

## **Rider Aches and Pains Webinar**

\*\*\* Not a doctor\*\*\*

Everything I tell you will be from what I've experienced personally. First and foremost - check with your doctor.

First thing I go to for help is nutrition

Sugar story of back pain.

Inflammation

Anti - inflammatory diet

### **Anti-inflammatory foods**

An anti-inflammatory diet should include these foods:

- tomatoes
- olive oil
- green leafy vegetables, such as spinach, kale, and collards
- nuts like almonds and walnuts
- fatty fish like salmon, mackerel, tuna, and sardines
- fruits such as strawberries, blueberries, cherries, and oranges
- Turmeric/ Ginger/ Fish Oil

## **Foods that cause inflammation**

Try to avoid or limit these foods as much as possible:

- refined carbohydrates, such as white bread and pastries
- French fries and other fried foods
- soda and other sugar-sweetened beverages
- red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- margarine, shortening, and lard
- SUGAR

## **Sugar story**

Check your vitamin levels! Low Vitamin D and B are very common (especially in women over 40) and can cause fatigue

Low back pain and tension in the hip flexors try some stretches

<https://coastchiropractic.com.au/wp-content/uploads/Blog-Piriformis-Figure-4-Stretch.png>

Hip flexor stretches

[https://www.hss.edu/article\\_hip-flexor-stretch.asp](https://www.hss.edu/article_hip-flexor-stretch.asp)

Other things that can help:

Red Light Therapy

I use it to reduce pain and increase healing. Here's info from the Cleveland Clinic on benefits/ uses

<https://my.clevelandclinic.org/health/articles/22114-red-light-therapy>

Tens Unit

I used this during my back injury for pain relief.

<https://www.medicalnewstoday.com/articles/323632#benefits>

Acupuncture

<https://www.mayoclinic.org/tests-procedures/acupuncture/about/pac-20392763>

Cupping

Cold Showers - reduces inflammation and releases dopamine. 11 minutes per week is the target number for max benefit (ie 2 minutes a day roughly)