



# Let it Heal

## TIP SHEET

### BACK PAIN

1. Drink plenty of water every day – this keeps your soft tissues hydrated and assists your lymphatic system.
2. Walk regularly (assuming you are able). We are designed to move, and motion of regular walking is of benefit to your lymphatic system as well as a mood enhancer.
3. Try swimming, aquafit or just walking in the water. You are weightless in the water, so there is no impact on your joints during water exercise.
4. When you sit, distribute your weight evenly on both buttocks – don't lean over to one side.
5. Ladies – don't carry a heavy purse on one side.
6. Gents – take the wallet out of your back pocket!
7. Careful when lifting – bend at the knees, not at the waist
8. Prepare yourself for a sneeze – tilt your chin up when you start to feel a sneeze coming on; it will decrease the amount of pressure on the discs in your spine
9. Keep bowels moving to avoid congestion in the pelvic region. The pelvis is the home of the base of your spine; the foundation for your entire back.
10. Certain exercises and stretches can also help you deal with a sore back. More information is available at [www.letitheal.com](http://www.letitheal.com)
11. Speak to your doctor. He may be able to prescribe an anti-inflammatory which may help significantly in some cases. Any medication taken long-term, however, may have negative side effect.
12. For difficult cases, the Bowen technique offered at Let it Heal has a very high success rate in resolving back pain. I can highly recommend Bowen from my own personal experience, as well as the thousands of successful cases I have treated through my clinics. More information is available at [www.letitheal.com](http://www.letitheal.com)

Advanced Bowen Therapy



[www.letitheal.com](http://www.letitheal.com)  
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Detox Ion Spa Footbath

