

COMMON BODY PAIN & REMEDIES



HEADACHE

- Balance pelvis
- Sub-occipital release with thumbs
- Scalp massage
- Acupressure
- Meditation/ Mindfulness/ Breathing exercises



LOW BACK PAIN

- Balance pelvis
- Core muscle strengthening
- Stretching
- Muscle energy program



ANXIETY

- Acupressure
- Meditation/ Mindfulness/ Breathing exercises



CONSTIPATION

- Balance pelvis
- ½ spinal twist
- 8 glasses of water
- Routine exercise
- Fruits and vegetables



DENTAL PAIN

- Facial Acupressure
- Clove oil
- Crushed garlic
- Baking soda swish and spit



CERVICAL RESTRICTION/PAIN

- Balance Pelvis
- Muscle Energy
- Counterstrain



RIB RESTRICTION

- Balance Pelvis
- Muscle energy
- Counterstrain
- Rib raises



EAR PAIN

- Facial Acupressure
- OMT



KNEE/ANKLE PAIN

- Balance Pelvis
- Muscle Energy



SINUS PAIN/URI

- Acupressure
- OMT

COMMON PRACTICES TO PREVENT AND IMPROVE HEALTH AND WELLNESS

- Avoid wallet in back pocket
- Sit, walk, and stand long and tall
- Eustachian tube dysfunction: Valsalva, Chew gum or candy, drink plenty water (swallowing mechanism)