



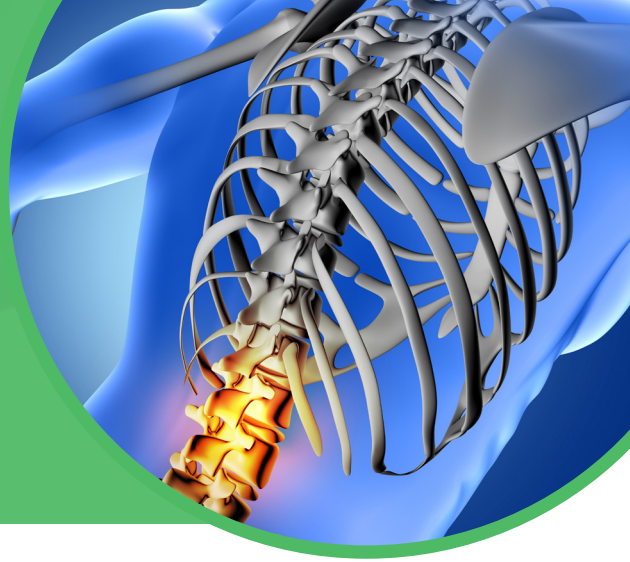
Lower Back Pain Relief

Daily Checklist

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Lower Back Pain Relief

Daily Checklist



To reduce and even eliminate lower back pain, go through and do the items on this checklist daily:

- 1 Drink 2 cups of water (ideally filtered or spring) with a 3-6 granules of sea salt when you wake up
- 2 Perform 3 to 5 Pelvic Thrusts roughly half an hour after drinking the water (see accompanying illustrations)
- 3 Drink 2 cups of water at least 20 – 30 minutes before breakfast
- 4 Perform Belly Button Suction for 3 minutes total (see accompanying illustration)
- 5 Drink 2 cups of water at least 20 – 30 minutes before lunch
- 6 Stop all coffee and caffeinated tea by 3:00pm (herbal tea is fine after that time)
- 7 Drink 2 cups of water at least 20 – 30 minutes before dinner
- 8 Perform 5 Deep Belly Breaths while lying on your back before going to sleep (see accompanying illustration)

+ BONUS

- 9 While doing #8, visualize how great it feels to be free of lower back pain



HIP THRUSTS:



- ✓ Either stand up or sit on a Swiss ball like in the illustration below
- ✓ Put your hands on your hips and gently stick your butt out (like Donald Duck) as far as you can (without pain)



- ✓ Once you've reached the farthest your butt can go, tuck your butt in (like Pink Panther)
- ✓ Again, do this gently, it should be pain free
- ✓ Repeat 3 – 5 times



BELLY BUTTON SUCTION:



- ✓ Start with your hands under your shoulders and knees under your hips
- ✓ Keep a slight arch in your lower back
- ✓ Take a deep breath into your tummy letting stretch to its maximum
- ✓ Keep everything still, except your tummy as you exhale

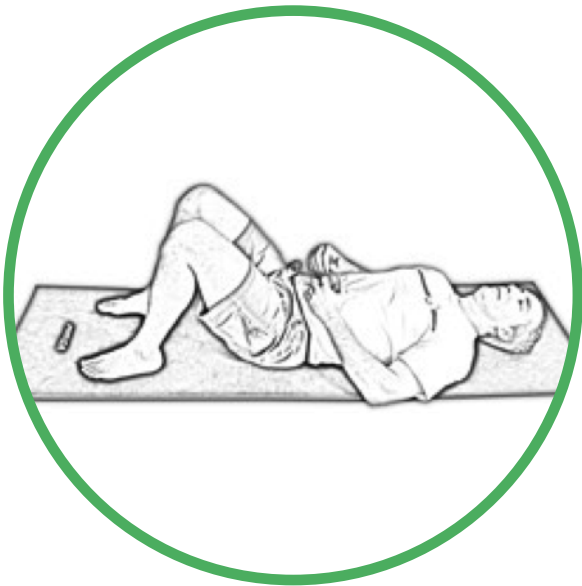


- ✓ Exhale fully and draw your belly button in towards your spine (sucking your tummy in)
- ✓ Contract those muscles and hold that suction for as long as you can
- ✓ Keep breathing while you're contracting the muscle (sucking your tummy in)
- ✓ Keep track of how long you hold it at a time, once you can no longer hold it...
- ✓ Take 2 – 3 deep breaths and on the last one, suck your tummy in again

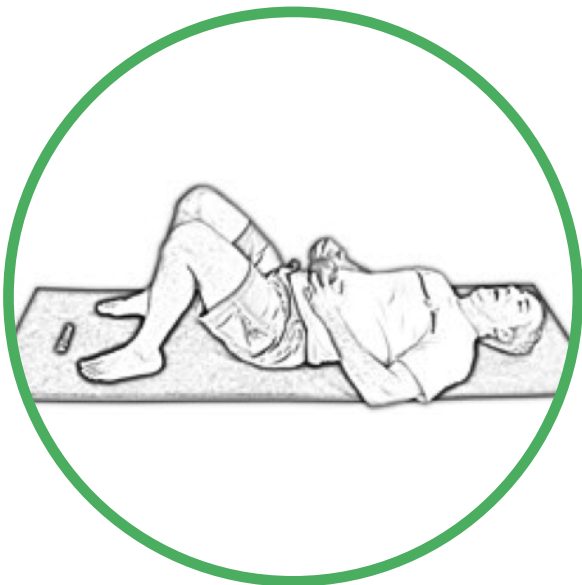
Continue contracting and breathing until you've reached a total of 3 minutes in the contracted position



DEEP BELLY BREATHS:



- ✓ Start with a book or a ball on your stomach so you feel something there
- ✓ Take a deep breath, only into your stomach so the book or ball rises (aim for the ceiling)



- ✓ Your chest should remain still, only the stomach moving
- ✓ Exhale all the air out trying to let the book or ball touch your spine
- ✓ Repeat 5 times

