

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 373rd Newsletter, I want to give us a chance to consider the impact that **Back Injuries** can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **news-letter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

**A HEALTHY and INJURY FREE SPINE makes a HUGE DIFFERENCE in Your WELLNESS and/or the WELLNESS of your loved ones, read please, even if it is for BEING supportive of the people you care about...**

Most people have no idea that back problems are not always about injuries and genetics.... MOST of them have nothing to do with injuries and are very reversible, very HEAL-ABLE, very preventable...

Your back is an intricate and **delicate structure** of muscles, bones, disks, cartilage, tendons and ligaments. The spine, or backbone, is made up of **33 bones** and tissue extending from the pelvis to the skull. These bones, also known as vertebrae, protect and enclose the spinal cord. Between each one of the vertebrae is an intervertebral disk. These bands of cartilage serve as

a **shock absorber** between the vertebrae.

About **80% of adults** are estimated to experience a back injury at some point in their lifetime, and about **10%** of these people will suffer from a re-injury. Second to the common cold, injuries of the back are the most common reason for nonattendance in the work place. **Back injuries** cost \$30-50 billion dollars each year in the United States and these effects 15 – 20% (about 31 million people) of the entire population yearly. According to the National Institutes of Health, back pain is the second most common **neurological disorder** in the United States—only headaches are more common. Spinal Cord Injury can include further complications including paralysis, **sensory loss**, chronic pain, decubiti (pressure-induced ulceration of the skin), and bladder and/or bowel incontinence.

Despite the alarming statistics, back injuries are **extremely preventable**. It is imperative to understand the cautionary measure to take to prevent back injury, and natural ways to **heal back injuries** if they are to occur.

There are many different types of back injuries, some of the most common ones include:

- **Sciatica**: Refers to pain, weakness, numbness, or tingling in the lower back and leg. It is caused by injury to or pressure on the sciatic nerve, which is a large nerve that begins in the lower back, runs through the buttocks, and down the lower limb.
- **Back Strain**: An injury to a muscle or tendon where the

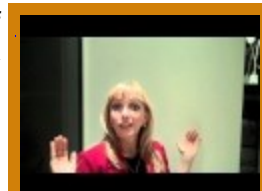


CAROLINA ARAMBURO

muscle fibers tear as a result of over-stretching. You may commonly hear this referred to as a "pulled muscle".

- **Herniated Disc**: A medical condition affecting the spine due injury, trauma, or lifting in which a tear in the outer fibrous ring of an intervertebral disc allows the softer central portion of the disc to bulge out. In some cases people with this injury will experience nerve root compression.
- **Spinal Stenosis**: A narrowing of the spinal column that puts pressure on the spinal cord and/or narrowing of the openings where the spinal cord leaves the spinal column.

The main causes for back injury are: trauma, injury from heavy lifting, injury or **strain** during daily activity, or slip and fall accidents. In the cases that are not genetic, the underlying cause of most back injuries stem from individuals (Cont. on next page)



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## A HEALTHY and INJURY FREE SPINE makes a HUGE DIFFERENCE in Your WELLNESS and/or the WELLNESS of your loved ones (Cont.)

living an inactive sedentary lifestyle, having **muscle imbalances**, obesity, and/or poor core strength. Oftentimes most of these conditions co-exist.

Here are some basic self-care techniques to prevent back injuries:

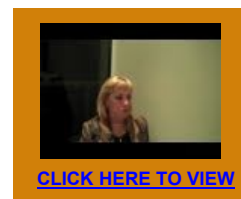
- **Use a cushion.** Most seats in cars and trucks are not designed to support the small of your back, although some these days do provide **adjustable** lumbar support at least for the driver. If the seat in your vehicle doesn't, buy a small cushion that can be fitted to provide the missing support. Despite what you may have been told you about sitting up straight, leaning back at an angle of about **110 degrees** is ideal for the back. If you sit for long hours, get up and walk around periodically to increase blood flow and decrease stiffness. Even with the best back support, however, sitting is still **stressful** on your back, so try to at least make small adjustments in the curvature of your lower back every few minutes or so.
- **Swim.** Many experts agree that swimming is the best aerobic exercise to strengthen your back and for a bad back. Doing laps in the pool can help tone and strengthen the muscles of the back and **abdomen**, which help support the spine, while **buoyancy** temporarily relieves them of the job of holding up your weight. Walking is the next best choice.
- **Lift with your knees bent.** The large muscles of your legs and buttocks are better equipped to bear heavy weight than your back muscles are. To be sure you're lifting properly, keep your back **straight** and bend only your knees, rather than bending at the waist, as

you squat to pick something up. Then, as you rise, concentrate on using your leg muscles to push your upper body and the object back up into a **standing** position, again without bending at the waist. Strengthening your leg and buttocks muscles will make it even easier to squat and lift properly.

- **Carry objects close to your body.** When picking up and carrying heavy objects, pull in your elbows and hold the object close to your body. When reaching for a bulky item on a shelf, stand **beneath** it and rest the object on your head. That way your erect spine carries the weight, placing less of a **burden** on your back muscles.
- **Stay alert.** Careless activity is the number-one cause of back injury, so beware if you have struggled with back pain in the past. As much as possible, avoid bending, twisting, and lifting. Make a mental note of **situations** that have led to back injuries in the past, and do your best to avoid them. That may mean having others do some things for you
- **Watch your weight.** Maintaining a healthy body weight (ask your doctor if you're not sure what that is) may help take the strain off the back muscles by **lightening** their load. What's more, having a less than strong midsection may cause you to become sway-backed, which can worsen back pain.

There are many different treatment and prevention modalities for back injuries depending on the type and severity. Some include Physical Therapy, Corrective Exercise techniques, **Strength Training**, Pilates, Massage Therapy, Stretching, Therapeutic Yoga, Self-Myofascial

Release, Anti-inflammatory Nutritional Protocol, Cold or Heat Therapy, Chiropractic Work, or (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way\*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

\*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

## A HEALTHY and INJURY FREE SPINE makes a HUGE DIFFERENCE in Your WELLNESS and/or the WELLNESS of your loved ones (Cont.)

### Acupuncture.

There will be times when we over **exert** ourselves and we are alerted to sensitive areas, indicating low-level inflammation. It's important not to ignore the pain signals from our body. But pharmaceutical **painkillers** and anti-inflammatories just don't make sense for since the side effects can be more problematic than the original issue. Unfortunately, many people with back pain and injury simply end up taking painkillers and retiring to bed instead of **increasing** their activity once the back pain starts. Back pain is actually one of the primary reasons why so many American adults get addicted to pain killers.

Lucky for us there are many completely **holistic** ways to treat back pain and injuries. Utilizing the modalities listed above plus the list below will produce the best results:

1. **Sleep and Rest** is the simplest, the most reliable and the most overlooked treatment for new ailments. **Sleep is one of your body's best defenses and plays an important role in the regenerative process following injury.** It is during sleep that your body secretes important hormones that are essential for a strong immune system, **increased** muscle mass, bone strength, and energy. Missing out on this critical time can lead to muscle atrophy, as well as the loss of ability to efficiently build and repair your muscles. However, mounting **research** shows that lying down for an extended period not only fails to speed up relief of low back pain but may make it even worse. If you feel you must rest your aching back, the best position is lying flat on your back with two pillows **underneath** your knees. Never lie facedown, since this position forces you to twist your head to breathe and may cause

neck pain. Make an effort to get up and move around, slowly and gently, as soon as possible. Any more than three days of bed rest could **weaken** the muscles and make them more prone to strain.

2. **Drink more water** – Lean muscle tissue contains about 75% water by weight. If those muscles are hurting, water is the key to transporting the good stuff in and getting the bad stuff out.

3. **Heat and Ice Therapy** – Ice treatment is the appropriate treatment for trauma injuries and is most effective if utilized within the first 48 hours. Heat increases blood circulation and is the recommended treatment for basic muscle aches due to over exertion.

4. **Food Choices** – Certain foods are highly **inflammatory** (sugar, refined carbohydrates, animal fats), so avoid them. Foods rich in phyto-enzymes (vegetable juices, green chlorophyll-rich foods) help the body to scavenge inflammatory proteins reduce **toxicity** and speed recovery, so bulk up on the good stuff when the body is below par. There are specific vitamins and minerals that not only help prevent injuries but also help heal injuries. We talk more about this in the next article.

5. **Massage** – improves blood circulation, releases lactic acid, stimulates nerve conduction, stretches joints, relieves pain and congestion, stimulates the immune system and facilitates **lymphatic** drainage. A exercise ball or foam roller will provide a cheap but invaluable (and highly portable) daily self-care tool. Soft-tissue stimulation significantly improves recovery time but be careful not to apply strong pressure on tender areas that are painful to the touch.

6. **Essential Oils** – Add 5 drops of Arnica, Calendula, St. John's Wort, or Peppermint oil mixed to one-quarter cup of carrier oil

and rub into the affected area several times per day to relax **tense** muscles and improve circulation.

7. **Homeopathy** – Arnica stimulates white blood cells to digest congested blood and to disperse trapped, disorganized fluids from bruised tissues, joints, and muscles. Arnica cream can be applied **topically** (do not apply to ruptured skin) and is safe for extended use.

8. **Epsom Salt Baths** – Epsom salts ease back pain by reducing swelling. Fill your bathtub as usual and add 2 cups salts. Soak for 30 minutes.

9. **Acupuncture** – People who practice acupuncture believe it helps relieve pain by unblocking the energy along the **energy** pathways of the body. Acupuncture needles are inserted along these pathways releasing natural pain-relievers send signals to the sympathetic **nervous** system and release neurochemicals and hormones. The treatments usually take several weeks for lasting pain relief with two to three treatments per week.

10. **Chiropractic care** – Doctors of Chiropractic care use spine manipulation to restore joint mobility. This spine manipulation

11. seems to reduce the symptoms and improve the joint and muscle **function** in patients with chronic low back pain, acute low back (Cont. on next page)

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## A HEALTHY and INJURY FREE SPINE makes a HUGE DIFFERENCE in Your WELLNESS and/or the WELLNESS of your loved ones (Cont.)

pain and sub-acute low back pain. A Chiropractor manually applies **controlled** force to the joints that have become stiff and restricted by muscle injuries, strain, inflammation and pain. This manipulation is said to relieve the stiffness and encourage healing.

11. **Yoga** – Yoga creates balance in the body through the use of different poses that develop flexibility and strength. Studies have shown that there is **evidence** yoga has some benefits that may help relieve back pain. Yoga assists in stretching stiff joints, muscles and **ligaments**, besides providing stress relief. It is best to have a highly trained and qualified Yoga **master** to work with you to avoid any further injury.

YOGA is WAY MORE POWERFUL that most people will EVER KNOW...one of the most SUCCESSFUL Chiropractors in the World told me; "If people **practice** a whole session of MINDFUL YOGA a day all Chiropractors would be OUT OF BUSINESS, no kidding!!!"

12. **Get professional help** – if you are injured you need a team of holistic health care professionals to work with you to a team who can **diagnose** and treat your injury, while guiding and coaching you on the proper exercises, movements, and steps to get you back to

healthy. Google is great but injuries are often more **complicated** than you can figure out on your own and the array of different opinions on-line may have you end up in worse pain quickly vs. getting the real source of the injury and the environment in your body that left you **susceptible** to the injury in the first place.

On my own health journey I had a very **serious back injury** (7 bulging disks that produced serious back pain) and regular doctors said that it would be either surgery or pain forever and for sure never running, **riding horses**, etc. again. After being in conventional medical care for a year and it not getting any better I got radically committed to a **total miracle** and hired a Kinesiologist/Acupuncturist and a Gym Coach. In **8 months** we put my disk back in place, recovered my whole back **100%** and all with no pain. It has remained that way since then and **stays that way** today. As long as I do my daily LIGHT and mindful YOGA practice I live "back pain FREE" and have for years already!!!! Listen to your body - it completely knows what you need and how your need it - right down to the **frequency** you need it - in order to take care of your back.

When it comes to back injury there are **preventative** measures that can be taken to keep the back from being weakened and susceptible to

injury. The healing side of back injuries not only has to do with healing the injury itself but in reducing or **eliminating** the pain. I have, during and since being in such an intense health journey, fine turned the Raw VEGAN Living Foods DIET I am on and my exercise for optimal health. I strengthen and balance myself from the **inside out** and from the outside in. Not only that but I keep my stress down and make sure that I now release my emotions and keep myself in every way I am balanced so that there are no **blockages** that will impact in my back.

A Raw VEGAN Living Foods DIET, with plenty of **Leafy GREENS** tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and feel better that you EVER did your ENTIRE LIFE!!!

### MOST BACK INJURIES can be PREVENTED and HEALED with very simple but POWERFUL attention to NUTRITION and LIFESTYLE!!!

Most people live a very sedentary lifestyle. **Inactivity** is a breeding ground for back injury. Many back injuries can be avoided by properly strengthening the core part of your body. Your core refers to the **central portion** of the body surrounding the abdomen, spine, and upper pelvis region. This system is extremely

important because it is the **foundation** of your body where all stability originates.

If you have a weak core, it's nearly impossible for the rest of your body to be in proper alignment. **Repetitive motion** patterns such as the ones evoked by sitting at a desk all day, resting on the couch,

or driving the car keep the body in a state where the core is not being used and **imbalances** are being created. Certain areas get tight from these daily stressors and muscular compensations begin to develop. (Cont. on next page)

## MOST BACK INJURIES can be PREVENTED and HEALED with very simple but POWERFUL attention to NUTRITION and LIFESTYLE!!! (Cont.)

These compensations cause improper **joint mechanics** and excess stress placed on areas of the body, especially the joints and spine.

To avoid this one must make it a point to stay **physically active**. Functional movements are the best exercise for strengthening your core and **preventing back injury**. These are exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, **coordination**, balance, posture and agility and place a healthy demand on the core for stability and support. Most of these movements mimic the actions of daily life with added resistance.

Along with strengthening, it is equally important to **stretch and remain flexible** to prevent and treat back injuries. To help create an appropriate flexibility and strength routine customized to your specific body and **imbalances** can be very beneficial to back injury prevention and recovery. Seek advice from professionals such as **Certified Health and Fitness Professionals**, Corrective Exercise Specialists, Physical Therapists, Pilates Instructors or Yoga instructors.

For true **core strength**, we need to be strong not just in the abdominal muscles or in the back but in both—and we need an appropriate balance of strength, front to back. Without strength in the muscles that **support** the spine, strength in the front is counterproductive. Sports, and sitting, can focus on the front to the detriment of the back. Yoga is an amazing way to prevent injury and heal your body if injury does occur. More generally, yoga works to **prevent** injury by bringing balance into the body. We literally build balance in space, as well as balance between strength and flexibility, side to side, top to bottom.

The stretching found in Yoga improves **circulation**. You are stretching your veins and arteries, making them more elastic to carry the oxygen to all parts of your body. Listen to the sounds of your body. The secret to stretching is **relaxation** and holding the posture.

Here are a series of Yoga poses that can use **several** times a week to help you build flexibility in the front and strength in the back. It's best not to introduce these poses too abruptly. Start by spending a few days loosening your **muscles** partway with gentle, supported poses that involve similar movements, such as Supta Padangusthasana and Supported Child's Pose.

### For Flexibility in the Front:

- Supported Matsyasana (Fish Pose)
- Supported Setu Bandha Sarvangasana (Supported Bridge Pose)
- Chest stretches, fingers clasped behind back or holding strap behind back
- Anjaneyasana (Low Lunge)

### For Strength in the Back:

- Salabhasana (Locust Pose)
- Dhanurasana (Bow Pose)
- Setu Bandha Sarvangasana (Bridge Pose)
- Purvottanasana (Upward Plank Pose)

You're most likely to keep your back loose and pain free by **practicing** these poses regularly before your muscles become tense. You can also practice this sequence to ease moderate back **tightness** and discomfort before it becomes chronic pain or an acute injury.

If your back muscles are **already** tight and painful, start with gen-

tle, supported poses, introduced one at a time over several days, preferably under the guidance of a master teacher. When you sense that a **stronger** stretch would feel more like a relief than a threat to your back, gradually introduce the poses in this back-stretch sequence.

**NOTE:** These poses are meant to relieve **simple** muscular tightness in your back, and it may be inappropriate for muscle spasms, disk injuries, sacroiliac-joint dysfunction, spondylolisthesis, or other back problems. If you have back pain, or suspect a disease or injury, check with your health care or a **professional** provider before trying it.

Dr. Eric Goodman in a TED talk demonstrated **structural** breathing, which will help improve your posture, especially while seated. Here's a summary:

- **Sitting down or standing**, place your thumbs at the base of your rib cage, pinkies at pointy bones at the front of your waist. Think of the space between your fingers as a measuring stick.
- **Pull your chin back** so that your chest is lifting upwards and take three slow deep breaths.
- As you **breathe in**, the distance between your thumbs and pinkies should increase.
- As you **breathe out**, tighten your abdominal muscles to prevent your torso from collapsing back down. This is the important step, do not let your torso drop back down towards the pelvis as you exhale. It should be challenging and you should feel your abdomen engage as you exhale.

When done properly, your breath will help (Cont. on next page)

## MOST BACK INJURIES can be PREVENTED and HEALED with very simple but POWERFUL attention to NUTRITION and LIFESTYLE!!! (Cont.)

**lengthen** your hip flexors, stabilize your spine, and support your core using your transverse abdominal muscles. This will **strengthen** your back and keep your chest high and open. Do this exercise for 30 seconds or so, and then go back to your normal seated position. With time, those muscles will get stronger, and your seated posture will **gradually** improve.

Another angle for **prevention** and healing that should be considered is nutrition to **reduce inflammation**. The food that you eat makes a big difference in your flexibility. Most pain associated with back injury is due to chronic inflammation. Almost all forms of chronic inflammation can be controlled by an **anti-inflammatory diet**.

Foods that fight inflammation and should be consumed daily are: fruits, **vegetables**, whole grains, root vegetables such as beets and yams, seaweed, super-foods, nuts (beside peanuts), seeds and beans.

Boost healing of your spine at the **cellular** level with such super foods as these below:

- Dark green **vegetables** – kale spinach, collards (relative to Kale), asparagus
- **Berries** – Strawberries, raspberries, blue berries, acai berries, cranberries, and blackberries contain powerful phytonutrient antioxidants that help the body control inflammation and enhance the immune system's ability to aid in healing. These are powerful **antioxidants** and increase naturally occurring collagen (the primary component of discs).
- Red Vegetables – red peppers, beets, stewed or fresh tomatoes.

- **Pineapple** – Pineapple contains a host of very powerful anti-inflammatory enzymes that help the body heal. When choosing this food make sure you buy it fresh.

- Black olives
- Red onions and apples (naturally high in a substance called **quercetin** which has natural anti-inflammatory properties)
- Flaxseeds, chia seeds, hemp seeds and soaked nuts. These have **Omega 3 Fatty Acids** which has collagen-forming properties and are used by the body to repair and prevent damage to cartilage and discs caused by inflammation
- Beans: navy beans, kidney beans, etc.
- Winter Squash
- Olive oil
- **Raw Fruits**, vegetables and whole grains (quinoa, buckwheat, etc.) – which not only have tons of vitamins, minerals, amino acids and **enzymes** but also have **fiber** which helps digestion to remain smooth and not place strain on the discs that are vulnerable to increases in pressure in the abdomen.
- **Pure Living Water** – Keep yourself **super-hydrated**. It's always important to give your body water necessary for the re-hydration process in the healing of degenerated discs. Ideally, drink 8 10-ounce cups of clear water per day.

These **spine-healthy** super foods should be 100% natural and **organic** to avoid chemical residues and pesticides.

**Sprouts**, depending on the variety, are anywhere from **10 to 30** times more nutritious than the best organic vegetables you can grow in the best organic soil in your yard. Sunflower and pea sprouts top the list in **nutritional** value. While you can sprout a variety of

different beans, nuts, seeds and grains, sprouts in general have the following beneficial attributes:

- Support for **cell regeneration**
- Powerful sources of **antioxidants**, minerals, vitamins and enzymes that protect against free radical damage
- **Alkalinizing** effect on your body, which is thought to protect against disease and injury.
- Abundantly rich in **oxygen**, which can also help protect against abnormal cell growth, viruses and bacteria that cannot survive in an oxygen-rich environment
- **Phytonutrients**, found in raw foods such as sprouts, are key for preventing and healing our bodies.

The top inflammation-fighting herbs and spices are: Turmeric, **Ginger**, Basil, Cardamom, Cayenne, Chamomile, Cilantro, Cinnamon, Garlic, Parsley, Nutmeg, Rosemary, Black Pepper, Chives, Cilantro, Cloves, **Garlic** and Parsley. These all have strong anti-inflammatory properties.

**Tumeric** contains a very powerful anti-inflammatory compound called **curcumin**. Liberal use of this spice in cooking can be of great benefit for those with chronic pain. The anti-inflammatory and **pain reducing** effects of curcumin have been well studied making this natural compound one of nature's strongest aids for pain.

**Garlic** is a powerful **allium** vegetable, which provides strong anti-inflammatory compounds. Garlic has been widely researched to help lower blood pressure, cholesterol, reduce the risk of cancer, and improve **lymphatic** flow. Using garlic liberally when cooking will provide your body (Cont. on next page)



## **MOST BACK INJURIES can be PREVENTED and HEALED with very simple but POWERFUL attention to NUTRITION and LIFESTYLE!!! (Cont.)**

with great benefits.

**Ginger** – Ginger is a root that has traditionally been used to help relieve nausea, indigestion, and heart irregularities. It has been well researched and is a powerful anti-inflammatory food. It works by blocking the **enzyme** cyclo oxygenase (COX). This is the same mechanism of action as commonly prescribed pain medications use.

**Vitamins and minerals** – Vitamins A, B, C, and D, as well as calcium, copper, iron, magnesium, manganese, and zinc support tissue regeneration and repair as they help to support early inflammation, reverse post-injury **immune** suppression, assist in collagen formation, strengthen connective tissue, as well as support protein synthesis.

Research conducted by the University of Minnesota found that **93%** of all subjects with non-specific musculoskeletal pain

were **Vitamin D** deficient. Vitamin D can be received from spending a very small amount of time in the sun each day. High doses of Vitamin C can reduce inflammation by **45%** and Vitamin E plays a major role in reducing inflammation as well as cleansing the body of free radicals.

**Magnesium (and Magnesium Sulfate)** – Magnesium is an amazing mineral and a terrific all-natural muscle relaxer. It's involved in roughly **300 vital biochemical reactions** including transmission of nerve impulses, body temperature regulation, detoxification, energy production, as well as bone and tooth formation. Sulfates help form brain tissue, joint proteins, digestive proteins, and they assist the body in detoxification.

Studies show that a diet high in trans-fats, saturated fat and omega-6-rich vegetable oils will **worsen** inflammation, whereas healthy **omega-3** fats have an anti-inflammatory effect. The bonus is?

These anti-inflammatory fats don't actually interfere with the repair of our tissues (remember, inflammation is a good thing and is critical for injury) and instead simply help with healing and **collagen** deposition.

On the converse, there are foods you are wise to avoid. Foods that cause inflammation and should be avoided are: all processed foods, **alcohol**, dairy, fried foods, unhealthy fats and vegetable oils, refined carbohydrates, sugar, **wheat/gluten**, meats and sodium. These foods break down your body and make you more susceptible to injuries and **exacerbate** the inflammation and pain associated with back pain. In general it's a good idea to avoid

A Raw VEGAN Living Foods DIET is naturally anti-inflammatory. Merging this healing way of eating with daily activity and weekly **strengthening exercises** is the perfect recipe for the prevention and treatment of back injuries.

### **MASTERFUL BUSINESS & PERSONAL COACHING**

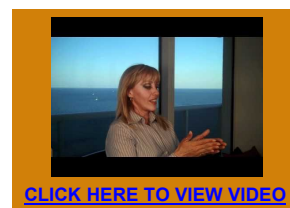
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED** transformational shift", for every group no mat-

ter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

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## EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE are a crucial FOUNDATION for SPINAL WELLNESS!!

A **healthy body** extends way beyond just its physical state, but rather is a balance between the **physical, emotional**, intellectual, and spiritual aspects of one's being. Stress and repressed emotions can manifest themselves in physical pain and injury. In many eastern traditions it is recognized that your **spine is key** to your whole body and is thought of as your life support system. Just as your spine, with its **hub of connectors** to the central nervous system, can impact your intellectual and emotional balance they too can impact your back/spine.

Emotions are a very large part of life. When some **emotions** are ignored, emotional tension builds up and may impact what Traditional Chinese Medicine calls the root energy **system** of your body. This can show itself in various ways, one common expression is pain in the lower back. It is important to feel and **release** emotions when experiencing them to avoid any emotional build-up leading to physical tension. Ways to work through emotions and allow one to fully experience them include coaching, visualization, journaling, and guided imagery practices.

Underlying **emotional** issues and unresolved trauma can have a massive influence on your health, particularly as it relates to physical pain. Dr. John Sarno, for example, used mind-body techniques to treat patients with **severe** low back pain and has authored a number of books on this topic. His specialty was people who had already had surgery for low back pain and did not get any relief. He had a greater than 80 percent success rate using **techniques** like the Emotional Freedom Technique.

Negative stress (distress) is stress that usually causes feelings of **discomfort**, anxiety and unfamiliarity. A lot of short term stressful situations which add up or long-term,

**prolonged** stress that can exist for weeks, months or in worst case even years. With either continuous acute stress or chronic stress your body will wear out, normal functioning ceases and susceptibility to injury increases. Since stress is one of the most **detrimental** and ignored emotions in existence, it is extremely important to implement practices to combat this. Deep breathing exercises, yoga, meditation, listening to soothing music, and spending time in nature and tai chi are all great ways to manage stress, relax and reconnect with the quiet voice of your soul and in turn that will also **strengthen** your body.

In about **85 percent** of back pain patients, no clear cause is ever identified. Many Eastern disciplines point to metaphysical causes related to a lack of physical, emotional and spiritual balance. Louise Hay, author of *You Can Heal Your Life*, and says that in general back pains represent the support of life and gives the following metaphysical causes of various back pains: **Rounded shoulders**: Carrying the burdens of life. Helpless and hopeless; **Lower Back Pain**: Fear of money or lack of financial support; **Mid-Back Pain**: Guilt and being stuck in all that stuff back there. "Get off my back!"; **Upper Back Pain**: Lack of emotional support. Feeling unloved. Holding back love; **Back Curvature**: The inability to flow with the support of life. Fear of the new and trying to hold on to old ideas. Not trusting life. Lack of integrity. No courage of convictions.

This may seem like a minor detail, but attitude really is **everything** in healing from back injuries too. If you suffer from back injuries, as any kind of medical condition, you have to be more than just **willing** to get better. You have to want to get better. Be eager to get better.

Be prepared to do **whatever** your physical therapist, nutritionist or coach asks you to do. Be committed to your rehab exercises, take part in your therapy, and ensure you are eating well, sleeping, and doing lots of **recovery** work. Without actively **participating** and a true desire to get better chances are, recovery will take longer and without putting in the time for the strengthening and to recover properly, injury will probably **reoccur**.

In reverse, an outcome of back injury, pain, can also throw off the balance of your emotional, intellectual and spiritual state. When dealing with pain, it can be so **consuming** that it becomes difficult to fully listen to the guidance of your higher self. It is important to **experiment** with different practices such as those mentioned above to find what works for you. Along with that, try exploring alternative **healing methods** with professional healthcare providers such as Chiropractors. Professionals such as Acupuncturists and **Reiki Masters** work beyond your actual bones by balancing the energy in your body to release stagnated emotions and energy, which will keep your back strong and relieve pain. A healthy spine is a key to balance in your whole body.

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