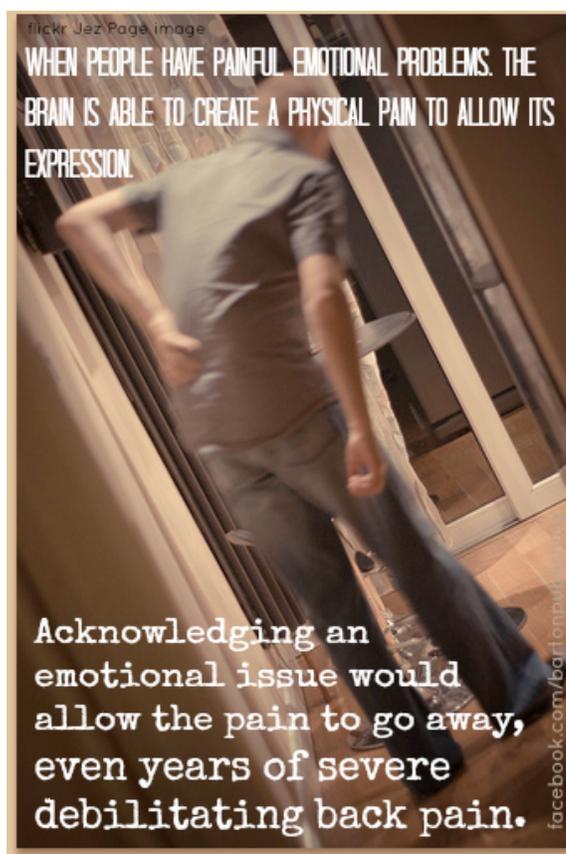
The brain is in control of the blood flow of the entire body through its ability to open and close blood vessels. When people have painful emotional problems that they either aren't able or don't want to deal with, the brain is able to create a physical pain to allow its expression.

Dr. Sarno believes it is a diversion that allows the person to avoid the emotional pain. It is automatic, part of the autonomic nervous system, and is therefore not under the direct control of the individual.

Dr. Sarno found that often, just acknowledging an emotional issue would allow the pain to go away, even in those with years of severe debilitating back pain. He has since written several books that I recommend to my patients with back pain. You can see a list of these books [HERE](#).

In these cases, treatment may temporarily resolve the pain, but it just comes back. Massage, heat, ice, pain medications, muscle relaxants, manipulation, and other treatments that improve the blood flow will work for a time, but when the pain returns it is a good sign that this may be an autonomic nervous system dysfunction such as we discussed.

I have known people on serious pain medications for many years to completely resolve their pain to become



pain-free by working on their emotional problems and get off of the medications. I have tried so many treatments that work well, but are only temporary. When this happens, I recommend one of the books by Dr. Sarno, [Mind Over Back Pain](#). It is important to read the book because a brief explanation doesn't apply to individuals – each case is different.

Bottom Line

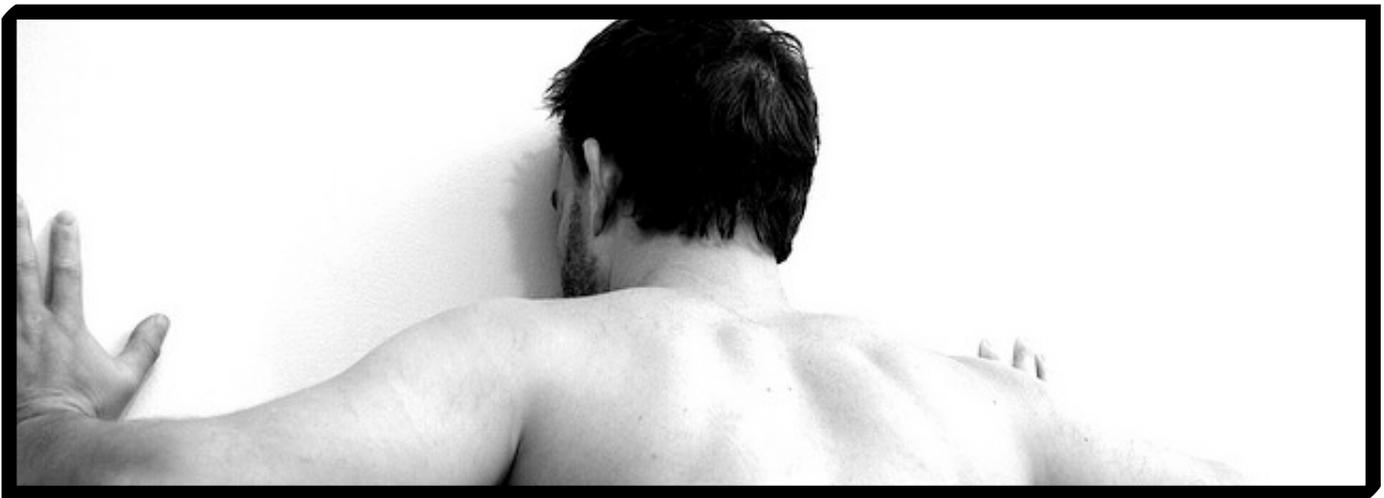
1. Don't jump into back surgery quickly. Try other things first.
2. If you have one or more of the nerve damage problems (numbness, weakness, loss of function), or worsening pain you should see a doctor, specialist or chiropractor.
3. Consider the best home cure I have every found. Try finding an emotional cause of your back pain. If that is the reason, then you can resolve it permanently at home without risks or side-effects!



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(1) <http://www.nytimes.com/2004/02/09/us/with-costs-rising-treating-back-pain-often-seems-futile.html?pagewanted=2>



5 Steps to a Pain Free Back and Neck

By Amanda Box

“Sit up straight!”

Whether it was your mother, your grandmother, or even your teacher, you've probably been told to sit up straight many times in your life. They were likely telling you this because it really isn't polite to slouch and slump. However, there are true health benefits to reap from good posture.

Most of us didn't listen to this advice and continued to slump and slouch when no one was looking. And now, we may suffer the painful consequences. Over one-third of Americans in their mid-50s

If you sit for long periods of time during the day, then be sure and get up and walk around every 20-30 minutes. This helps prevent prolonged stress to your back and neck and helps to keep your muscles loose and limber.

Posture is also important while standing. Many people don't stand up straight and walk hunched or slouched over. Pull your shoulders back and walk upright! This is not only good for your back, but shows you have self-confidence! Walking proud is good for your spine!

#2. Invest in Good Shoes

Whether for exercise or just going to the grocery store, your shoes have a huge effect on the condition of your back! I myself am a sucker for high heels. They make us ladies look thinner and taller. But they are one of the worst things you can do to your back! Your feet are the supportive base for your back and spine. If the base isn't balanced, then your spine will have to compensate. This puts added stress on the spine and can lead to chronic pain.

Make sure your shoes are both flexible and comfortable. Arch support is also extremely important. Don't sacrifice your spine for style; it really isn't worth it in the end. I have swapped out most of my heels for flats. Comfort and a pain-free back now trump my need to create the illusion of looking better.

#3. Exercise

Not all exercises are created equal. Many exercises can actually cause strain and stress on your back and neck. However, having strong abdominals and back muscles are very important for spine health. These muscles support the spine and minimize the chances of injury. Focus on exercises that strengthen your back and abs. Many people do abdominal exercises, but fail to strengthen the muscles in their back. This creates imbalance and can put strain on the vertebrae of the back.

Also, the wrong types of ab exercises can actually worsen back pain! Try doing crunches instead of full sit-ups for example. Sit-ups can put a lot of unneeded stress on the hips and lower back. A simple crunch or partial sit-up still strengthens your abdominals, without straining your vertebrae.

Certain stretches can exasperate back pain, as well. Toe touches are another no-no. They can put stress on the discs and ligaments of your spine and potentially overstretch your back muscles.

Non-impact aerobic exercises are the safest for your back and neck. Swimming, yoga and pilates are great examples. Lifting weights properly can strengthen muscles that support your back and neck, as well. If you're unsure, work with a trainer who can give you the proper guidance on which exercises will be the most beneficial for you. They can also guide you in the proper form for each exercise. And remember, if the exercise causes you pain, then stop!

#4. Resting Your Spine

Giving your spine proper rest is one of the most important things you can do for a healthy back. Many times, without the proper mattress and support while sleeping, your back muscles will still be working while you sleep! All the structures that make up your back and neck need to be able to rest, completely free of stress.

For most people, a mattress and pillow comes down to personal comfort. However, I personally do not recommend an overly soft bed. The natural resting curve of the spine cannot be maintained on a super soft mattress. One of the best beds on the market for back support are the memory foam mattresses. However, they are made of synthetic materials that can give off gas and leave you breathing in chemicals while you sleep. Instead, I recommend a natural latex bed.

Latex beds offer the same support and comfort as the memory foam mattresses with all-natural materials. You can also choose the firmness of your mattress. I have owned a natural latex bed for nearly 3 years now and I have noticed a huge difference in the reduction of my neck and back pain! When you spend nearly half your life in asleep, it's important that your bed truly allow you the rest and relaxation your body needs to repair and rejuvenate! A bed that gives your body true rest is a worthy investment!

#5. Massage and Chiropractic Care

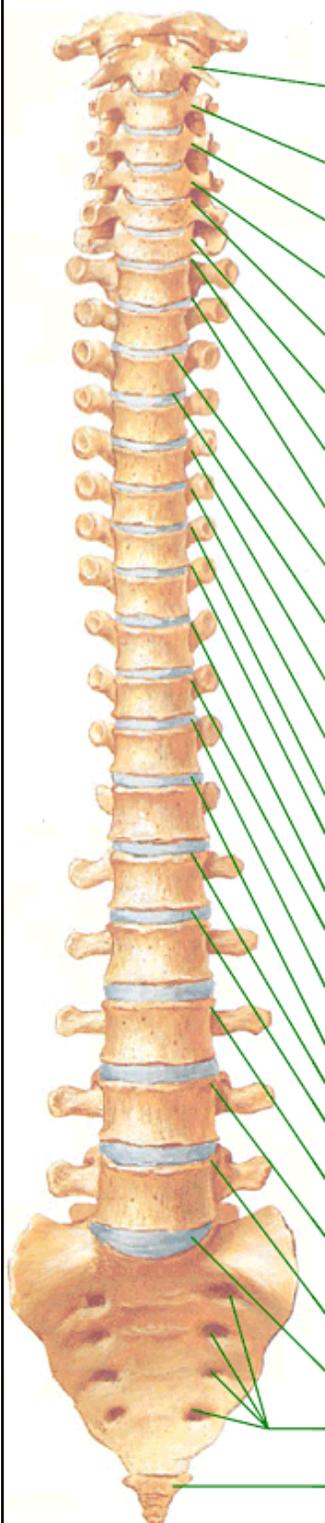
I cannot testify enough about the importance of massage and chiropractic care. I have experienced first hand the difference it can make in reducing both chronic and acute pain. I grew up going to the chiropractic office with my mother. I start getting adjustments as early as 10 years old. Chiropractic care was normal for me. But, many mainstream medical professionals call chiropractors "quack doctors." I wholeheartedly disagree. Once you have experienced the difference, you cannot deny the fact that spinal adjustments work.

Do some chiropractors scam you into paying way too much money to go to their office on a regular basis? Yes. I've seen it over and over again. However, I have met some amazing chiropractors who aren't out to steal your dollars. I have several chiropractor friends who are honest people who care deeply about the health of their patients. They truly understand the benefits of maintaining a healthy aligned spine. Chiropractic care, at it's core, is extremely beneficial for not just the spine, but your entire body!

Our spine is the home to our central nervous system. Our brain communicates through our nervous system by sending messages through our spinal column. From there, our nerves send messages to every single part of our body! This means that just one misalignment in your spinal column can cause issues in a completely different area of your body! A vertebrae out of alignment in your lower back for example, can potentially cause frequent urination or constipation! The vertebrae in your neck contain nerves that can influence possible allergies or sinus issues. The basis of true chiropractic care is to keep the spine in true alignment therefore creating health throughout entire body!

Massage therapy is also extremely important and works best in combination with chiropractic care. Luckily, chiropractors are recognizing the benefits of combining massage with chiropractic adjustments. Many have brought massage therapist's into their practice. Nothing can pull your spine out of alignment faster than a strained muscle. Massage therapy relieves those tight, knotted back muscles that pull and strain your spine. It also promotes blood flow and the release of endorphins, which in turn make us feel good. Massage isn't just about pampering yourself. It is a therapeutic practice that is extremely beneficial in the reduction and prevention of neck and back pain.

Using these 5 steps together can make a significant difference in the integrity and health of your spine. Remember, back and neck pain are not cured with pain relievers! Drugs are only a bandaid and will not truly heal!



Spinal Bone	Nerve Supply	Common Warning Signs
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner ear and middle ear.	• Headaches • insomnia • high blood pressure • Migraines • chronic fatigue • dizziness
C2	Eyes, ears, sinuses, tongue, forehead	• Sinusitis • ear aches • pain around the eyes • Vision problems • hearing problems
C3	Cheeks, outer ear, face bones, teeth, facial nerves.	• Neuralgia • pimples • eczema
C4	Nose, lips, mouth, Eustachian tube	• Hay fever • runny nose • hearing loss • Adenoids
C5	Vocal cords, neck, glands, pharynx	• Sore throat • laryngitis • hoarseness
C6	Neck muscles, shoulders, tonsils	• Stiff neck • arm pain • tonsillitis • Persistent cough
C7	Thyroid gland, shoulder bursa, elbows	• Bursitis • colds • thyroid conditions
T1	Forearms, hands, wrists, fingers, esophagus, trachea	• Arm and hand pain • difficulty breathing • shortness of breath • asthma
T2	Heart, coronary arteries	• Heart conditions • chest conditions
T3	Lungs, bronchial tubes, pleura, chest	• Bronchitis • pleurisy • pneumonia • congestion
T4	Gallbladder	• Gallbladder conditions • jaundice • shingles
T5	Liver, solar plexus, circulation	• Liver conditions • blood pressure conditions • poor circulation
T6	Stomach	• Indigestion • heartburn • dyspepsia
T7	Pancreas, duodenum	• Ulcers • gastritis
T8	Spleen	• Lower resistance
T9	Adrenal glands	• Allergies • chronic fatigue
T10	Kidneys	• Kidney problems • hardening of the arteries • fatigue • nephritis
T11	Kidneys, ureters	• Skin conditions • eczema • pimples
T12	Small intestines, lymph circulation	• Rheumatism • gas pains
L1	Large intestines, inguinal rings	• Colitis • diarrhea • hernia
L2	Appendix, abdomen, thigh	• Cramps • varicose veins • leg pain
L3	Sex organs, uterus, bladder, knees	• Menstrual pains • irregular periods • miscarriages • impotency • knee pain
L4	Prostate gland, lower back	• Back pain • difficulty, painful or frequent urination
L5	Lower back, buttocks, thighs, legs, feet, sciatic nerve, large intestine	• Back pain • leg pain • constipation
Sacrum	Hip bones, buttocks	• Sacroiliac conditions • back pain • hip pain
Coccyx	Rectum, anus	• Hemorrhoids • tail bone pain

Proper posture, good shoes, exercise, true rest, and chiropractic care can not only rehabilitate your spine, but give you a new life! Be sure and not skip even one of these steps! They compliment each other and the results will not be near as significant. Don't suffer with neck and back pain any longer. Take 5 steps forward to a pain-free life.



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr.

Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.



Nutrition for Spine Health

By Amanda Box

To understand how to overcome neck and back pain from a nutritional perspective, it takes an understanding of the anatomy of the spine. Our spine is an extremely important part of the musculoskeletal system and is not just composed of boney vertebrae. It contains nerves, bones, ligaments, tendons, discs and muscles. Each part of the spine has an important job in the movement, mobility and integrity of the spine. Each component also has different nutritional needs in order to maintain optimal health.

Maintaining the integrity of the spine requires an understanding of what nutrients feed, nourish and protect the different structures of the spine. Below, each of the connective tissues of the spine

are listed with the nutrients they need. Incorporating this nutrition not only prevents, but also eases injury, degeneration and pain.

Every nutrient needed for spine health has a healthy food source. Nutrition that comes straight from food is always better absorbed and utilized than just popping a vitamin or supplement. However, in cases of extreme deficiency or compromise, supplementation may be necessary.

Nutrition for Bone Health

The 33 vertebrae of the spine itself are composed of bone tissue. As we age, especially once we reach the age of 60, our vertebrae may begin to degenerate.

- Bone spurs, otherwise known as osteophytes, can form on the vertebrae of the spine causing pain or discomfort.
- Osteoporosis is another common culprit in the breaking down of the vertebrae bones of the spine.

Keeping the bone tissue of our vertebrae strong and healthy is extremely important in maintaining the strength and integrity of our back and neck! The vertebrae of our spine, like all bone, is composed of minerals. Having the proper ratios of minerals and being able to utilize them, is what prevents bone from becoming brittle or weak. Some of the most important nutrients in bone formation and maintenance include:

- **Calcium:** Found primarily in dairy products. However, kale and broccoli are excellent vegetable sources of calcium.
- **Magnesium:** Dark chocolate is an amazing and tasty source of magnesium. Nuts like almonds, cashews, brazil nuts, and sunflower seeds are also high in magnesium.
- **Phosphorus:** Also found in many nuts and seeds like brazil nuts, sunflower seeds, and pumpkin seeds. Cheese is also a great source of phosphorus.
- **Vitamin D:** Eggs and fatty fish like anchovies and salmon are great healthy food sources of vitamin D. However, 20 minutes a day of sunlight is the best way to get vitamin D and will meet your daily requirements for mineral absorption.
- **Vitamin K:** Leafy greens, broccoli, asparagus and even cucumber are natural sources of vitamin K. The richest source of the potent K2, which is the best form for calcium absorption, is found in a japanese food called natto. Although this fermented food is difficult to find, a pill form is easily purchased at most health food stores or online.

Nutrition for Ligaments, Tendons and Vertebral Discs

Most neck and back pain has its roots in inflammation. This inflammation typically occurs in the connective tissues of the ligaments, tendons and vertebral discs of the spine. These important structures of the spine are composed primarily of collagen and cartilage. Often confused, our tendons connect muscle to bone and ligaments connect bone to bone. Both tendons and ligaments provide stability for the spine.

Vertebral discs provide cushion and act as a shock absorber between each vertebrae. Herniated and bulging discs are one of the most common and painful problems one can endure when experience back pain. However, an inflamed ligament or tendon can also cause extreme pain and discomfort. When there is inflammation, pressure or irritation occurs in the nerves of the spine. Quelling the inflammation allows the nerves to quit firing pain signals and therefore brings relief.

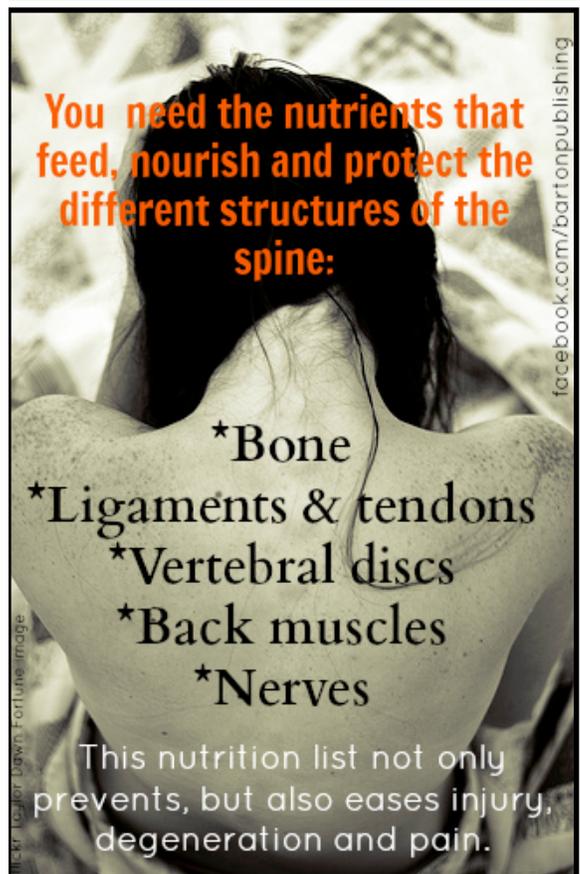
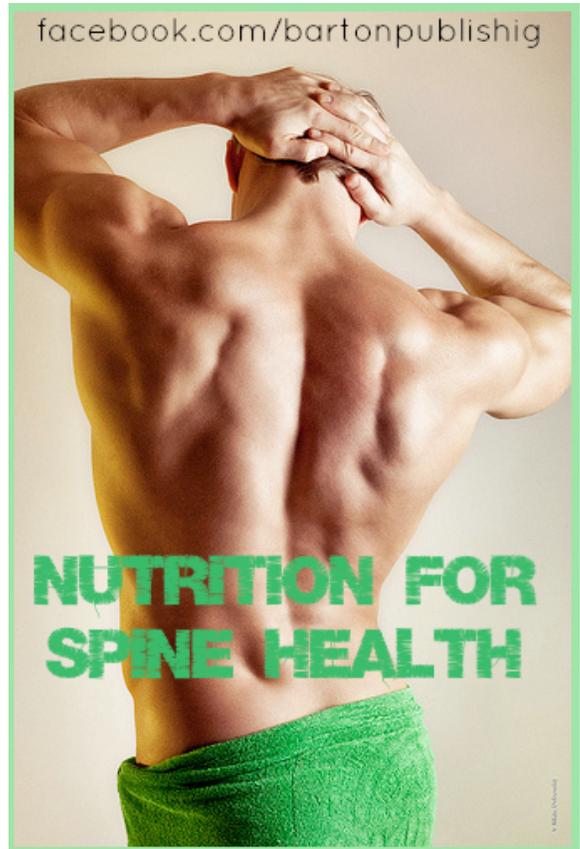
Though chiropractic care can greatly improve these types of spinal issues, nutrition is also important. Eating foods that contain anti-inflammatory properties is extremely beneficial. Also, collagen boosting foods help keep ligaments, tendons and discs flexible. Below are some important nutrients that help support and repair the spines ligaments, tendons and vertebral discs.

- **Manganese:** Found in dark chocolate, pumpkin seeds, pine nuts, and pecans. Manganese is very important in the synthesis of cartilaginous tissue.
- **Omega-3:** Found in fatty fish like sardines, tuna and salmon. Omega-3s are both collagen forming, as well as anti-inflammatory. I personally recommend supplementing with a quality fish oil to get an adequate daily dose.
- **Antioxidants:** High antioxidant foods include berries (blueberries, raspberries, and blackberries), red beans and dark chocolate. Antioxidants support collagen formation and have anti-inflammatory properties, as well.
- **Vitamin C:** Our bodies needs vitamin C to produce collagen. Vitamin C rich foods include: oranges, lemons, limes, spinach, kale and strawberries.
- **Sulfur:** Collagen cannot be formed without sulfur. Foods high in sulfur include: broccoli, cabbage, cauliflower and onions.
- **Vitamin A:** Vitamin A is very important in the repair of damaged collagen. Carrots and sweet potatoes are two of the best food sources to incorporate into your diet for adequate vitamin A.

Nutrition for Muscles

The muscles of the spine control its movement and provide support. Strengthening these muscles with exercise is the best way to keep the back strong and prevent compromise of the spine. However, our muscles require adequate nutritional support, as well. The primary source of nutrition for our muscles is protein. Some fantastic protein sources to incorporate into your daily diet include:

- Grass fed red meat
- Free range chicken



- Free range eggs
- Quality rBgh free whey protein. Choosing rBgh free whey protein is important for 2 main reasons:
 1. Cows given rBgh hormones are forced to over-produce milk, therefore they are at risk for malnourishment and mastitis.
 2. Residues of rBgh can contaminant the milk products and when consumed can lead to hormone disruptions and disease.

Make sure and include a protein source at each meal! Without adequate protein, our muscles will begin to waste away. Strong back muscles are essential to maintaining a strong healthy spine!

Nutrition for Nerves

Most neck and back pain occurs from nerve pain. Spinal nerves become irritated from the compression and pressure from different structures of the spine. Misalignment of vertebrae and inflammation are the two most common causes of this nerve pain. The sciatic nerve, which runs from the lower back to lower legs, is one of the most common complaints of nerve pain. There are several nutrients can help calm the nerves, therefore providing pain relief.

- ***L-Tryptophan:*** This amino acid helps to calm our nerves by boosting serotonin levels in the body. Dark chocolate and rBgh free whey protein contain high levels of naturally occurring L-tryptophan.
- ***B-Vitamins:*** This family of vitamins are often called the stress vitamins. This is because they help to buffer stress in the body. B vitamins can also help calm your nerves. Foods high in B vitamins include sweet potatoes, yams, lentils and chickpeas.
- ***Magnesium:*** A calming mineral for the nervous system, magnesium is found in dark chocolate, bananas, brazil nuts and almonds.

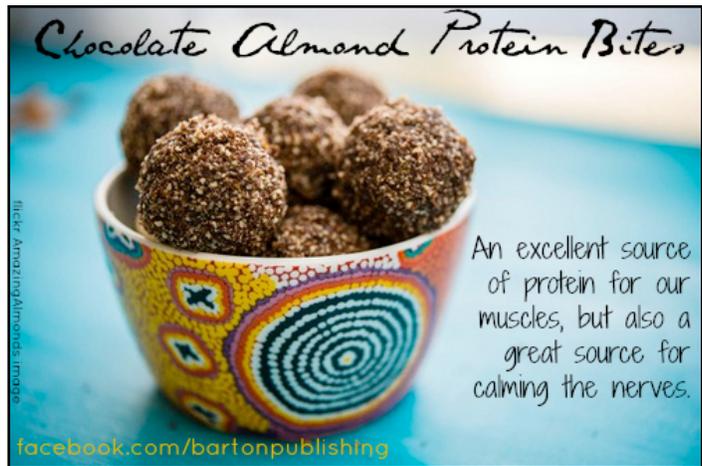
Recipes for Spine Health

Incorporating the nutrition needed for a healthy spine into your diet can be easier and more delicious than you might imagine. Remember, you spine is made up of several tissues, each one needing it's own source of nutrients. Luckily, some very delicious foods provide nutrients needed by several of the spines components.

Dark chocolate contains magnesium, which is important for both bone formation and nerve health. It is also a great source of manganese which is important for cartilage synthesis. And that isn't all!

Chocolate contains powerful antioxidants which can help with inflammation. Chocolate is a food that no one really complains about eating. But, not all chocolate is created equal. Most chocolate is packed with sugar and does not contain enough cocoa to contain health benefits. Look for chocolate that has over 60% cocoa content. The higher the cocoa percentage, the higher the nutritional content.

This recipe for Peanut Butter Chocolate Fudge contains whole, healthy ingredients and does not contain refined white sugar. It is so delicious, it is sure to fool even the pickiest of eaters.



Peanut Butter Chocolate Fudge

Ingredients:

- 1/2 cup coconut oil
- 1/2 cup quality dark cocoa powder
- 1/2 cup of all natural peanut butter
- 1/2 cup raw honey
- 1/2 tsp vanilla extract

Directions:

Prepare a muffin pan with 10 muffin liners. Put all ingredients in the bowl of your food processor. Pulse a few times until everything is smooth and nicely combined. (It will be very liquid-y.) Don't over-mix.

Pour the liquid fudge into the prepared muffin liners dividing evenly between the ten of them. There will be about a half inch of fudge in each muffin liner. Place the muffin pan in the refrigerator for 30 minutes or until the fudge has hardened. You can use the freezer and it only takes about 10 minutes. Remove the muffin liners from the pan and enjoy your delicious, healthy fudge! Store in the refrigerator.

Whey protein is not only an excellent source of protein for our muscles, but it is also a great source of nerve calming L-tryptophan. These whey protein balls are a staple in my home and make an excellent afternoon snack or grab and go breakfast. They are also well loved by my kids who equate them to a cookie-like treat.

Chocolate Almond Protein Bites

Ingredients:

- 1 1/2 scoops chocolate whey protein powder
- 2 tsp cocoa powder
- 1/4 cup oats
- 1 handful almonds (about 20)
- 2 packets Stevia/Truvia
- 2 tsp vanilla

- 1 Tbsp cinnamon
- 1 tsp salt
- Dash of almond milk or coconut milk

Directions:

- In a food processor, pulse the protein powder, cocoa powder, oats and almonds.
- Add in the rest of the ingredients.
- Pulse/stir until sticky and slightly chunky. (Add in more almond or coconut milk if it won't stick).
- Use a spatula to scrape the sides and pulse again.
- Roll into balls using a spoon and your hand.
- Place on a tray and freeze for 30 minutes. Transfer to small baggies and place in the fridge.

Achieving true spine health requires not only exercise, chiropractic care, and good posture. Proper nutrition is also an essential key to the maintenance and health of the spine. Each structure of the spine is important and ignoring just one structural component of our spine can leave you in a state of pain or discomfort. Giving your entire spine the correct nutrients will be a decision you will never regret.

You don't have to suffer with decreased mobility or increased pain as you age! Our body has the innate ability to heal and restore itself. Give your spine what it needs and you can feel like you did in your youth.



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have

a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" for contact info:

<http://amandabox.blogspot.com>



He's Got Your Back

By Michael Tyrrell

It is with a heavy heart that I begin writing this month's topic, *Spine Health*. I chose the title, *He's Got Your Back*, just days before our beloved dog, Selah, took her last breath. If there was ever a time that Lillian and I needed to know God had our back, then it is now (prayers graciously accepted!).

If you had the good fortune of reading April's edition of Home Cures That Work on *Weird Cures*, in my article [Six Amazing Cures That Don't Work and One That Does](#), I mentioned a car accident where I went through the windshield of a car and broke my neck, as a result.

Even though I was told I would never walk again, God miraculously and completely healed me! I walked out of the hospital three days later! Then, years later, I took a serious fall down a flight of ice-covered stairs. A few years after that, I was rear-ended by another car. Because of these multiple injuries, I started visiting a chiropractor once a week for a spinal adjustment.

Simply Spine

In 1996, Lillian and I moved from Nashville, Tennessee to Florida so I could take a position as an Associate Pastor and Youth Pastor in Coral Springs. Our church office was in a shopping center next door to a chiropractor. So, one day I walked into their office to [meet the chiropractor named Howard Newman](#).

I shook his hand and said, "How are you?" His response, "Simply spine. How are you?!" I totally cracked up (no pun intended)! Little did I know, my former chiropractor in Nashville graduated from Life Chiropractic with Howard and they were close friends!

Today, 17 years later, I am not only Howard's patient; I am Howard Newman's friend. He has taught me so much about the spine, its function and the body's need for alignment. Howard Newman is a wealth of information and his state of the art clinic *East West Physicians* in Coconut Creek, Florida, offers the best of western and eastern healing modalities.

Sub-WHAT?

One term that I picked up from Howard was *subluxation*, which occurs when one or more of the bones of your spine (vertebrae) move out of alignment and create pressure, or irritation, on spinal nerves. This can cause a myriad of health issues because the nerves that run through the bones of your spine are malfunctioning due to the pressure of misalignment. As a result, subluxation causes nerve signal interference to parts of your body, thus inhibiting you from operating at 100%.

It does not take much to sublunate your spine.

Believe it or not, subluxation can often be a result of such little impact like missing a curb, bending over the sink while brushing your teeth, starting an old school lawnmower, bowling or even sneezing! The culprit or pre-condition should be no surprise to anyone...STRESS causes your muscles to tense and tense muscles make it easy for bones to become misaligned or sublunated.



Back into Alignment with God

One day while reading the bible, I came across a verse I have read countless times...

“Blessed are the peacemakers, for they will be called the children of God.” Matthew 5:9

It then hit me...there is a big difference between peacemaking and peacekeeping. Just as there is a big difference between a chiropractor and a masseuse.

On a recent trip to Minnesota, a dear friend booked a massage for my wife and I. The masseuse would say, “How is that? Too much pressure or not enough?” Although the massage made my muscles a little less sore, it certainly didn't help with my alignment. Yet, one visit to the chiropractor and... BANG — alignment... no questions asked.

In the last 29 years of ministry, God seems much more like a chiropractor than He does a masseuse. He knows exactly what it takes to move me and bring me back into alignment. Here is a working definition for alignment: “The process of adjusting parts so that they are in proper relative positions or order.”

Have you ever driven your car when it is out of alignment? It makes a bumpy road bumpier, a crooked road more crooked and it takes a lot of extra effort and concentration just to keep the car straight. Even on a smooth surface, there is a constant pull in the car to one side or the other. The problem is compounded when other people choose to ride with you in your misaligned car. And so it is on this journey called life.

When your life becomes misaligned with God, your journey becomes a perilous one — at best. Things begin to wobble and shake, you are pulled in many directions and eventually you can completely lose control. When you are a leader (leaders are leaders because people are following them!) and your life is misaligned, the people who are following you are equally and sadly misaligned, thus creating a fool's parade that's heading nowhere fast.

Sometimes, the reason we continue traveling in the wrong direction is pride. I remember a friend telling me that her husband refused to stop and ask directions. If they were lost, then he would say, "I'm not lost. You're lost. I know exactly where I am going." One time he even drove four hours out of their way because he had too much pride to admit he was going the wrong way! Finally, they ran out of gas!

When you look at the horizon, it appears to be the line where Earth meets sky. But as you move, the horizon moves with you. The horizon is just an optical illusion. A man can miss his objective by hundreds of miles if he is navigating by magnetic north, all the while believing he was following true north. His alignment was off.

In the bible and throughout history, there are accepted terms for men and women who are aligned with God. In the Old Testament, God's criteria for kings was simple: he did what was good and right in the sight of the Lord or he did what was evil and wrong in the sight of the Lord. Words like *upright*, *upstanding*, *stand up guy* and *righteous* are just a few that are used to denote a person who is aligned with God.

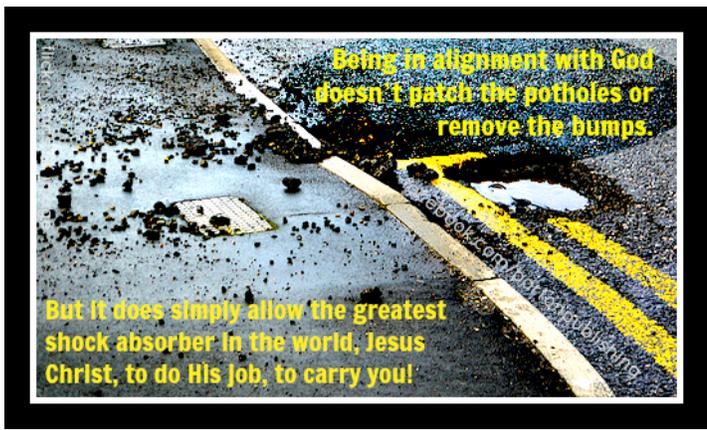
Obviously, people that don't know God are misaligned, but even the righteous have their seasons of misalignment, which I call, "The horizontal conundrum of the upright man."

"Though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity." Proverbs 24:16

The thing is, you can't keep a good man down. When a righteous man falls, he is redeemed. When a wicked man falls, there is no redemption available for him.

Look at the story of King David in Psalm 23:

"The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters He restores my soul.



He guides [aligns] me in path of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, [not death just the shadow!] I will fear no evil, for you are with me; your rod [correction] and your staff [guidance] they comfort me.

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”

Sometimes, God makes us lie down in the midst of our busy lives to align our souls (thought, will and emotions). Did you know that Psalm 23 was written on a battlefield? God made David drop his sword and lay down in the midst of a bloody battle! This was to show David who was really in charge and to bring him to a place of trust and peace in the knowledge that the God of Abraham, Isaac and Jacob HAD HIS BACK!

Remember, dear reader, it is usually the little things that remain secret that eventually lead to an obvious misalignment with God.

“Catch for us the foxes, the little foxes that ruin the vineyards our vineyards that are in bloom.” Song of Songs 2:15

Just like the seemingly insignificant actions that create spinal subluxation, it doesn't take much to get your life out of alignment and send you careening down the road to ruin.

Friend, take a minute and get to a quiet place and do what King David did...ask God for a personal diagnostic test!

“Search me O God, and know my heart; try me and know my thoughts and see if there be any wickedness in me and lead me in the way everlasting” Psalm 139:23-24 (A psalm of David)

God knows you inside and out, but He wants you to know yourself so you can make the proper adjustments to be aligned with Him.

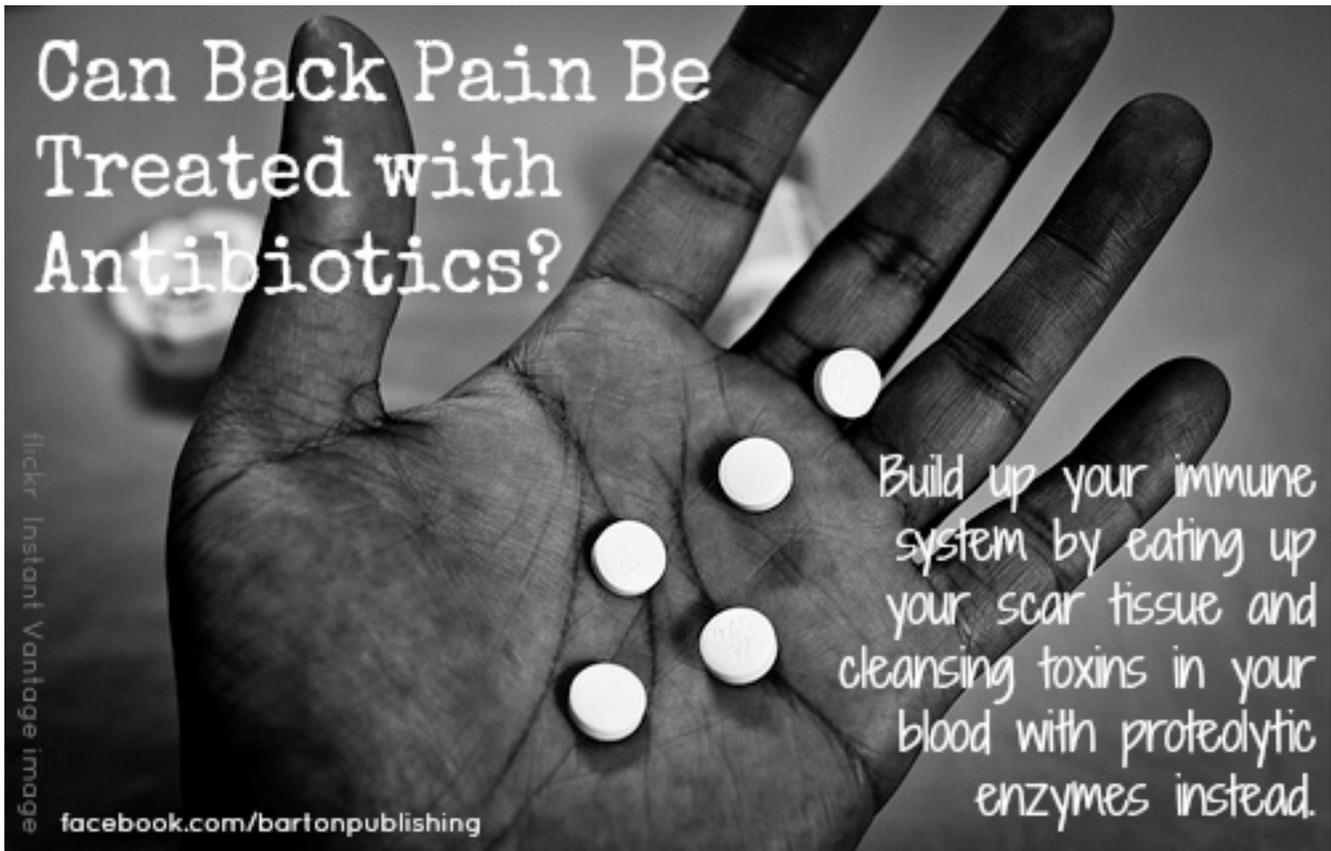
When your car is in alignment you experience a smooth ride. The car is already headed straight and the shock absorbers can easily do their job. When your life is in alignment, your course is set to the straightest road available, the King's Way!

Be advised — being in alignment with God doesn't patch the potholes or remove the bumps. But it does simply allow the greatest shock absorber in the world, Jesus Christ, to do His job, to carry you! No matter what life throws at you, always remember, HE HAS YOUR BACK....



Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries. Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.

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Up to 40% of Back Pain Caused by Infection?

By Rob Leighton

Media outlets have been quickly spreading the news from a new Danish study that claims up to 40 percent of people with back pain could be helped by taking antibiotics.[\[i\]](#)

They detected bacteria in 46 percent of the slipped discs in patients with chronic low back pain following a herniated disc, and believe the antibiotics help to treat this underlying bacterial infection. In the study, patients received a 100-day course of antibiotic treatment or a placebo. At a follow-up one year later, the antibiotics group reported less back pain, leg pain and physical disability, and fewer days missed from work due to back pain.

If you've been struggling with back pain for some time, and are growing increasingly frustrated by the ineffectiveness of conventional treatments, you may be tempted to ask your physician for an antibiotics prescription in the off-chance it might work ... but not so fast ...

This Study Was Rejected By Three Major Medical Journals

Although the research was eventually published in the *European Spine Journal*, it was first reportedly rejected by three prestigious journals including the *Lancet* and *BMJ*.[\[ii\]](#) This isn't to say that the research is necessarily unsound, but rather that the research is incredibly controversial, in part because the vast overuse of antibiotics is already contributing to the spread of

deadly [antibiotic-resistant disease](#)– and this research could make the problem even worse, especially since it requires long-term usage (more than three months) of the drugs.

Clearly, if the treatment was effective, it would be preferable to even more invasive options like surgery or a lifetime of pain meds ... but only a select group of back pain patients – those with “Modic” changes in their spinal column that indicate a bacterial infection – would benefit (an MRI must be conducted to make this diagnosis).

Further, the long-term usage of antibiotics shouldn't be taken lightly. Severe diarrhea is a common side-effect. Fever, nausea, headache, thrush, hives and even seizures can also occur. But one of the greatest risks of all is the impact that antibiotics have on your body's microflora, as they will kill off both pathogenic and beneficial microbes that your body needs to flourish. This imbalance increases your risk of malabsorption syndromes, food allergies, parasitic infection and chronic disease. Antibiotic use is even linked to weight gain and cancer!

A Better Way To Treat Bacterial Infections ...

In the event that your back pain is, indeed, being caused by a bacterial infection, building up your immune system should be your first line of “treatment.” You're probably well aware of the importance of eating well, exercising and getting proper sleep to boost your immune function, but do you also know the importance of [proteolytic enzymes](#)?

Proteolytic enzymes are produced naturally by your pancreas and are used by your body to “eat up” scar tissue, cleanse toxins from your blood, fight viruses and improve your immune system, so you'll likely be less likely to succumb to bacterial infections in the first place.

Unfortunately, your body stops producing optimal amounts of proteolytic enzymes sometime in your late 20s, which is why taking a proteolytic enzyme supplement is a very smart move, especially if you're in your 40s and beyond. [Heal-n-Soothe](#) is our top-recommended solution, providing you pure and powerful proteolytic enzymes. Not only will this help boost your immune system and battle infections *without* the serious side-effects antibiotics can cause, but you'll also be getting 11 ADDITIONAL most powerful and natural anti-inflammatories to help relieve your pain – all in one tidy, all-natural package.



[You can learn more about proteolytic enzymes here ...](#)

Most Back Pain Is Due To Physical Dysfunctions, Which Antibiotics Cannot Treat

It's certainly possible, and intriguing, that some cases of back pain are due to an underlying bacterial infection. However, in *most* people, this is not likely to be the case because *muscle imbalances* are the number one cause of back pain. These imbalances lead to your body and spine being pulled out of their normal position and into what we call dysfunctions.

Click Above Now to Learn How to Correct Your Muscle Imbalances... and END THE PAIN for Good!

Physical dysfunctions develop over time – the result of poor posture, repetitive stresses, sitting too much, improper lifting and so on. Obviously, antibiotics will do absolutely nothing to help your back pain if the reason you have it is because you're slouched in front of a computer for eight hours a day, followed by an hour-long commute where you're again slumped over a steering wheel ... likewise if your pain is from any other of the most common, and potentially damaging, movements like carrying a heavy backpack, lifting a child, using a shovel, or standing for long periods of time.

And even if your back pain *was* caused by bacteria, and antibiotics worked to treat it, you could *still* end up in pain if you're subjecting your body to these types of stresses without [compensating for them](#).

The bottom line is that, for most people, healing back pain is not about finding the right combination of drugs – antibiotics, pain meds, steroid injections or otherwise. It's about finding the non-toxic, natural methods that will support your body's natural tendency toward a healthful, pain-free state – no drugs at all are required. So...

Avoid toxic drugs and HEAL your back pain fast... and for good...

[Click Here Now to Discover How to Quickly and Easily CORRECT Your Muscle Imbalances](#)

References:

[i] European Spine Journal April 2013; 22(4):697-707

[ii] NZ Herald News May 9, 2013



4 Health Benefits of a Stand Up Desk

By Cheryl Inghram

Take a stand!

The truth is, I take a stand - at my desk. Office workers of the world, arise!

Instead of sitting at a desk day by day where arteries harden and bellies soften (and butts widen!), I go seatless.

Medical research can testify to the ill effects of seating. Maybe your back can testify, as well, to wasting hours slouching in a chair. Spending hours on end in a chair isn't just murder on your back—it can literally kill you. People who sit for more than six hours of their leisure time each day had a 20% higher death rate than those who sat for three hours or less.(1)

And if you're like the average person, you clock almost 55 hours a week on your duff (in a chair at work, in the car as you drive and in front of a T.V.).

The truth is the more you spend your life sitting down, the more likely you are to suffer from chronic back pain, heart disease, diabetes, obesity, cancer, and possibly even an early death.

Shockingly, working out isn't an antidote. When I go to the gym I see all these middle-aged folks lying on the floor and contorting their bodies into weird stretches in an attempt to alleviate their

chronic back pain. These aren't blue-collar workers who've strained their back from years of heavy labor; no, they are white collar workers whose pain stems from not using their backs enough.

All of the above effects are easily avoidable simply by standing at your desk to work. For one, it engages your back muscles and helps improve your posture. Standing all day and maintaining good posture can really add strength to your core. Many folks who have made the switch to a stand up desk have reported that the change cured their back pain and a lot less soreness in their tailbone compared to sitting for 8-10 hours a day.

There are additional health benefits besides improving your back from the simple act of getting up and standing.

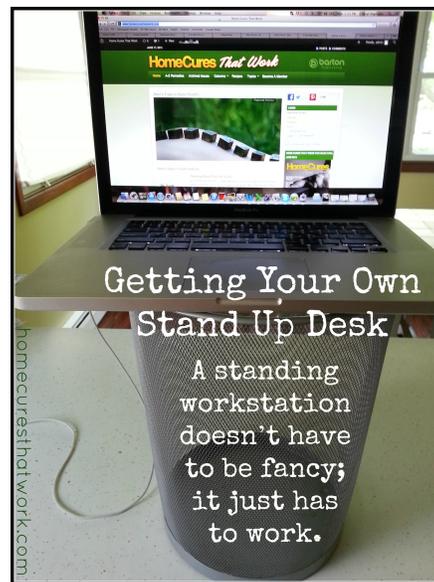
More Energy During the Work Day

While you get less sleepy while working standing up, at the same time you gain satisfying endurance and energy. Standing keeps your blood flowing and your mind more alert. As a result, you can experience less energy dips during the day! It's a lot harder to get sleepy at your desk if you're standing! As a result, you are constantly more aware of your body, more mindful of what you say and more healthy!

More Productivity

Years ago I had a boss who didn't own a desk. He worked from his laptop computer that was sitting on top of an old pulpit! He would quote the old proverb, "Think on your feet." Thinking on your feet enables you to think and respond quickly. This is not just about poise and confidence, but about the physical ability to work better and longer in a standing position. The increase in blood flow and oxygen fuels your brain and your muscles so you can stay alert.

Do you "hear" a smile over the phone? Smiles over the phone might be unseen, but they are most definitely heard. The same theory applies to standing. Someone may not see how you are working, but they can tell how productive you are. Standing has incredible power over your attitude and your image and influences everyone around you.



Furthermore, when you feel better, you work better. A standing desk helps you be more productive at work. It also encourages interaction with your coworkers. It gives you easy access to your team members, supply rooms, office equipment and more.

Weight Loss and Better Digestion

Naturally, standing up burns more calories than sitting down, a third more in fact; so after that heavy lunch time snack or the chocolate brownie assisted coffee break, your body will react in a kinder fashion should you chose to gently continue with your duties whilst standing up rather than slouching into your desk. (2)

It has been proven that those who get up from a seated position various times throughout the work day have smaller waistline and better profiles for sugar and fat metabolisms. So, imagine then that you are eventually able to stand all day at your desk! Any previous weight woes would be scuttling meekly off into the sunset. You can lose weight by just standing there!

If you have ever experienced intestinal or digestive issues, then you will also notice this soothing treat. When you stand, you open up your internal organs, which allows everything to move. Sitting cramps your gut and slows things down.

Getting Your Own Stand Up Desk

A standing workstation doesn't have to be fancy; it just has to work. I have a (sadly discontinued) Ikea Jerker desk, which is designed to let you set the table to any height you want when you assemble it. When I work at home, I just put my laptop on a clean garbage can sitting on the counter. Here are some other stand up desk options:

- Tall café tables tend to be the perfect height for standing and working.
- A bunch of books from your bookshelves stacked up could work in a pinch.
- You can also raise your whole desk by placing it on top of cinder blocks or milk crates.
- There are also adjustable height desks you can buy to set up a standing.
- You might consider getting just a podium (or pulpit!) to place next to your regular desk.
- There are even treadmill arrangements so you can work while walking slowly in place.
- The Amish make a wide selection of handcrafted stand up desks that can easily be searched for online.

When purchasing or building your stand up desk, just make sure you're actually comfortable working in the position. You shouldn't be hunched over, bent at the waist, or straining with your arms to reach the workstation. You shouldn't be leaning on the desk for support.

Standing up to work is about comfort in addition to health, and you defeat the purpose if you have to strain to make it work.

When standing at a desk where my forearms are at a 90 degree angle on the desk surface, my shoulders go back, which makes my spine concave and opens my chest. Besides the initial foot pain and muscle aches of engaged thighs and calves, it feels great.

Like anything, it takes a while to get used to standing up to do office work. During the first few days I could only get through a couple of hours at a time before taking a sitting break. To start, try typing and talking on the phone while standing. Or, take it fifteen minutes at a time. Now, I can

stand most of the day if I decide to, with little breaks to walk around every hour or two. Every now and then I take my meeting sitting down.

You might also consider getting a soft pad to stand on to give your feet some extra cushioning.

Sitting too much at work is now blamed for many current health maladies, including heart disease, obesity and type 2 diabetes. Enter the standing desk, which allows you to work on your feet. Standing on the job not only counteracts couch-potato illnesses but also alleviates back pain to boot.

For the quest of better health, it's time to rise...to your feet...in front of your desk.

1. http://www.nytimes.com/2011/04/17/magazine/mag-17sitting-t.html?_r=0
2. [http://www.unm.edu/~lkravitz/Article folder/NeatLK.html](http://www.unm.edu/~lkravitz/Article%20folder/NeatLK.html)

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