

PAIN STOPPERS:

“The first thing that needs to happen before anyone can change is the self-realization that change is needed. The next thing is an honest self-evaluation in order to develop a winning strategy that will accomplish the change.”

Dr. Scott Hannen

FIX #1: PAIN STOPPERS

Stay out of recliners.

Don't prop your head on the back of the couch or chair.

Get a new pillow.

Rotate your mattress and check to see if you need a new one.

Stop crossing your legs.

Sit at eye level with your computer by lowering the chair or raising the screen.

Do Four for the Core exercises at least 3 times weekly (possibly try adding some plyometrics after a few weeks).

Stretch tight muscles after warming them up and actively move them in the direction of the stretch.

Get regular adjustments to maintain proper alignment from your chiropractic physician. Osteopaths who perform manipulations, physical therapists, and licensed massage therapists can also be of great benefit, especially when it comes to soft tissue problems like muscular and myofascial issues.

FIX #2: PAIN STOPPERS

Take out the bad fats, put in the good ones.

Start taking some enzymes to help digest the food.

Add into the diet some or all of the nutrient compounds discussed that apply to your particular needs.

Have your vitamin D levels evaluated to see if your vitamin D3 blood values are low or if the receptors are resistant and restore any imbalances that may exist.

Add digestive enzymes and the compounds discussed that help to digest and assimilate the fats.

Add the nutrients and compounds discussed that help repair and restore the microbiome and assist with proper bowel function.

Include live fresh foods, preferably raw, every day with meals.

Follow this regimen for a few weeks. Do the gallbladder flush and follow with the coffee enema.

After completing that, add some antioxidants to the diet, such as the ones you just read about and remove the destructive things from your life that provoke this vicious cycle. It's pretty simple. Follow the instructions in the book, stay consistent, and start your journey on the road to recovery.



FIX #3: PAIN STOPPERS

Identify any food sensitivities and avoid those foods.

Remove the big 3 from your diet (Big 3 free).

Supplement with L glutamine (25-30 grams) daily in order to assist the body in healing the damaged epithelial linings.

Correct any sinus problems with nebulized iodine and/or colloidal silver spray.

Address any thyroid and/or adrenal issues and supplement by adding targeted nutrients (such as iodine, L-tyrosine, etc.) as needed.

Begin the MITOCHONDRIAL REACTIVATION PROTOCOL. (Add MITOGEN, ALA/ALC, MINSORB, ADRENAL SUPPORT, and start doing H.I.I.T. exercises.)

Add enzymes to each meal to improve digestion and reduce inflammatory cytokines.

FIX #4: PAIN STOPPERS

Add more of the foods listed that elevate Nrf2 levels to your diet.

Supplement with some or all of the compounds that were listed that raise Nrf2 levels.

Start doing HIIT training to improve the mitochondrial system and raise Nrf2 levels.

Eliminate all excitotoxins from the diet. Supplement with pregnenolone if you are currently, or have been previously consuming any excitotoxin foods.

Identify any genetic predispositions to inherited disorders and avoid habits that promote them and develop health strategies that prevent them.

Test for MTHFR mutations and supplement with an MTHFR formula if you test positive.

Choose the STOP THE PAIN PROTOCOL from the Six to FIX Recovery Protocols that apply to you and continue for at least 90 days. If more than one apply, you can combine protocols or, you can choose one and start the others after each one is completed in succession.

Consider some of the alternative practices listed if they are appropriate for your particular health issue.

FIX #5: PAIN STOPPERS

Take the balance test and film it to document the results. Begin doing the TRAIN THE BRAIN balance exercises each and every day to help to strengthen those neural pathways.

Engage in doing the NRGGenics® program to assist your body in renewing and rebuilding the plasticity in the neural system that has aged over your lifetime. Neural reprogramming should be enjoyable and not a dread. It may seem a little tough at first, but as you continue it will get easier and easier and the rewards and benefits will far outweigh the brief struggle experienced while getting started.

Honestly evaluate your emotional status and determine if you have any emotional baggage. Start out by forgiving the people in your past and release yourself from any toxic emotions. If needed, you can go online to drhannen.com and see if you might benefit from the Road to Recovery program.



FIX #6: PAIN STOPPERS

Pray and meditate for a minimum of fifteen minutes at least a couple of times each day. Find a quiet secluded or private place when you do so the things around you don't distract you.

Start doing intermittent fasting each day and feel the improvement. Sometimes when you fast the body can release toxins giving you symptoms like a cold or the flu. Make sure you drink plenty of water and if necessary, break the fast until the symptoms subside. If you are diabetic, have blood sugar issues, are taking prescription medications, or have any other health-related risks, always consult your physician before engaging in any type of fast.

Take all of the information you've received from this book and utilize the strategies that apply to your situation or circumstance. Many of the recommendations have no cost associated with them whatsoever, so there is something for everyone. The most important thing is to do something and do it now.





