
7 Easy Ways To Beat Back Pain

... Without Medication, Injections, Expensive Tests, or Referrals



HealthFit Performance & Wellness (HealthFitInc.Com)

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About Us

"We help you stay Mobile and Active to restore your belief in Health's Potential."

Achieving optimal health and wellness is a multi-dimensional process, never a linear path. It is attained by treating the root cause of an individual's pain, and never by applying a quick, temporary or universal fix.

We are a multi-disciplinary practice, but offer so much more than the sum of medical and fitness professionals.

At HealthFit, we have the experience and capabilities to provide our clients with the most comprehensive, one-on-one care and beyond that, an experience that we believe is not just unique, but rather uncommon.

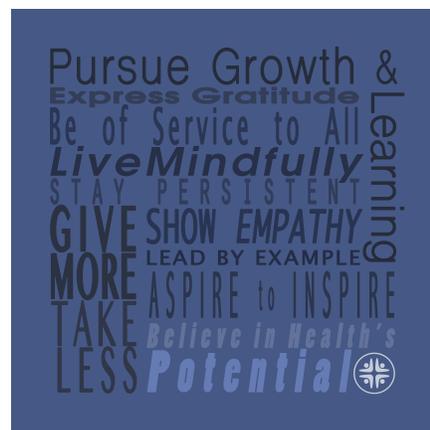
OUR MISSION:

To foster and build amazing relationships which empower our clients to be more mobile, active and live a healthier lifestyle.

We believe that through dynamic treatment, compassion and education, we can enable our clients to move in the way the human body was intended to move, to understand the impact of proper nourishment to the body and ultimately, be empowered to achieve their personal health and wellness goals.

CORE VALUES:

- **Pursue Growth & Learning**
- **Express Gratitude**
- **Be of Service to All**
- **Live Mindfully**
- **Stay Persistent**
- **Show Empathy**
- **Lead by Example**
- **Give More Take Less**
- **Aspire to Inspire**
- **Believe in Health's Potential**



Meet The Team



Dr. Kelli Kakita Han (Chiropractic Physician) - Dr. Kelli is one of the kindest and most caring people you will ever meet. You will be hard pressed to find a Chiropractor that puts as much time and effort into the well being of her clients. Dr. Kelli loves her work because it provides her clients with hope, especially for those who have been told there is nothing they can do for their symptoms. She believes in finding the root cause of the your condition so the body can heal itself and function optimally, not simply mask the symptoms.



Dr. Jason Han (Physical Therapist/Sports Clinical Specialist) - Dr. Jason has dedicated his a great deal of his life to optimizing his skills as a clinician in order to provide the best one-on-one care possible. Jason has a confident yet calm way of helping his clients feel at ease with their injuries. He does this by giving you the same level of care he provided to all of his professional clients during his stints with the Pittsburgh Steelers and Cirque du Soleil.



Matthew Starling (Chiropractic Intern/Board Certified Applied Kinesiologist) - As a Certified Applied Kinesiologist, he takes an incredibly well rounded approach to solving your body's ailments. His love for nature and an active lifestyle inspires his interest in the human body and all that it can accomplish. Whether your goal is to heal your chronic back pain or get back on the bike for that upcoming triathlon, Matthew takes a individualized approach to your care and well being.



Allister Buchanan (Head of Fitness & Performance Training) - With an infectious smile, laugh and the fitness training skills to match, Allister has helped a great number of his clients reach their health goals. His clients range from your grandmother that wants a life of independence again to the elite athlete that is trying to shave milliseconds off his time. Regardless of your starting point, he takes an individualized approach to keeping you mobile and active to restore your belief in health's potential.

Getting Started

First of all, we sincerely appreciate you downloading our ebook on improving your back pain.

This is in no way a substitute for a true visit to your healthcare practitioner, but we do sincerely hope these tips help you in your search to be more mobile and active.

The next 7 chapters will give you some of the most common tips we give clients when it comes to their back health.

Thank you again for your interest in restoring your belief in health's potential.

Health Advice Disclaimer

- ▶ This guide is intended for instruction and informational purposes only.
- ▶ The authors are not responsible for any harm or injury that may result.
- ▶ Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury.
- ▶ No guarantees of specific results are expressly made or implied in this report.

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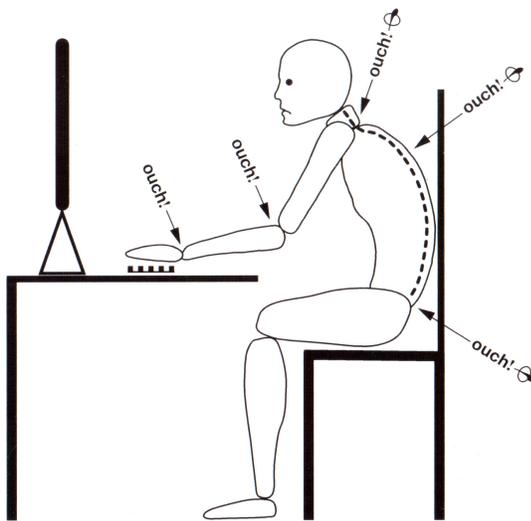
Chapter Number One

Avoid Prolonged Sitting

... *It's the next smoking*

Some studies show that every hour you sit, you lose 22 mins of your life. As a comparison, every cigarette reduces 11 mins of your life.

How long do you sit in a typical day?



Shocking as it may sound! The FACT is our bodies were made with one purpose in mind, yes SURVIVAL for the brain, but it is to actually MOVE.

Our bodies thrive on mobility because movement stimulates our brains, emotions, and the ability to push our barriers.

When watching your baby boy or girl play... The fact of the matter is that THEY NEVER STOP... until unless they are sick!

They keep moving in many ways that put us to shame... They squat, jump, hang, sprint, climb... and never in one position for more than 5 minutes.

What happens to us when we are all grown up? If we walk like that in a mall or dance in the aisle, others just think we are crazy.

Somehow, society decided that we shouldn't do certain things and being cultured meant we have to give up some of that innocence.

With that being said...

- Our TIP is to do something that challenges you! Partake in an some type of activity... it could be running, weight-training, pilates, yoga, hiking, running, swimming, etc... Challenge the STATUS-QUO
- If you have a sitting job, take breaks, keep moving every 30 mins, get up walk, Get up and Squat, Get up and Stretch, Get moving. Whatever you do... Please do not get me us trouble with your boss. :)

Chapter Number Two

Strengthen Your Core & Glutes

... *Hips don't lie*

A stable trunk is super important but it can only do some much in isolation. Our definition of true core stability means your ability to keep the trunk still while moving your arms and legs.

Since we want the trunk to be still, traditional sit-ups may not be the best option for you since they really shorten your hip flexor muscles. When having hip flexor stiffness issues, they can really affect your ability to use your glutes!



Glute Bridge

Legs



So your glutes are the **POWERHOUSE** of the lower body. They help you walk, go up the stairs and get out of your chair. Individuals often focus too much on the thigh muscles and neglect the importance of the hips musculature.

The hips essentially serve as the base foundation of your core. They hold you up through your everyday functional activities.

The body is an extremely complex system but targeting these two areas will definitely set you up in the right direction!

Chapter Number Three

Relative Rest

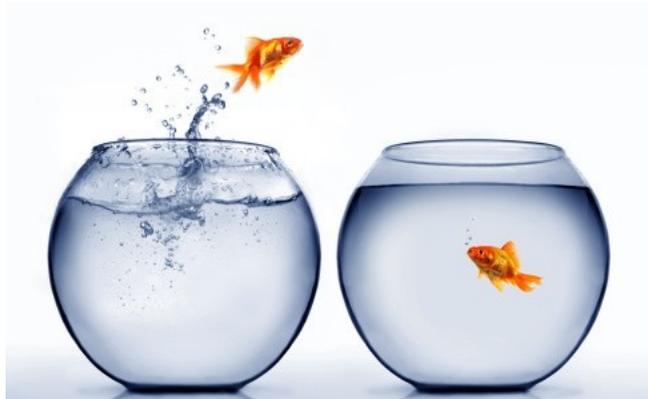
... Doesn't mean don't do anything

You go to your medical doctor and say: “Doc! Oh my low back hurts!”

Your medical doctor answers: “Not a problem. You should take a few days off and not do anything.”

Lets clarify something... Unlike your doctor’s definition of taking rest which is lying on your back and doing nothing. What you should be doing is resting from activities that actually aggravate you.

This may require you to lie down for a short time, but you will recover faster when you keep walking and moving in a pain free range.



Does that surprise you?

Have you heard of, “If you don’t use it, you lose it.”

Doing nothing sets you up to not only lose your activity level, but also puts you in a state where you start to lose your confidence to move.

The fear to move over time may lead to other compensations and problems with other parts of your body. The last thing we want is for this cascade of events to happen because we know this is not the life you want to live.

* Our Tip - Get moving within pain limits. Remember that pain doesn’t mean you are causing more damage to your body. It is your body’s way of telling you that something is wrong and we need to fix it.

Chapter Number Four

Don't Overload One Side

... You don't want to be crooked

Do you always carry your purse on one side?

Do you tend to cross one particular leg over the other while sitting?

Do you sit with your wallet in one specific back pocket?

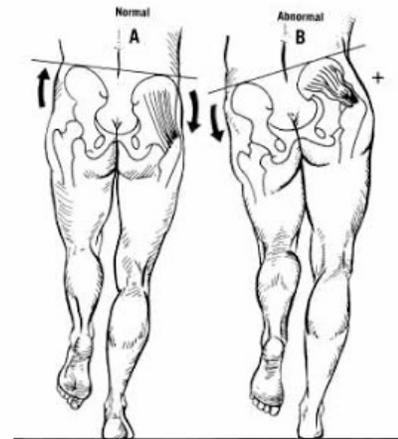
What we tell our clients is that we, “Strive for symmetry knowing we will never get there.”

These habits throughout our everyday lives lead to overuse on one side and underuse on the other. If you think about walking... we are supposed to use both legs and arms equally to propel ourselves through life.

One of the simple functional tests we have our clients perform is a single leg balance. We can examine balance and what your core and hips tend to do to keep you up.

Can you only imagine what is happening to your low back every time you take a step?

Since your hips essentially create the base for your back, it will lead to continuous shifting from side to side which you really don't want.



Every time your back moves in this way, it is causing repeated minor trauma. Once in a while it is ok, but if you do it enough times... your body may react with some type of pain or discomfort.

The first time you had a back pain episode... it probably lasted a day or so to resolve.

The second time... probably a day or a little more.

Now that it has happened a few more times than you would like... is it taking a lot longer to resolve if at all?

All these “Micro-Traumas” need to be addressed in order to get you feeling better again.

Chapter Number Five

Understand Pain

... It's a lot more complicated than you think

We all experience it, but yet we all experience it in different ways.

Pain is proportional to the real or perceived threat.

Pain is like the check engine light of your body.

The longer we experience pain, the more sensitized we are to it and the earlier our body feels pain to a stimulus or threat.

In general, the best thing to do is to use and move your body!

If you have pain, it is ok to exercise, even if you hurt during the exercise. Take notice if your pain increases with your activity or if you have any sharp or shooting pain.

Many times, your pain will decrease or go away with movement and exercise.

If you have increased pain with exercise, back off or stop, especially if it is greater than 6 out of 10. (0=no pain & 10 = take me to the emergency room now!)

If you have sharp or shooting pain with a repetitive movement, pause and check in.

If you can correct your form and it goes away, keep going.

If you check in and correct your form and it's still there, decrease your resistance or distance, if the sharp/shooting pain persists, stop that activity for the day, try something else and come back to it in a few days.

Your central nervous system is constantly monitoring your body. When it detects an imbalance, in any of hundreds of sensors, above a certain threshold the pain alarm is triggered. This is your body's message that you should change your behavior (take your hand off the burner), modify your movement (correct your form), stop your activity (walk instead of run) or just pause and check in.

Sometimes, especially when we've had pain for a while and our nervous system is "sensitized," even workout soreness can register as pain.

Your pain will change; it just needs time, some self-treatment, exercise, pacing and your awareness.



Chapter Number Six

You Need Sleep & Nutrition

... Healing yourself from the inside out

SLEEP

A good night's sleep is super important... it is the best time for your body to recover.

When you have back pain, it affects the quality of your sleep. We have all been in the situation where we toss and turn because we just can't get comfortable.

When you wake up feeling exhausted, it truly impacts the productiveness of your day.

Some Helpful Tips:

- * Have an early dinner (At least 3 hours before bed time)
- * The last hour before sleep - stray away from using your phone, watching TV, or any electronic devices. Studies have shown how stimulating the brain before sleep actually deprives you of a deeper sleep.
- * Aromatherapy - Lavender tends to help you feel relaxed in conjunction with deep, diaphragmatic breathing.

NUTRITION

Eating a healthy balance of lean protein, fruits, and vegetables plus drinking water promotes a healthy body weight .

For every 10 pounds' overweight, it is an extra 30 pounds of force on your spine and joints. Flip that in reverse and if you lose just 10 pounds, it's like losing 30 pounds of stress and strain from your spine and joints

How would you like carrying two bowling balls around with you all day? Your back doesn't like it either!

Habits are difficult to change so don't try to change everything all at once... that is a guaranteed recipe to fail. Instead, if you drink 5 sodas a day, try cutting down to 3, then to 1, and then to none. Start with soda because one can of soda can be 120-150 calories and 45 grams of sugar. If you don't burn that sugar, then you will store it as fat. Just reducing your soda intake from 5 to 3 will cut out 240 calories per day! You'd have to walk 2-3 miles to burn that many calories.

Chapter Number Seven

Physical Therapy/Chiropractic

... Take control of your health

Some back pain is super stubborn and if you've been battling with it for an extended period of time, it might require the benefits of a hands-on specialist. Seeking physical therapy or chiropractic is the fastest way to reducing your back pain.

You are going to receive quick access to care that will ease muscle tension, soothe achy muscles, loosen stiff, stuck and painful joints, and strengthen your body so your back pain stays away and you can get back to doing what you love.

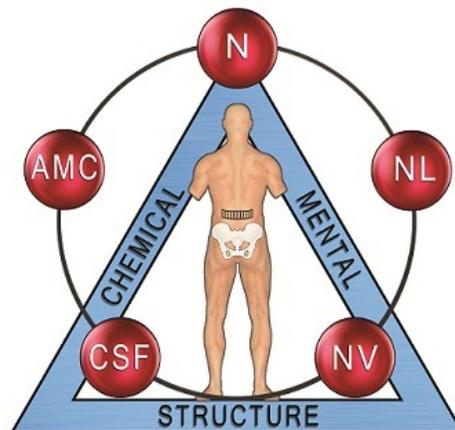


Your physical therapist or chiropractor will evaluate your whole body and help you understand what's really going on. Your visit with one of our professionals includes 100% 1-on-1 attention which is unlike the majority of other settings.

We pride ourselves on our attention to detail so your evaluation will include a thorough full body movement and hands-on assessment with a treatment plan and home self-treatment program.

Your physical therapist will create a customized exercise and therapy program for you, including a home self-treatment program that you can do on your own, so you don't need to be seen multiple times per week in the clinic.

Your chiropractor will take a holistic viewpoint on your health, targeting your issues from a structural, chemical and emotional perspective which is completely different from the typical "Rack Em' & Crack Em'" chiropractors that are out there.



Conclusion

Now you have it: 7 tips that you can do TODAY to reduce your back pain without medication, injections, expensive tests, or referrals!

You have so many options and we could go on and on about how you can stop your Back Pain but these are the fundamentals.

If you try one tip per day and stay disciplined with implementing them into your daily routine, they will make a big impact on the quality of your life.

In the upcoming weeks, we will be sending you even more tips and advice on how to get back to doing what you love and we will share with you how the HealthFit team can truly make a difference in your life.

We sincerely hope this is the beginning of a great, long-term relationship where you can receive the best health advice that truly makes a difference in your life.

To Your Best Health,

Jason & Kelli

Dr. Jason & Dr. Kelli Han

Co-Founders: HealthFit Performance & Wellness

HealthFitInc.com

145 Vista Ave, Suite 103

Pasadena, CA 91107

Office: 626-365-1380

Email: HealthFitInc@gmail.com