



Ventura Chiropractic & Massage

~ Holistic Center for Healthy Living ~

Kristofer Young, D.C. & Joanne Young, CMT

3160 Telegraph Road, #103, Ventura, CA 93003 www.Ventura-Chiropractor.com

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Personalized
Lifestyle Medicine Institute

AUTHOR SPOTLIGHT

KRISTOFER
YOUNG, DC



Functional Medicine Chiropractor *Read*

Dr. Young's 9 Have-to-Knows of Back Pain

August 30, 2013

Loren Fishman, MD, Medical Director of Manhattan Physical Medicine and Rehabilitation in New York City, and the author of, *Cure Back Pain with Yoga*, posted on May 10, 2011 on the Huffington Post, an article titled "The 10 Commandments of Back Pain." I just had to see what he wrote ..., and then I just had to write my own version titled "Dr. Young's 9 Have-to-Knows of Back Pain." But first, Dr. Fishman's 10 Commandments (in quotes), followed by my brief commentaries:

- 1 – "Like the common cold, back pain will hit you at some point another, so don't panic." ***Makes it sound like the occurrence of back pain is random, when it is not.***
- 2 – "Too much rest or too much exercise can make your backache worse, so do both in moderation." ***Americans neither get too much rest, nor too much exercise.***
- 3 – "Non-steroidal anti-inflammatories" ***Why not, if used briefly?***
- 4 – "Take notes. Observe your pain so that you can report it accurately to your physician." ***Great recommendation. Also nice because you could begin to understand yourself.***
- 5 – "Get a diagnosis." ***Diagnoses are overrated. A diagnosis is usually a simple naming of a condition; providing no understanding of what caused the condition. If offered a choice, you are better off knowing what caused your back pain, rather than the name of the flavor that you have.***
- 6 – "Don't Underestimate The Value Of Physical Therapy" ***Or, don't underestimate the value of finally beginning to exercise during your physical therapy treatment?***
- 7 – "Do Yoga" ***You bet.***
- 8 – "Get acupuncture." ***Absolutely. As long as you can afford yet another therapy.***
- 9 – "Try the Alexander Technique" ***Yet another valuable approach.***
- 10 – "Consent to surgery if ..." ***For the very few who would need it, I agree. Just be sure you have seen a functional medicine chiropractor first.***

~ continued on back ~

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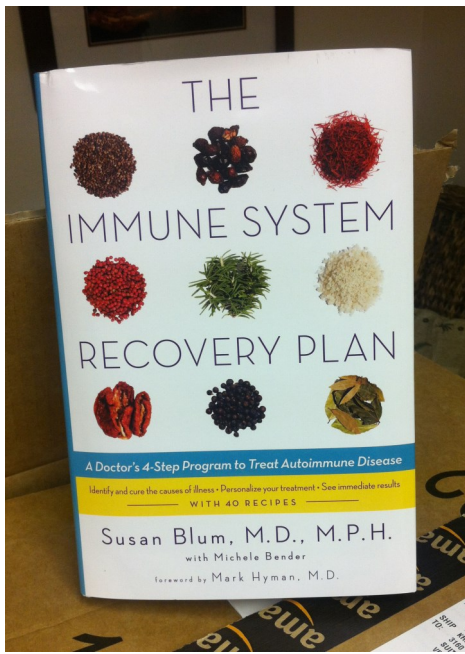
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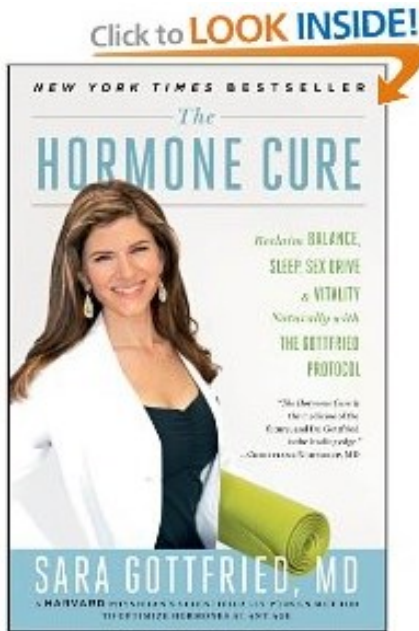
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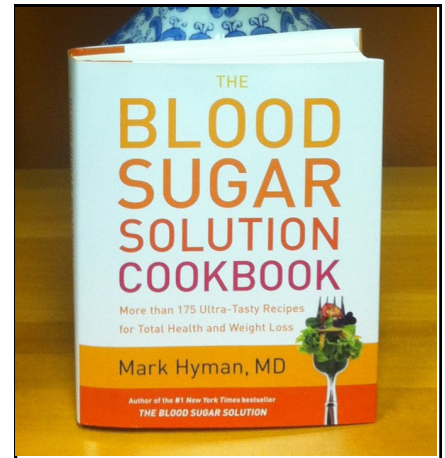
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Dr. Young's 9 Have-to-Knows of Back Pain
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And now, my 9 Have-to-Knows:

- 1 – Everyone is going to have back pain at some time because few have learned the causes of back pain and few take care of their health. A great functional medicine chiropractor can help you monitor and maintain your health, and a healthy back.
- 2 – Remove all dairy products, gluten and sugar from your diet until the episode is over.
- 3 – Take oral magnesium glycinate or SlowMag to relax muscles, and bathe in epsom salts to do the same.
- 4 – Gentle (and I mean gentle) stretching + general movement.
- 5 – Ibuprofen or aspirin as needed.
- 6 – Chronic gut inflammation (even if unfelt) is an extremely common cause of back pain. Treatments can include; removing food allergens, taking magnesium to improve gut motility, probiotics, yoga, and more.
- 7 – Acknowledge your major stresses and your combined multitude of little ones.
- 8 – Low levels of Vitamin D correlate with a higher incidence of back pain. Most Americans have insufficient Vitamin D in their blood. Everyone, young and old should have their Vitamin D levels tested.
- 9 – Excellent chiropractic spinal adjustment can speed recovery.