

3 Natural Solutions To Get Out Of Pain



Dr. Justin Brown, DC

Thank you for taking your first step to a healthier life!

My name is Dr. Justin Brown the purpose of this ebook is to give you practical solutions to overcome your current health challenges and to experience new levels of health and vitality.

People suffer with various conditions that medicine often does not provide a satisfactory solution.

I would like to give you 3 tips to unlock your innate potential for natural healing.

1 **Proper Movement**

Abnormal movement of the body leads to degeneration, inflammation and pain that can be corrected by simply moving the body through normal patterns on a daily basis.

For example:

Being able to move the head on the neck allows for normal signals to the brain and prevents debilitating headaches, neck pain and numbness to the hands, arms and neck.

Normal rotational movement of the head and neck stimulates mechanoreceptors that charge the brain and allow for proper coordinated function throughout the body. Simply doing 30 full range left to right head side to side movements daily improves range of motion and prevents unnecessary degenerative disease of the spine.

Begin by maintaining neutral, central head position while rotation the chin over the shoulder to the best of your ability without any pain.

2 **Reduce forward head posture.**

The average American spends over 4 hours at a computer per day. Excessive sitting and use of a computer leads to postural problems such as a break down of normal head and neck alignment, leading to a condition called forward head posture.

For every inch of forward head posture the head weighs 10 more pounds, putting serious and detrimental stress on both the spine and the nervous system.

This leads to neck strain, tension headaches, fatigue and degenerative disc disease.

The best strategy to combat the effects of forward head posture is to do exercises that recruit from musculature in the posterior chain. Exercises such as scap retraction, cervical retraction and lat pull downs can develop strength to overcome the negative effects of spending excessive time at a computer or looking down at a phone.

Reduce inflammatory foods.

What you consume on a regular basis has significant impact on the inflammation of your cells and organs. Chronic inflammation is a common cause of unrelenting chronic pain. Many times people have food allergies that they are unaware of that can lead to an inflammatory response in tissues and create a toxic environment on a cellular level. The best way to determine if foods are noxious to the system is to do a food elimination diet.

Common signs of food allergies are:

- Bloating
- Numbness and Tingling on lips and tongue
- Rash
- Fever
- Acid reflux
- Bitter Taste

Any of these signs should alert you to a possible food allergy and therefore be eliminated from the diet for a 7 day period and then slowly reintroduced to determine if an allergy exists.

It is my hope that these tips will help you to reduce your pain and to live a healthier life. The foundation of restoring normal function lies in having a normal and healthy functioning nervous system. The nervous system is responsible for producing quality function for all cells tissues and organs in the body. Anyone experiencing pain should first seek the help of an upper cervical specific chiropractor.

A NUCCA trained chiropractor has the expertise to evaluate nerve dis-function at the most critical area of the body and understand and apply the necessary procedure to correct abnormal nervous system function.

As a NUCCA specialist my intention is to help those that are suffering by providing gentle specific care that allows the body to function normally and restore health.

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