

Do you Suffer from Back Pain?

If the answer is yes, please continue reading.

Being a tall guy, I've suffered with back pain most of my life, but I've been working on my own treatment methods and this is what I can offer you.



Low Back Tweak
By Kelly Starrett
www.youtube.com/watch?v=JoAj6frTsSs



Good Posture
Look at the way you hold yourself during the day. It's very important.



Sleep Positions
Sleep on your back if possible. or on your side with legs straight down with a pillow between your thighs. Make sure you invest in a good pillow for your head, and a firm mattress.




Get Good Sleep
Turn off your Mobile at 7pm and make sure you're getting a good nights sleep. 8 Hours is great for you.




Sport - Swimming
Swimming strengthens backs and helps with movement.



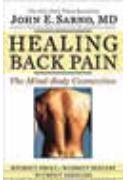
Light Stretching
Find some nice easy yoga moves you can do every day. You-tube can help you.



Pull up Bar
Helps decompress your spine by hanging for 2 - 3 times a day for about 20 seconds.



Vivobarefoot Shoes
Good for you and your back. Great to let your feet be free to do the natural thing.



It's all in the Mind
The Mind Body Connection Book by Dr John E. Sarno is a brilliant read.



Drinking More Water
A preventative measure to protect against developing back pain.



Vitamin B12
A supplement boost can help to ease your back pain. - Consult a Doctor -



Back Training
Helping your back stay strong is very important. Look into slow training exercises.

Stand up - Sit Down - Daily Routine

Standing Up and Sitting Down during the day will help solve back pain and help prevent it.



Computer Screen

Desk with Elbow Rest

Level Floor with Yoga Mat

Move all the time. Good to keep your legs changing positions.



Balls are my choice for seats Promotes movement

This is the way I've been working for about 5 years.

Feel free to ask me questions - Good Luck, Matt Jones - matt@lunartik.com

If you found this paper useful, photocopy it and give it to your best friends and loved ones.