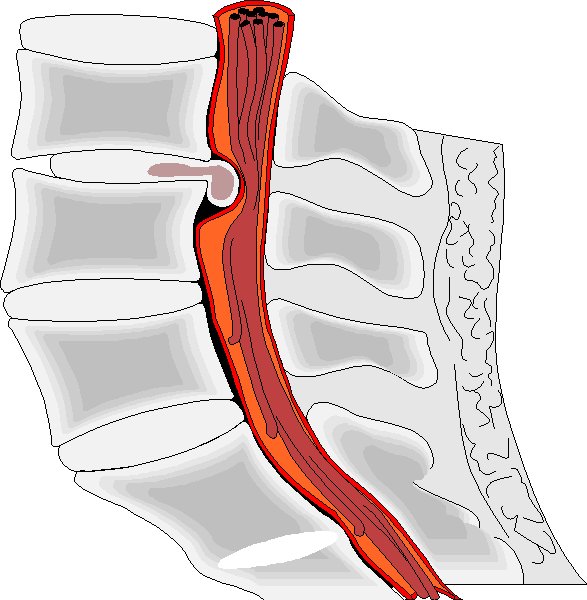
# Herniated Disc = Back Pain

**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