

## Pain Management Options

### 1. Adjustments:

- Slows the degeneration (improves joint alignment-reducing wear & tear)
- Helps healing (improve nerve function which controls healing)

### 2. Far Infrared Sauna \$35 (\$250 for 10 sessions)

- Detoxifies Whole body
- Weight Loss, Inches & Cellulite Reduction (TV Show “The Doctors reported)
- Pain Reduction
- Speeds Healing
- Cardio workout (As if you ran 4-6 miles), Improves endurance
- Burns 500+ Calories per sessions (30-45 mins)
- “The Doctors” also reported it helps lower High Blood Pressure

### 3. Dr’s ProFlex Liquid Glucosamine/Chondroitin/MSM: \$20

- Joint healing, ligaments, tendons, cartilage, lubrication of joints
- Superior to other “Glucosamine” products (Absorbs better=works faster & better)

## Home Care

**AtoB Calm** – Minimum dose 1 tsp before bed

Max: 4 tsp on waking, 1 tsp every 4 hrs, 4 tsp before bed

How To Use: HOT water then to cover up taste try adding on one of:

- > Chamomile Tea and Honey
- > White Grape Juice
- > Cranberry Juice
- > Apple Juice

**Biofreeze** – As needed, use when you CAN’T use ice (while working, etc)

**Arnica** – Use on damaged tissues 3x day (After shower) NOT intended for open wounds

**Ice** – **20min in/ 20min off**- DO NOT fall asleep on Ice. (Intention is NOT to freeze the tissues)

DO NOT USE HEAT, do not soak in the hot bath, hot tub, or stand in hot shower with the water pounding on you if you still have inflammation!

Heat feels good because it relaxed the muscles, but that is what the AtoB Calm is for. HEAT is BAD because it increases inflammation.



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