



October 13, 2015 – Grand Rapids, MI

Start with Physical Therapy

I talked with hundreds of people in Cincinnati this past weekend, and many had issues with pain and discomfort. I can relate—I've got a shoulder that's killing me. While everyone wants to know which supplements can help, it all begins with physical therapy.

The most-asked question was about lower back pain, which afflicts more people than any other joint or joints. Many people claim to have bulging discs. You know something? That's nothing special; it's the results of walking upright combined with carrying too much weight on the front side. If you can get the core stretched and strengthened, you can help control the pain. Most people who've gone to a doctor have been referred to a physical therapist. Remember those exercises they had you do for six or ten sessions? You most likely felt better. Then you stopped doing the exercises; you're not alone, the vast majority of people do. And the pain comes back.



Another plus from working with a physical therapist is that you'll learn what kinds of exercise work for your body. For example, Paula learned that her cardio must have her back in flexion, not extension; in simple terms, the recumbent bike works with its sitting position, but stationary bikes, treadmills, and ellipticals with their upright position will cause more back pain. If her therapist hadn't pointed this out, she might have given up on exercise altogether, and that would never do!

If you haven't been to a physical therapist for muscle or joint pain, get a referral, learn what to do, and then do the exercises for the rest of your life. Consistency is the key if you want to feel better. If I don't do my core routine at least four times per week, my back lets me know it. There are no shortcuts. It's work, but it beats walking around in pain all the time.

Would exercise help during cancer treatment? Later this week I'll talk about a couple of exercise studies that I found during my research for the *Nutrition During Cancer Treatment* webinar. There are still slots available so make sure you sign up today. By the way, if you can't attend live, you will get a link after the webinar to watch it any time you want in the next month. Just buy the webinar and you'll get the link when it's over.

What are you prepared to do today?

Dr. Chet

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