

7 Quick and Easy Ways to Stop Low Back Pain and Find Your Mojo



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About the author,

Dr Julia Pullin: Dr Pullin wants to live in a world where chiropractic and natural health principles are not seen as complimentary or alternative. She's on a mission to revolutionise the health care industry by making NATURAL lifestyle changes fun, engaging and simple.

Dr Pullin has been a chiropractor for over 20 years and is the owner of one of the UK's most successful Chiropractic clinics. She's a writer, speaker and a self-confessed NATURAL health pioneer.

Her latest project, The Mojo Portfolio is a resource of programs designed to help people find their MOJO!

Dr Pullin and her team at Chirohealth developed a unique Headache and Migraine protocol in 2018. Their vision is to deliver both a care and advice program that produces outstanding results for people suffering from Headaches and Migraines.

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If you've ever had low back pain, then you know it can take over your life.

- Pain
- Loss of flexibility
- Side effects from painkiller and/or anti-inflammatory medications
- Avoidance of activities because you become fearful of its return
- Simple tasks become hard work
- Compensation pain in other areas of your body
- Disturbed sleep

In truth, it's frustrating, stops you doing the things you enjoy and it's exhausting!

In this special report, I will share with you 7 very powerful strategies that can help you find your MOJO again. Now it has to be said that some may work for you almost instantly, with others taking a little more time but what I can tell you is they ALL WORK.



When dealing with low back complaints, each is individual just like YOU. Therefore, without knowing your case and condition intimately, I don't know which is going to work best for you, so I'd recommend you try them all. Typically, it's more than one of these strategies together that makes the difference, so I'm challenging you to take the time to implement at least one strategy every day and add another every few days, so within a few weeks you have a full "toolkit" working towards a life without back pain and more MOJO! It really won't take long and most of them won't cost you anything but a few minutes of your time.

So here is your quick and easy guide to help you banish back pain, INCLUDING the BIG MISTAKE most people make with low back pain.

It's time to Find Your MOJO!

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1. "HOW MUCH SHOULD I DO?"

"How much should I do?" is possibly one of the most common questions asked on a first visit and the answer is very simple, "Listen to your body."

Your aim is to alternate between rest and activity so you don't seize up but also don't do too much that you aggravate the condition. This takes a little trial and error initially but pitching your activity levels right will certainly speed up your recovery. For some people, the most they will be able to do is a "potter about"; As little as a walk around the coffee table may be enough for some people! Remember, whenever you're feeling pain, you may be damaging more tissues and slowing down your recovery.

2. DITCH THE HEELS

Here's why. Wearing high heels shifts your pelvis so it's now in a similar position to that of being pregnant. The additional stress of this position can be as much as 25 times more pressure though the area! Imagine how much relief you'd feel if you could take that type of force off of your lower back right now?

If that isn't enough to convince you to ditch the heels, then consider the fact that, wearing high heels also increases the risk of arthritis in your knees by 27%...Back and knee pain together? Ouch!!



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3. SLEEP WITH A PILLOW BETWEEN YOUR KNEES

Disturbed sleep due to low back pain, leads to exhaustion the next day. When we're tired, our perception of pain increases i.e. it hurts more, which is a cycle I'd recommend avoiding!

Try sleeping with a pillow between your knees to keep your spine in alignment. It may take a little while to get used to it but if you persist, it lowers the amount of twist and rotation on the spine. If you move in the night and that's OK, just retrieve your pillow again and reposition. Over a few nights, the reduced twist/rotation on your spine will give you the relief you're looking for

4. STRESS LESS

When you're stressed, the muscles in your body tighten. This could pull the joints out of alignment or pull on the damaged tissues and structures.

Many people have experienced the relaxation benefits of mindfulness or meditation and there are many apps you can now download however, for a quicker fix simply take 3 deep breaths!

I certainly don't want to teach you to suck eggs because you've been breathing all your life however the way you breathe can calm your body down! A slow deep breath is the key; simply breathe in as deeply as you can through the nose, then release as slowly as you can through the mouth.

Repeat 3 times and feel the stress slip away!



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5. SWEET DREAMS

Did you know that every cell in your body is replaced every 7 years? This makes YOU the NEW YOU, every 7 years. This also means your body has different requirements, including in bed!

We spend an average of 1/3rd of our lives in bed, making this an important choice to make but beware of people that say "You need a firm mattress if you have a bed back". In fact, there is no research to back this up! The truth is, you just need to find the mattress that suits you and with many companies now offering money back guarantees you have that opportunity.

6. STAY COOL AND CALM

The BIG MISTAKE most people make when they have a back condition is they heat the area; heat packs, heat sprays/creams or a soak in the bath being the most common. While the muscles may "like" this and relax, the inflamed tissues that are damaged and angry certainly do NOT! Also, the muscles are tight for a reason, they are behaving like a corset to protect the area. If in doubt, always choose to cool the area.

Wrap your ice pack in material, then place it on the affected area for 15 to 20 minutes. Repeat approx. every hour. The plan is to cool and soothe the back repeatedly, do NOT freeze the area.

The first time you use your cold pack, you will probably not notice a difference. Most people start to feel the relief around the 4th application.



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7. DONE AND DUSTED – NOW GET ADJUSTED

Your body will be busy working out how to heal and repair, doing everything it can to recover as quickly as possible. However, if your problem persists for longer than 2 weeks, keeps recurring and is becoming more frequent, then it may be time to give your local Chiropractor a call. Each time your back “goes” or flares up, more tissue structures may be damaged and weakened.

A visit to the Chiropractor is the fastest way to relieve low back pain. Our hands on approach is quite different to what you may have experienced by visiting an NHS physiotherapist. A Chiropractic discovery session will tell you whether you have a problem that they could help you with. You have nothing to lose but your back pain.

CONCLUSION

So, there you have it! Our top tips on how to stop your low back pain safely and effectively! Not only this, but these tips will have a positive benefit on your overall energy and vitality! I could go into much more detail, but for now, if you apply these basics diligently every day, you will see changes to the quality of your life!



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If you wish to discuss your condition with one of our Doctors of Chiropractic then call us on 01724 871222 or visit www.chirohealth.co.uk and send an online request.

We'd love the opportunity to find out if we can help you find your MOJO!



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