

# Cheat Sheet for Get Your Life Back: The Ultimate Guide to Healing a Herniated Disc

Each of the steps I outline in my book serves one of three purposes, or a combination of the three.

They are Pain Relief, Healing and Prevention. This Cheat Sheet outlines where each step is categorized:

Pain Relief	Healing	Prevention
Step 2: Ice		
Step 3: Creaky Bone Balm		
Step 4: Collagen, Full-Mega, Joint Support Formula and Vitamin C	Step 4: Collagen, Full-Mega, Joint Support Formula and Vitamin C	Step 4: Collagen, Full-Mega, Joint Support Formula and Vitamin C
Step 8: At Home Trigger Point Tools and Treatment	Step 5: Bounce on a Therapy Ball	Step 5: Bounce on a Therapy Ball
Step 9: TENS Unit	Step 6: March on a Mini Trampoline	Step 6: March on a Mini Trampoline
Step 17: Shockwave Therapy	Step 7: Stretching	Step 7: Stretching
Step 18: Low Level Laser	Step 8: At Home Trigger Point Tools and Treatment	Step 8: At Home Trigger Point Tools and Treatment
Step 22: Kinesiotaping	Step 10: Controlled Breathing	Step 10: Controlled Breathing
Step 25: Consult your Medical Doctor	Step 11: Stay Hydrated	Step 11: Stay Hydrated
Step 27: Pain Clinic & Orthopedic Surgeon	Step 12: Anti-inflammatory Diet	Step 12: Anti-inflammatory Diet
	Step 13: Be aware of your sleeping position	Step 13: Be aware of your sleeping position

Step 14: Wear a Lumbar Support when lifting (only for people with Lumbar Herniated Discs)

Step 15: See a Chiropractor

Step 16: Axial Decompression Therapy

Step 17: Shockwave Therapy

Step 18: Low Level Laser

Step 19: Massage Therapy & Acupuncture

Step 21: Exercising

Step 22: Kinesiotaping

Step 23: BrainTap and MasterBrain to Break the Memory Cycle of Pain

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