

Relieve Lower Back Pain

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When it comes to low back pain, I've seen impressive results with a simple "in office" technique for assessing nutrient deficiencies. Deficiencies can affect muscles in different ways, depending on the individual patient.

As you know, muscles come in pairs to stabilize the spine. If one of the pairs is weak the other muscle often goes into spasm. The spasm is actually a good thing as it safeguards the spine by making sure over-extension is not an option. This type of muscle spasm usually will not respond to calcium/ magnesium or even herbal muscle relaxers like valerian root. But the weak muscles can often be strengthened with the use of low potency B vitamins. The strengthening or "turning on" of a weak muscle will allow the opposing muscle to turn off or stop the spasm process.

One way to evaluate the need for low potency B vitamins is to have the patient do a series of range of motion tests as a baseline. Use the range of motion test that has the



greatest inhibition or creates the most discomfort. Have the patient taste a low potency phosphorylated B complex like Bio-B 100 and retest the inhibited muscle. Each tablet of Bio-B 100 supplies 1/3 of the RDA, so we are really talking about a low dose.

Tasting the nutrient causes a neurological response and temporarily will signal the muscle to strengthen when a deficiency exists. When the muscle strengthens, the corresponding muscle in spasm "relaxes" and allows for a greater range of motion. For some patients, the supplementation of low dose B vitamins has produced

dramatic results. Remember B vitamins are depleted with stress and excess carbohydrate ingestion. Know anybody that is under stress and consumes excess carbohydrates? 90% of your clients probably.

Personally, this strategy has been a real godsend to me. Chiropractic care helps considerably, but if I get stressed out and don't take care of myself as I should, my low back gets tender. However, when I use Bio-B 100, my tender back pain is relieved. By the way since we are talking about such a low dose, I take 2 every hour until the pain subsides and then 3

tid. Now of course we can use chondroprotective agents like glucosamine or chondroitin sulfates, or even Hydrolyzed Collagen Protein to feed the joints and connective tissue but remember those agents are more for joint repair, whereas here we are focusing on the muscles. There is another class of nutrients which also affects a different set of muscles regarding low back pain. Dr. George Goodheart in the late 60's and early 70's found that vitamin E and, to a lesser degree, probiotics in some cases have a profound effect on lower body muscles and hips that support the lower back.

Dr. Goodheart went a step further and found that sometimes the body wants a low dose vitamin E and sometimes a higher dose. How do we know which product to use? That's where the range of motion test comes into play. Establish the range of motion noting the muscles with the greatest limitation. Place 3 or 4 drops of low dose vitamin E on the tongue and taste it. For a low dose vitamin E, I use Bio-E-Mulsion Forte: vitamin E in an emulsified form to aid in absorption and assimilation. Each drop yields 6 IU of vitamin E.

Once the patient tastes the supplement have them repeat the test and see if the range of motion is increased. When nutrients are tasted we activate sensory receptors in the brain and cause a feed back into the spinal cord and ultimately the muscle responds. Next, try the higher dose forms of vitamin E to see which allows the greatest flexibility. For higher dose forms I use E-Mulsion 200. E-Mulsion 200 contains 200 IU of emulsified alpha tocopherol and mixed tocopherols.

Test all products to see which form gives the greatest range of motion. Remember our goal is to see which product is individually suited to strengthen that patient's lower back muscles. Make sure you schedule a separate session to do this type of testing. It does take a few extra minutes to do the range of motion tests and then to taste the different nutrients and retest. But

believe me; patients are happy to get this kind of one-on-one attention.

Dr. Wally Schmidt shared a story about this subject. He was teaching a class in Florida and one of the chiropractors attending had a husband with severe back pain. Regardless of the number of times she adjusted him, he was in constant pain and had been for 5 years. Once she learned about the range of motion "nutrient testing," she tested him in the hotel room and found what worked for him. He came up to Dr. Schmidt later the next day bending and twisting like a teenager, but here's the good part... no pain. Will you get such dramatic results with all your patients... maybe not that dramatic? But I know if you will try it, you'll be impressed. Thanks for watching, I look forward to being with you again next Tuesday.