

Do you Suffer from Back Pain?

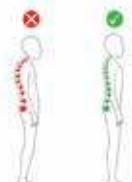
If the answer is yes, please continue reading.

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 -

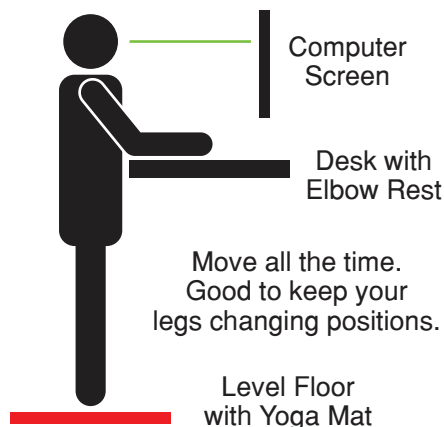


Back Training

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.



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.