

My Top 10 Recommendations: **Helpful tips and tricks to prevent & treat pain and discomfort**

By: Margo Pisnoy

1. **Epsom Salt baths (4-6lbs):** My NUMBER ONE TIP, Epsom salt is rich in both magnesium and sulfate which is best absorbed through the skin (in a bath). While soaking in this soothing relaxing warm bath, you're taking advantage of one of the most amazing holistic effective remedies out there! Epsom salt baths delivers vital minerals and nutrients into the muscles and body promoting healing, improving circulatory health, helps flush out toxins to ease muscle pain, reduces inflammation and muscle cramps, and aids in relieving any post massage soreness. Be very generous with the amount you put in the bath, the higher the concentration the better. Stretching afterwards maximizes the benefits. I recommend 4-6 lbs. at least, soak for 20-30 minutes.
2. **Trigger point tools you may use on your own:**
 - a.) Tennis ball/baseball - an easy bring along item (car, work chair, plane etc..) to place directly on knots/tight spots & just lean in as needed. For easier more controlled use, put the ball in a long sock or something similar, drape the end of the sock with the ball inside of it over your shoulder (towards the back of the body) hold the end of the sock in your hand (in front of your body) & control the positioning of the ball on your back leaning into a firm chair on the desired areas. Move it up, down, side to side, wherever you need it ☺
 - b.) The Theracane - it is such an amazing tool!: <http://amzn.com/B000PRMCJU>
 - c.) The Body Back Buddy Self-Massage Tool – (MUST HAVE): <http://amzn.com/B0006VI6TO>
3. **Postural changes:** Even though we all naturally have the tendency to shrug our shoulders, it is extremely difficult to break that cycle. Try to remind yourself whenever you think of it to relax your shoulders down to their natural state and keep your spine aligned in a relaxed but supportive position.
4. **Travel Neck Pillow:** This helpful item can be used for not only travel but to wear in the house! In relation to improving posture, a huge culprit in neck stiffness is attributed to an awkward positioning of the head, neck, and shoulders for long periods of time. Common examples might be getting too comfy or falling asleep on the sofa watching T.V., spending hours on your laptop in a non-ergonomic workspace (i.e. bed, sofa, kitchen table), reading in bed, etc...Wearing a travel neck pillow during these times can help prevent associated pain. Try it out!
5. **Night guard:** (if suggested) They are so helpful in reducing jaw tightness which in turn can help ease neck pain, reduce headaches, and can save your teeth from chipping and/or cracking! Check out more info: <http://www.askdoctork.com/can-grinding-your-teeth-cause-frequent-headaches-201304154664>
Getting one made for you by your dentist is optimal but there are a lot of very effective alternatives such as:
 - a.) Mouth Guard from ProDental: <http://amzn.com/B00KYZA8DA>
 - b.) DenTek Maximum Protection Dental Guard: <http://amzn.com/B008YEMVSI>
 - c.) Sleep Defender PRO: <http://amzn.com/B00YNMBPG4>
 - d.) The Doctor's NightGuard Advanced Comfort: <http://amzn.com/B0036WTV2C>Most pharmacies carry night guards in the toothpaste aisle. Make sure to look for ones that look like a tray covering all the teeth that you boil to customize the fit.
6. **Chiropractor:** (if suggested) Dr. Kurt specializes in applied kinesiology incorporating Osteopathic approaches in a combined thorough treatment. He is simply AMAZING! I would definitely consider getting an evaluation ASAP. I mean no offense to other Chiro's out there but he is the only one I refer my clients to.
Dr. Kurt Maharay - 267-292-9200 - 6648 Lansdowne Ave Phila PA 19151
7. **Sneakers:** Nike Free 3.0 v5 or Nike 3.0 Flyknit. These sneakers are great and so unbelievably comfortable! They help me tremendously to reduce and/or prevent back pain especially with all the walking I do and how much I am on my feet. Try to check them out when you can!
8. **Crossbody bags:** Distributes weight more evenly less tension off shoulders & bookbags carried on both shoulders...
9. **Strapless sports bra or bandeau bra:** (For the ladies of course) it opens up your neck and shoulders from the constant nagging of bra straps alleviating tension. You may also try combining a regular strapless bra with the sports/bandeau bra or double up on one style (all preference) for extra support.
10. **Coconut Oil: (if recommended)** In bulk, cheapest way, but amazing quality!
Viva Labs Organic Extra Virgin Coconut Oil <http://amzn.com/B00HNTPF7E>
Healthy Origins Organic Extra Virgin Coconut Oil, 54 Ounce <http://amzn.com/B00GI28O2A>