

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

## Daily Home Care Routine: Days 1-3

### Morning

Ice: 15 minutes  
every hour

#### **If you have your supplements already:**

1 scoop Collagen

2 soft-gels Full Mega

2 tablets Joint Mobility

1 tsp Liposomal  
Vitamin C

If you are using  
MasterBrain, take 3  
tablets of the AM in  
the morning, 5 days  
per week

If you are using  
BrainTap, do a session  
in the morning

### Afternoon

Ice: 15 minutes    every  
hour

#### **If you have your supplements already:**

2 tablets Joint Mobility

If you are using  
BrainTap, do a session  
at lunch time

### Evening

Ice: 15 minutes  
every hour

You may use Creaky  
Bone Balm at night  
before bed if you'd  
like, but this isn't  
necessary until you  
cut back on the ice

#### **If you have your supplements already:**

2 soft-gels Full Mega

If you are using  
MasterBrain, take 3  
tablets of the PM 1  
hour before bed, 5  
days per week

If you are using  
BrainTap, do a session  
before bed

Controlled Breathing  
before bed

Be aware of your  
sleeping position

## Daily Home Care Routine: Days 4-6

### Morning

#### Supplements:

1 scoop Collagen

2 soft-gels Full Mega

2 tablets Joint Mobility

1 tsp Liposomal  
Vitamin C

If you are using  
MasterBrain, take 3  
tablets of the AM in  
the morning, 5 days  
per week

#### Daily Routine:

Therapy Ball Exercise

### Afternoon

#### Supplements:

2 tablets Joint Mobility

#### Daily Routine:

Ice: 15 minutes

If you are using  
BrainTap, do a session  
at lunch time

### Evening

#### Supplements:

2 soft-gels Full Mega

If you are using  
MasterBrain, take 3  
tablets of the PM 1  
hour before bed, 5  
days per week

#### Daily Routine:

Therapy Ball Exercise

Ice: 15 minutes

Creaky Bone Balm

If you are using  
BrainTap, do a session

Mini-Trampoline  
Exercise

Ice: 15 minutes

Creaky Bone Balm

If you are using  
BrainTap, do a session  
in the morning

before bed

Controlled Breathing  
before bed

Be aware of your  
sleeping position

## Daily Home Care Routine: Days 7-20

### Morning

#### Supplements:

1 scoop Collagen

2 soft-gels Full Mega

2 tablets Joint Mobility

1 tsp Liposomal  
Vitamin C

If you are using  
MasterBrain, take 3  
tablets of the AM in  
the morning, 5 days  
per week

#### Daily Routine:

Therapy Ball Exercise

Mini-Trampoline  
Exercise

### Afternoon

#### Supplements:

2 tablets Joint Mobility

#### Daily Routine:

Ice: 15 minutes

If you are using  
BrainTap, do a session  
at lunch time

### Evening

#### Supplements:

2 soft-gels Full Mega

If you are using  
MasterBrain, take 3  
tablets of the PM 1  
hour before bed, 5  
days per week

#### Daily Routine:

Therapy Ball Exercise

Ice: 15 minutes

Creaky Bone Balm

If you are using  
BrainTap, do a session  
before bed

Stretches

Ice: 15 minutes

Creaky Bone Balm

If you are using  
BrainTap, do a session  
in the morning

Controlled Breathing  
before bed

Be aware of your  
sleeping position

## Daily Home Care Routine: Days 21 and ongoing

### Morning

#### Supplements:

1 scoop Collagen

2 soft-gels Full Mega

2 tablets Joint Mobility

1 tsp Liposomal  
Vitamin C

If you are using  
MasterBrain, take 3  
tablets of the AM in  
the morning, 5 days  
per week

#### Daily Routine:

Therapy Ball Exercise

Mini-Trampoline  
Exercise

### Afternoon

#### Supplements:

2 tablets Joint Mobility

#### Daily Routine:

Ice: 15 minutes

If you are using  
BrainTap, do a session  
at lunch time

### Evening

#### Supplements:

2 soft-gels Full Mega

If you are using  
MasterBrain, take 3  
tablets of the PM 1  
hour before bed, 5  
days per week

#### Daily Routine:

Therapy Ball Exercise

Ice: 15 minutes

Creaky Bone Balm

If you are using  
BrainTap, do a session  
before bed

Stretches

Exercises

Trigger Point Tools  
(remember to only use  
these every other day  
at the most)

Ice: 15 minutes

Creaky Bone Balm

If you are using  
BrainTap, do a session  
in the morning

Controlled Breathing  
before bed

Be aware of your  
sleeping position