

Nutrient Deficiencies & Lower Back Pain Relief

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When it comes to low back pain, I've seen impressive results with a simple "in office" technique for assessing nutrient deficiencies. Deficiencies can affect muscles in different ways, depending on the individual patient. As you know, muscles come in pairs to stabilize the spine. If one of the pairs is weak the other muscle often goes into spasm.

The spasm is actually a good thing as it safeguards the spine by making sure over-extension is not an option. This type of muscle spasm usually won't respond to calcium/ magnesium or even herbal muscle relaxers like valerian root. But the weak muscles can often be strengthened with the use of low potency B vitamins. The strengthening or "turning on" of a weak muscle will allow the opposing muscle to turn off or stop the spasm process.



One way to evaluate the need for low potency B vitamins is to have the patient do a series of range of motion tests as a baseline. Use the range of motion test that has the greatest inhibition. Have the patient taste a low potency phosphoralated B complex like Bio-B 100 and retest the inhibited muscle. Each tablet of Bio-B 100 supplies 1/3 of the RDA, so we are really talking about a low dose.

Tasting the nutrient causes a neurological response and

temporarily will signal the muscle to strengthen when a deficiency exists. When the muscle strengthens, the corresponding muscle in spasm "relaxes" and allows for a greater range of motion.

For some patients the supplementation of low dose B vitamins has produced dramatic results. Remember B vitamins are depleted with stress and excess carbohydrate ingestion. Know anybody that is under stress and consumes excess carbohydrates? 90% of your new

clients probably. Personally, this strategy has been a real godsend to me.

Chiropractic care helps considerably, but if I get stressed out and don't take care of myself as I should, my low back gets tender. However when I use Bio-B 100, my tender back pain is relieved. Now of course we can use chondroprotective agents like glucosamine or chondroitin sulfates, to feed the joints and connective tissue but remember those agents are more for joint repair; whereas, here we are focusing on the muscles.

There is another class of nutrients which also affects a different set of muscles regarding low back pain. Dr. George Goodheart in the late 60's and early 70's found that vitamin E and, to a lesser degree, probiotics can sometimes have a profound effect on lower body muscles and hips that support the low back. He went a step further and found that sometimes the body wants a low dose vitamin E and sometimes a higher dose.

How do we know which product to use? That's where the range of motion test comes into play. Establish the range of motion noting the muscles with greatest limitation. Place 3 or 4 drops of low dose vitamin E on the tongue and taste it. For a low dose vitamin E, I use Bio-E-Mulsion Forte: vitamin E in an emulsified form to aid in absorption and assimilation. Each drop yields 6 IU of vitamin E. Once the patient tastes the supplement have them repeat the test and see if the range of motion is increased.

When nutrients are tasted we activate sensory receptors which feed into the brain and cause a feed back into the spinal cord

and ultimately the muscle responds. Next, try the higher dose forms of vitamin E to see which allows the greatest flexibility. For higher dose forms I try both E-Mulsion 200 and E-200 Hy (High Gamma Tocopherol). E-Mulsion 200 contains 200 IU of emulsified alpha tocopheryl and mixed tocopherols. E-200 Hy provides 200 IU of the alpha tocopherols, 200 mg of the gamma tocopherols and 78 mg of the delta and beta tocopherols. Test all three products to see which form gives the greatest range of motion.

Remember our goal is to see which product is individually suited to strengthen that patient's lower back muscles. Make sure you schedule a separate session to do this type of testing. It does take a few extra minutes to do the range of motion tests and then to taste the different nutrients and retest. But believe me; patients are happy to get this kind of one on one attention.

Dr. Wally Schmidt was teaching a class in Florida on this very subject. One of the chiropractors attending had a husband with severe back pain. Regardless of the number of times she adjusted him, he was in constant pain and had been for 5 years. Once she learned about the range of motion "nutrient testing," she tested him in the hotel room and found what worked for him. He came up to Dr. Schmidt later the next day bending and twisting like a teenager, but here's the good part...no pain.

Will you get such dramatic results with all your patients... unlikely. But I know if you'll try it, you'll be impressed.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.