# Herniated Disc = Back Pain

**Natural Treatment:**

* External Inflammation
	+ Ice
	+ Joint Health Complex DAILY
	+ Joint & Muscle Pain Cream
* Internal Inflammation
	+ Alfalfa (2 to 3 per 10 pounds of body weight) … a smorgasbord of minerals for healing
	+ GLA (gamma-linolenic acid) – natural’s steroids for anti-inflammation
	+ Vitamin C Complex – 3000 mg per day
	+ Pain Relief Complex – 3 per day (available in the US only)
	+ Vivix – 1 or 2 teaspoons per day



* Tissue Repair
	+ Physique – 1 serving per day
	+ Shaklee 180 Smoothees – 1 serving per day
	+ Multiple Vitamin/Mineral – Vita Lea
	+ Additional Zinc
* Therapeutic Treatment
	+ Adjustments by chiropractor
	+ Electrical stimulation
* Diet
	+ No caffeine
	+ Reduce or avoid red meat, sugar
	+ Eat LOTS of fruits & vegetables (lots of raw ones)
	+ Consume RAW nuts & seeds … Avoid roasted nuts