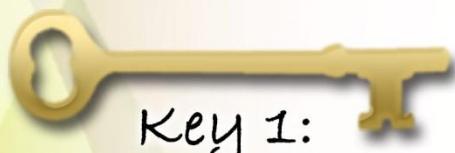


Want to Overcome the Uncomfortable Nagging Pains  
Interrupting Your Quality of Life ?

## The Five Keys to a Pain Free Life



Reclaim Your Healthy Active Life **Today** With the Five Keys:



Key 1:

What to do throughout the day to help prevent “sitting disease.”



Key 2:

Discover what type of exercise **EVERYBODY** should be doing.



Key 3:

Invest in the two pieces of furniture **CRITICAL** to your health.



Key 4:

Incorporate this “special treat” regularly to promote supple healthy muscles.



Key 5:

How to avoid debilitating joint pain and save thousands in medical bills.

# **5 Keys to a Pain Free Life**

## **Alex Wiant DC**

If you are living with pain, this booklet could be the most important thing you read this year. The causes of pain are not a mystery. Before I get in to how to prevent pain...

### **What IS Pain Anyway???**

Pain is like a fire alarm going on in your body. It's an indication something is going wrong, and is mediated by our electrical system: the nervous system. Covering up this signal of dysfunction with pain killers is like taking the batteries out of your fire alarm. The warning signal may be gone, but the cause of the warning signal, pain or fire, is still present, and can get much worse if ignored!

### **What Causes Pain**

The most common causes of pain, barring disease and trauma, are spasmed muscles and dysfunctional joints. When muscles are in spasm, they can create pain themselves, and they also prevent proper joint range of motion. Typically our joints send position information to the brain. When our joints stop moving properly, they begin to send pain information. Muscle spasm and joint dysfunction go hand in hand, as one does not occur with the other. We have over 600 muscles in our body, including 10 muscles between each joint in our spine. Sudden, rapid movements and long sustained postural changes like sitting or sleeping funny can cause muscle spasms and joint dysfunction.

Repetitive stress injuries also are a very common cause of pain. Repetitive stress injuries are injuries caused by accumulated micro trauma that never has time to repair. Generally repetitive stress injuries affect tendons. Tendons aren't supplied with blood like our muscles are, and are therefore unable to heal quite as well. Repetitive stress causes minor tears, inflammation and scar tissue to build up in the area. All of these can cause pain themselves, or can pinch nerves which then also transmit pain information. These conditions worsen until drugs or surgery are required for management.

Most cases of lower back pain involve joint dysfunction with associated muscle spasms. These issues are significantly worsened and made virtually permanent by sitting. Over years these tight muscles and dysfunctional joints can lead to degenerative changes in the spine including debilitating degenerative disc disease, disc bulges, arthritis, bone spurs, and worse. Once these changes begin, they are very hard to reverse. On the contrary, with some knowledge, time and effort, you can *prevent* these changes from occurring in the first place. Taking breaks throughout the day, getting adequate exercise, having a good chair and bed, and caring for your muscles and joints are all great ways to reverse and prevent pain, so you can live a longer, healthier more active life.

## Key #1: Take Frequent Breaks Throughout the Day



**Common Postural Changes**

Sitting is one of the worst things we can do to our body, yet most of us spend the majority of our time in this position. Since we started school we have been sitting many hours per day. As adults, it's not uncommon to sit 8-10 hours or more daily. We sit to eat breakfast, sit at work, sit at lunch, sit at dinner, then sit on the couch to relax. Unless we are exercising or active for more time than we are sedentary, the effects of "sitting disease" are unavoidable.

The effect of all this sitting are two conditions known as upper and lower crossed syndromes. The sitting position causes a pattern of shortening and lengthening in opposing muscle groups which follows a cross pattern in our shoulders and hips.

These changes cause tight muscles which prevent the joints in your spine from moving properly. These tight muscles and dysfunctional joints can both cause pain, and even worse, lead to worse issues down the road.

**When you are sitting, be sure to get up and move around every 20 minutes. Do some light stretching, move your joints around through their full range of motion, and you can help fight the discomfort associated with sitting.**

## Key #2: Use Your Body!

Everyone should incorporate some resistance training into their exercise regimen. Just like you want your heart and lungs to get used when doing cardiovascular exercise, you need to practice using your joints through their full range of motion. When our joints and muscles aren't regularly moving through their full range of motion, tissues in our joints and muscles begin to stick to surrounding tissues, forming adhesions. Combine this with the postural changes you get from sitting, and before you know it, you are in a walker, hating life.

**It's vital to keep all our joints and muscles moving regularly, and a weightlifting regimen is the easiest way to do this. You don't have to lift super heavy weight, just moving against some resistance is key. It's worth consulting with a personal trainer to get proper direction on form and lifting.**

## Key #3: Invest in Your Most Important Pieces of Furniture

A good quality desk chair, and good bed are the best bang per buck purchases you can ever make. It's easy to spend eight to ten hours in a chair during the day, then eight hours in bed at

night. A quality desk chair, like a Herman Miller Embody, or Steelcase Leap both cost around \$1000, but when you break that cost down over the life of the chair, the price is pennies per hour. For example, a Herman Miller Embody costs \$1200. It is guaranteed for 12 years, so, with a 12 year lifespan it costs \$100 per year to use. If you have 220 working days per year, that \$100 is broken down to \$.45 per day, and about six cents per hour. **Invest in a high quality chair. You will get the best ergonomic support you can get, and at a price of six cents an hour, they are a bargain.**

Like a chair, a good quality bed is vital to having a high quality of life, not only because a great bed can help reduce your aches and pains, but getting adequate sleep is vital to performing at your peak. I suggest avoiding the major bed brands (Serta, Sealy, etc). These beds are made with cheap materials and will need to be replaced within a few years of purchase. The cheap foams used in these beds compress rapidly and will ruin your sleeping posture, leading to aches and pains and soreness in the morning.

**I suggest investing in a high quality mattress. I sleep on an Intellibed. The Intellibed offers great support and also relieves more pressure than any mattress on the market with its layer of gel columns.** The gel used in an Intellibed is the same gel used in hospital burn units and given to people with bedsores to eliminate pressure on the body and facilitate healing. Further, the Intellibed is made with healthy materials and is non toxic and hypo-allergenic. Every night I look forward to sleeping on it, and I wake up refreshed without the soreness and achiness I had after sleeping on my last mattress. The Intellibed is guaranteed for 30 years and is reasonably priced for the quality of mattress and sleep you will have. The bed is the best money I have ever spent.

Check out [www.intellibed.com](http://www.intellibed.com) for more information.

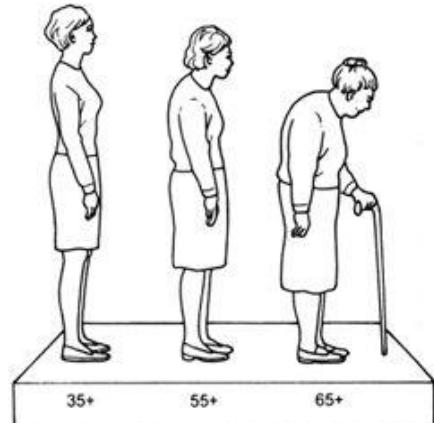
#### **Key #4: Get Your Muscles Worked on by a Massage Therapist**

Like I mentioned before, constant sitting shifts our shoulders and hips forward. Our muscles in the front of our chest and hips become short and stay short, through a process of “adaptive shortening.” The muscles in our back between our shoulder blades, and our glutes become and stretched, inhibited and weak. Further, unless we are constantly moving our joints and muscles through their entire range of motion, adhesions will form in surrounding tissues, bonding them together and effectively locking in this bad posture.

Bad posture is more than just an aesthetic issue. Bad posture creates a smaller chest cavity which compresses our heart and lungs, causing increased blood pressure and decreased respiratory volume which can significantly cripple your function.

When we injure ourselves, through trauma or repetitive stress, scar tissue is laid down by the body as part of the healing process. Even a minor injury in your youth that you don't remember can have a substantial effect down the road.

When scar tissue is laid down, it bonds tissues together like super glue which changes joint and muscle range of motion and our bio-mechanics. Scar tissue also has an increased number of pain nerves, which can cause pain themselves and irritate our nervous system. If you are healing from an injury and sitting for most of your days, the scar tissue will be laid down in your muscles and tissues in a sitting posture.



**This doesn't have to happen!**

**You can reverse the effects of scar tissue and adhesions by getting your muscles worked on by a massage therapist. Seek out a therapist skilled in therapeutic or clinical massage, or even a rolfer for best results. It takes time, money and effort to make lasting physical changes in the body, but is absolutely worth every penny.**

It's also **vital** to pay attention to your spine and skeletal system. Postural changes in our body, along with tight dysfunctional muscles, prevent proper joint range of motion in our spine.

### **Key #5: Maintain a Healthy Spine and Nervous System**



When the joints in our spine stop moving due to tight muscles or chronic bad posture, not only do the joints start sending pain information, but the shock absorbing discs begin to dry out. Dry discs lose their shock absorbing properties and put extra stress on our spine. This leads to disc degeneration, bone spurs and arthritis.

Once this happens your function is significantly reduced. Bone spurs will grow into nerves exiting your spine, and even into the spinal cord itself. This causes severe pain, cuts nerve communication from our brain to our body, and leads to

**Maintain spinal health with chiropractic and avoid degeneration. Can you tell which person is healthier?**

organ dysfunction, muscle deterioration, and even incontinence.

**The quickest and easiest way to eliminate pain, improve joint health and function, and simultaneously boost your overall health is with regular chiropractic care.**

Chiropractors specialize in finding and correcting the bones and joints that are dysfunctional due to stress and muscle spasm by finding the stuck, malpositioned joints and applying a quick correction known as a chiropractic adjustment.

The chiropractic adjustment frees the stuck joints, relaxes muscles around the joint, eliminates pain, and if done regularly will prevent degeneration in your spine.

Further, according to a study by American Specialty Health Plans Inc:

**Chiropractic care cut the cost of treating back pain by 28%**

**Chiropractic reduced hospitalizations among back pain patients by 41%**

**Chiropractic reduced back surgeries by 32%**

**Chiropractic reduced the cost of medical imaging, such as X-rays or MRIs, by 37%**

Getting regular chiropractic care can save you thousands down the road in medical bills.

Your spine protects the most important organ in your body, your nervous system. Your spinal cord allows communication between your brain and your body. If your spine is unhealthy, it is unable to effectively protect the delicate spinal cord inside it, and even interfere with its function.