

SPRING FORWARD TO A PAIN-FREE LIFE – Ten (10) *uncommon* ‘common sense’ health tips that will help you kick start into a pain-free, pill-free and stress-free life. Understand your body, listen to its message, and give it what it wants – *not to what others do or say*. Stop hurting yourself and start healing – by Justine Vo – March 10, 2015



Here are what you need to know and do when you experience body pain, stiffness, numbness, restriction of mobility and other ailments:

1. **CHECK AND CORRECT YOUR POSTURE** – Stand in front of a mirror and examine yourself. Is your body straight and symmetrical? Are your shoulders equal and horizontal, or tilted? Is your head straight and vertical, or tilted to one side? Is it hanged forward (with your eyes looking down) or thrown backward (with your eyes looking up)? Are one or both shoulders curved forward? Is one shoulder shorter than the other? Is one eyebrow and or one cheekbone higher than the other? Are your nose and chin vertical or tilted? Do you have a hunched back or a sway back? Is one hip higher than the other or one leg shorter than the other? Do you have one leg or foot turned outward or inward? If you are not straight, the body will experience various degrees of discomfort, stiffness, pain, numbness, limitation of mobility, a non-proportional and saggy face, and other ailments. Unless the body is straightened, all physical activities, therapies and remedies may only relieve some symptoms and often can worsen the problematic conditions.

Read my articles regarding the subjects of ‘sleeping on the back’, ‘one leg shorter than the other’, and other articles on this Facebook page for more tips to start correcting your posture. An osteopath may help you achieve this goal faster. At my practice, I can help release and straighten all parts of the body, from head to toes, to give your body a fresh start, again. My clients not only had their posture corrected and straightened, and ailment released, but often benefited from cosmetic enhancement without surgery, such as a straighter nose and chin, equal cheekbones, brighter and bigger eyes without dark circles, fuller and proportional lips, a lifted face and neck, and a taller, straighter posture. *Your body wants to be straight to heal properly and be pain-free.*

2. KEEP ALL PARTS OF YOUR BODY FLOWING – Do not wear tight clothing, tight underwear, tight watch, tight jewelry which can block the blood and fluid circulation to the affected areas. Do not tie your hair if you experience headaches. Do not carry a heavy purse or bag on your shoulder if you have pain in the neck, shoulders, arms and head. Do not wear tight socks and tight shoes if you experience pain and swelling in the leg or foot. Unfortunately, while a brace may help to reduce pain caused by movement, it will block circulation in the affected areas and worsen the ailment, resulting in more swelling, stiffness, numbness, muscle atrophy, and referring pain into other areas. *Your body wants to be free of restrictions and obstructions to be pain-free.*
3. LISTEN TO YOUR BODY’S MESSAGES – Your body sends you a lot of messages of discomfort, pain, numbness, heaviness, blockage, awkwardness, misalignment, twisting, tilting, twitching, pinching, dizziness, nausea, shortness of breath, fatigue, weakness, etc. Be mindful of its messages and stop doing whatever movement or activity that causes the problems. Remember that ‘no pain no gain’ will hurt you more and dig a hole bigger. Stop pushing and hurting yourself when the body screams ‘discomfort and pain’. Listen to your body’s message doesn’t mean listen to your brain’s message. For example, your brain may tell you to sleep on your side to be comfortable, but the body will feel blockage of circulation, pain and numbness of the limb. Your brain and your trainer might tell you to keep pushing yourself (e.g. no pain no gain) but the body kept screaming “I can’t, it’s too painful!” *Your body is your best guide and best doctor. Other people cannot feel what you feel. Do not blindly listen to others and to a myriad of confusing articles. Regain your common sense.*
4. SOFTENING VS. HARDENING A MUSCLE STIFFNESS – *A stiff muscle wants to be ‘softened’* via heat therapy, increased water consumption, and very gentle stretching or exercise, to release the attachment of its tissues and fibres, and to become supple and mobile. Harsh therapies such as deep tissue massage or strenuous stretching or exercises will cause it to further tear, scar, attach and become stiffer and more restrictive over time.
5. STRENGTHENING VS. INJURING AND HARDENING A MUSCLE WEAKNESS – *A weak muscle wants to be ‘strengthened without injury’, not ‘hardened and overworked’*. A muscle can be strengthened and mobilized via the increased intake of proteins (for strength of tissues) and water (for suppleness and flexibility), and gentle exercises. Increase the exercises gradually after the muscles are strengthened from within. Strenuous exercises and stretching including core exercises, harsh physical activities such as weight lift, boot camp, gym, running, harsh yoga or

Pilates, and deep tissue massages, will likely tear a weak muscle, harden it, scar it, attach it, and restrict mobility. Hardened scar tissues may eventually touch and pinch nerves when your body moves in a certain way. Resume your physical activities gradually after your muscles have regained strength and flexibility from within (from protein and water).

6. REDUCING VS. INTENSIFYING THE CRACKING OF JOINTS, MUSCLES AND SOFT TISSUES – Cracked muscles and soft tissues result from a combination of blockage, wearing out, dehydration and attachment of tissues and fibres. Do not crack them to feel that you are releasing a stiffness or blockage. The more you crack them, the looser, harder and more crunchy (less mobility) they will become. They want to be nourished with sufficient protein (strength) and water (flexibility), and they want very gentle exercises and stretching (within the comfort zone before reaching the cracking level) to regain their elasticity and mobility. *Be gentle with your body and it will eventually regain its natural strength and flexibility.*
7. WHAT TO DO WITH A PINCHED NERVE? A pinched nerve may involve a nerve that is adversely caught under a bone due to a twisted body, a twisted muscle or bone (potentially caused by a sleep posture, a certain movement or an accident), hardened scar tissues (from muscle tears due to strenuous physical activities, stretching or accident) that may touch the nerves when the body moves in a certain way. Seek the help of an alternative medicine professional (acupuncture/osteopath) to help release the condition. To fix the problem permanently, the body and the affected bones and muscles need to be realigned and straightened, the scar tissues softened and smoothed out, and the nerves released.
8. WHEN TO USE ICE THERAPY OR HEAT THERAPY TO REDUCE PAIN – If the injury is acute (new injury) and the affected area is ‘hot’ compared to other parts of the body, use Ice Therapy to reduce the inflammation and pain, and to disperse the gathering of blood towards the affected area. When the affected area is not hot but hard, swollen and stiff (due to lack of circulation, an older injury, arthritis, and repetitive strain injury), use Heat Therapy to soften and mobilize the area to reduce pain. Cold therapy will further harden and restrict it, although the pain may feel temporarily relieved due to its freezing effect. Read my article on the subject of ice or hot therapy on this Facebook page for further tips.
9. ARE EXERCISES GOOD OR BAD? Moderate exercises are good for everyone who has no injury, discomfort or pain. If the body is straight (good posture), strong (well-nourished) and flexible (well-watered), moderate and gradual exercises are good and generally will not hurt. Strenuous, repetitive exercises such as running, jumping, rough sports, or one-sided movement such as golfing or powerboating will eventually hurt your body. If the body is not straight and experiences stiffness, pain and ailments, exercises can be bad and worsen the conditions. In this instance, ‘no pain no gain’ hurts, while ‘no pain big gain’ (gentle stretching and exercises like Tai Chi and Qi Gong) helps. So be patient and be gentle with your body. Give your body a break when it is experiencing ailments. Fix the problems first, then resume normal, moderate exercises.

10. STOP AND BREATHE – Ongoing activities and life stress will cause the body to seize up and worsen its physical and mental ailments. Love yourself. Stop and breathe. Allow your body to release and relax, even momentarily for a few minutes, many times during the day. Read my two articles on how to breathe properly and how to meditate for more health tips.

I hope that the above tips make sense to you. Reflect on what you have been doing to your body. Try the above health tips. You will appreciate the results. If you want to fast tract the corrections, I will be pleased to help you identify areas that need correction and help you to kick start into a new, wise, and healthy you

FACEBOOK PAGE: <https://www.facebook.com/pages/CHR-Health-Centre-Justine-Vo/126898830721927>

Justine Vo, D.O., R. Ac. – www.CHRcentre.com

Oakville.com Article - <http://www.oakville.com/.../justine-vo-a-gifted-osteopath-an.../>

Oakville Beaver Article - <http://www.insidehalton.com/shop.../4112089-chr-health-centre/>