



4 Remedies for Sciatic Pain



Do you ever experience low back pain that sometimes radiates through your hips and legs?

While it can be grueling, there are a few ways you can manage the pain naturally and overcome it. As someone who wants the best for your health, give these tips a try and let us know how they work for you!

- 1. Stretch gently.** While laying on your back, put one hand behind your knee and pull it toward your chest. Hold for 10 seconds and repeat.
- 2. Change your position.** Sciatica can flare when you've been sitting in the same position for too long.
- 3. Stay moving.** Go for walks to keep your body and spine mobile. This promotes circulation, which is necessary for healing.
- 4. Schedule a visit with us.** We see patients every day who are dealing with sciatica. Let us develop a custom care plan for you so that your pain is a thing of the past.

Are These Exercise Myths Holding You Back?

We often hear patients say that they want to start exercising regularly, but don't know where to begin. They can sometimes feel a sense of dread that their body simply can't do certain things. As your partner in health, we believe you CAN start an exercise routine and work toward your health goals. The key is to do so safely and to listen to your body.



Here are a few common myths about exercise.

- "Intense workouts are better than regular exercise." No way! As we like to say, consistency is key.
- "Exercise is a punishment." Exercise can be difficult, but it shouldn't be viewed as a punishment. Instead, see it as an opportunity to embrace the amazing things your body can do.
- "I'm not losing weight if the number on the scale doesn't change." If you're regularly working out and lifting weights, your body may go through recomposition, where you lose fat but gain muscle. This isn't always reflected on the scale.

How to Promote Well-Being in Children



Adults aren't the only ones who deal with daily stress. In fact, children of all ages experience challenges and anxiety.

If you have a school-age child, consider introducing the following morning routines from [edutopia.org](https://www.edutopia.org) into their week to help promote wellness and reduce the stress in their lives.

Mindful Mondays: Before your child heads to school on Monday, take a moment to practice a mindful exercise with them, like self-affirmations or breathing exercises.

Thoughtful Tuesdays: When your child gets home from school, take a moment to ask them how they showed kindness today, or how someone else showed kindness to them.

Feel-safe Fridays: At the end of their week, ask your child how they feel mentally using an [emotions chart](#), which you can print and keep on your refrigerator. This can help get your child comfortable with talking about their feelings. *Bonus: They can also color in each piece of the circle.*