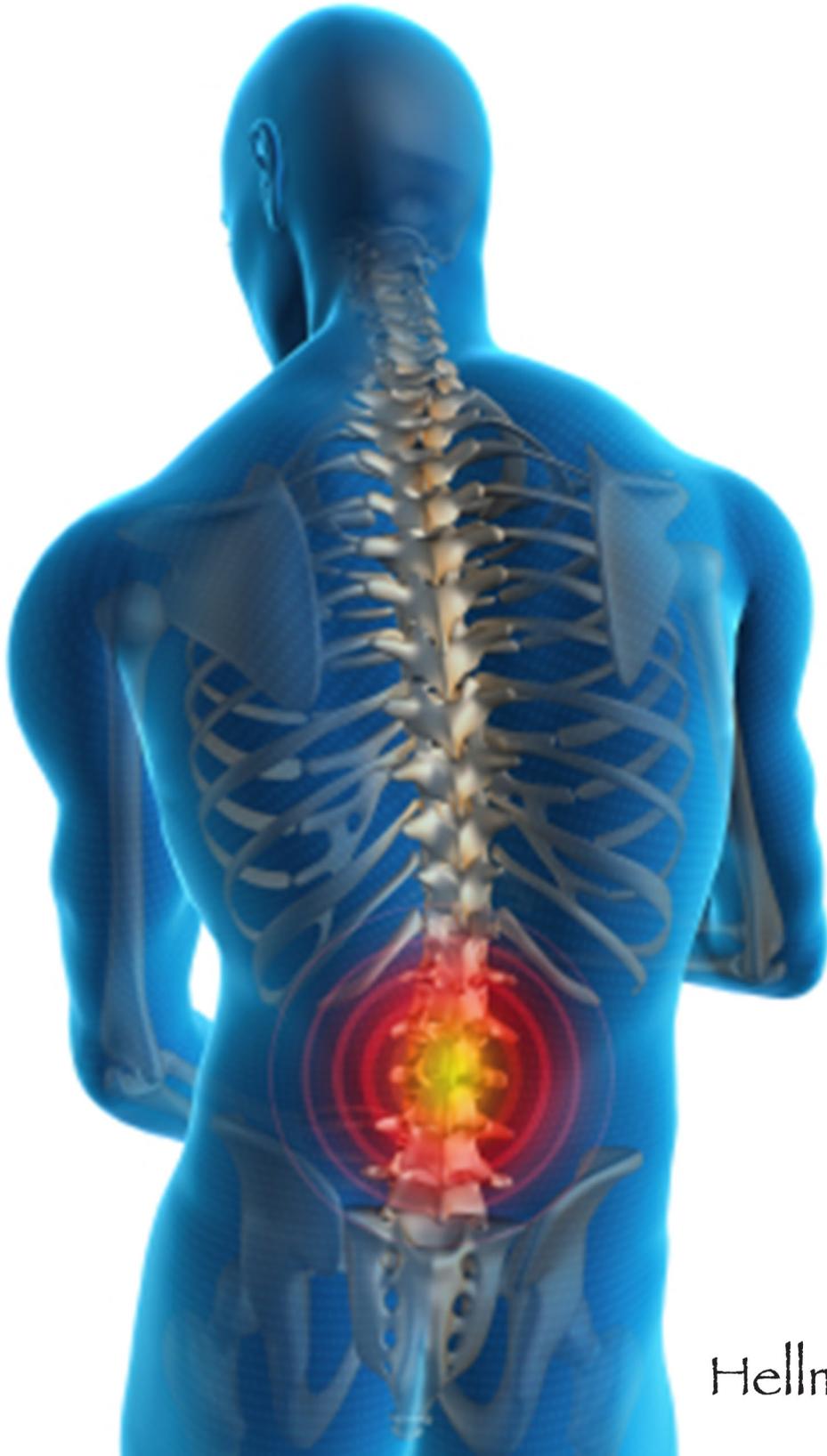


3 WAYS TO FIX YOUR BACK PAIN



Hellman Holistic Health

Author Bio

Dan Hellman is a licensed physical therapist and owns Hellman Holistic Health (H3) in Fort Lauderdale, Florida.

Dan is faculty member of the prestigious C.H.E.K Institute. The C.H.E.K. philosophy, in a nutshell, stresses the importance on improving your well being by focusing on the three main areas of life: 1) your physical well-being 2) your nutritional well-being and 3) your emotional and spiritual well-being.

As one of only 13 C.H.E.K Faculty members in the world, Dan spends many days on the road teaching personal trainers, physical therapists, chiropractors and osteopaths the C.H.E.K philosophy.

Dan also has personal clients in many parts of the world including Kuwait, Trinidad, India, Barbados, Europe and Canada.

Dan is always looking for that competitive edge and loves learning, so he recently enrolled in a 6.5-year osteopath program with world famous osteopath Dr. Guy Voyer. Osteopathy is a philosophy and form of alternative healthcare that emphasizes the interrelationship between structure and function of the body, as well as the body's ability to heal itself.

Dan is also the founder of Golf BodyPro and works with many golf clients from professional to amateur designing individualized health and fitness programs that improve their game (and their life.)

Prior to founding H3, Dan worked in several outpatient physical therapy orthopedic centers specializing in sports medicine and spine rehabilitation.

Hellman Holistic Health



Better body. Better life.

3 Ways to Fix Your Back Pain

From the desk of Dan Hellman

Dear Friend,

Thank you for downloading my free report *3 Ways to Fix Your Back Pain*.

You've taken the all-important first step towards living a "back pain free life."

At the end of this free report, please find a Gift Certificate for three free gifts valued at \$207. These gifts represent a starting point for a life of better health and peace of mind.

If you have any questions about the information contained in this report, do not hesitate to give me a call 954 566-0585 or email me at dan@hellmanholistichealth.com.

Again, congratulations on taking action. I look forward to meeting you in person.

Wishing you good health,



Dan Hellman
Hellman Holistic Health (H3)

3 Ways to Fix Your Back Pain

Lower back pain is one of the most common complaints among American citizens, which, according to the Mayo Clinic, affects as many as four out of every five people in the USA.

A survey by spine.org found that 65% of people say they suffer from back pain more than once a month.

What's more, people spend significant amounts of money trying to fix back pain and relieve its symptoms.

The MEDTEP Update estimates that managing and treating back pain is costing the American population more than \$50 billion per year. But in reality, the figure could be far greater.

Fortunately, there are some simple things that you can do to alleviate your symptoms and help prevent further discomfort. Let's take a look at the top three ways to fix back pain, so you can get on with living a full and active life.

1. **Avoid certain types of foods**

Way back in the late 1800s, Prussian pioneering bodybuilder Eugen Sandow emphasized the importance of looking after your organs and glands if you want to maintain healthy muscles. Inflammation in the digestive system, caused by poor diet, may have an adverse effect on the body's ability to build and repair muscle.

It has been suggested that the prevention of muscle development is the body's way of ensuring that inflamed organs are not compressed by thick layers of muscle tissue. Of course, without strong, supportive muscles, you are more likely to suffer from back pain.

So while there are numerous reasons to eat healthy, you can now add back pain to that list.

What's the solution? *Avoid the over-consumption of processed foods.*

This can be a challenge since nearly every food purchased in the grocery store undergoes some type of processing, whether it's a preservative to extend a product's shelf life, to enhance its coloring or to make it look more appealing.

The key is to look for food that has been processed or refined as little as possible and is free from additives or other artificial substances. These foods are commonly called "whole foods."



So put together a dietary game plan that focuses in on what's natural and avoids heavily processed (and addictive) foods and you'll experience health benefits beyond just a reduction in back pain.

2. **Keep active by doing corrective exercise**

First off, what exactly is "corrective exercise?"

Perhaps the easiest way to think of it is as a "reboot." For whatever reason - a lifetime of bad posture and slouching - your body has been altered somewhat. The goal of corrective exercise is to bring it back into its "neutral position" so you can, once again, move freely and without pain.

In order to fix your back pain, corrective exercise must ensure that your vertebrae are properly aligned. These therapeutic exercises will work to stretch short, tight muscles and strengthen those that are long, but weak. This kind of functional exercise will "pump" the body, helping to keep discs hydrated and joints lubricated; this, in turn, should help to remedy any current pain and prevent further symptoms.



Now, of course, corrective exercise is not a "one-size fits all" kind of science. In order to find out which exercises will work best for you, you'll need to have a full physical examination by a corrective exercise specialist.

3. **Sit right**

The majority of people spend large amounts of time sitting down. After a long day spent at a desk, staring at a computer screen, many of us come home and flop on the couch to watch TV, or return to our desks at home to spend the evening browsing the internet. Sitting down puts more pressure on the discs than any other activity.

In order to reduce pressure on the spine, you should reduce the amount of time you spend sitting down. Work with your therapist to ensure that your desk or workstation is set up in the most posture-friendly position. A desk that is too high or too low can cause you to slouch or to hunch over, with potentially damaging consequences for your spine. It's also important to make sure that your chair is correctly adjusted and that your computer screen is at the right height so that when you are sitting at your desk, you are in a relaxed yet upright position, such as that seen in the picture below. (Picture of Dan Hellman at Standing Desk)

If you work in an office or spend your day at your desk, it really is worth investing in an adjustable sitting / standing desk, if you're able to do so. Ergo Depot has a great selection of ergonomically designed workstations that will help to reduce pressure on the spine and decrease your chances of experiencing back pain: http://www.ergodepot.com/Adjustable_Desks_s/134.htm. (Please note: I am not affiliated with this website. I use their desks only as an example).



A sitting / standing desk will allow you to continue working in a standing position, meaning that your spine is under less pressure than if you were sitting constantly. You should, gradually, be able to increase the amount of time you spend standing as your muscles get stronger and your back pain improves.

So where do you go from here?

For starters, keep these three steps close by and use them regularly to eliminate inflammation, strengthen your muscles and reduce pressure on your joints.

Next, I'm sure you have plenty of questions about the best path to take to secure you future health and well-being. It's time to get them answered. And because you've shown an interest in taking action to correct your back problem, I'm prepared to offer you a *free* one-hour health and fitness consultation.

Not only will you get answers to your questions, you'll receive a complete health and fitness analysis. This will put you on the fast track to, not only eliminate your back pain, but meet all your health and fitness goals. Normally I charge \$49, but today it's yours free.

That's not all...

I'm also offering you two free personal training sessions.

My goal is to open you up to the possibilities of your life. And show you how with consistent and focused effort how easy it is to dramatically change your life permanently for the better. If you've been frustrated and disappointed in the past, please consider this your life preserver. Again, there's no obligation.

It's no secret that the key to being mobile later in life is being mobile and active *all through your life*. I don't feel I'm overstating when I say the action you take today could have a huge impact on your future well-being and happiness.

Together we can do it. Together we can reach all your health and fitness goals.

Call today at 954 566-0585 for your free consultation or email us at info@hellmanholistichealth.com.

Take the first step to a better body and a better life.

Wishing you good health,

Dan Hellman
Hellman Holistic Health (H3)
MSPT, C.H.E.K Faculty
Student of Dr. Guy Voyer

P.S. One more thing. I'm also offering you a free subscription to my newsletter *H3 Happenings*. A \$29 value, this informative newsletter is packed with tips, strategies and expert advice that will help you live a fuller and richer life. (For additional information see the Gift Certificate below). Call today at 954 566-0585 for your free consultation or email us at info@hellmanholistichealth.com.

P.P.S. Take a look at what people are saying about this experience with Hellman Holistic Health:

"I want to share with H3 the good news I received this morning. After working out with my H3 coach, Daniel. Today I had an appointment with my doctor to review my quarterly lab results. Since my last visit in July:

1. Cholesterol down 37 points overall and my HDL cholesterol was up 12 points! Most of my blood work/cholesterol was in the good range.
2. Blood Pressure was 109/69. In July, before I started at H3, it was 140/96. The doctor would like me to stop taking my blood pressure medication now!
3. Testosterone was 4100. This blew both my doctor and I away because it is normally right around 400.
4. Weight loss of 26 lbs since July, 34 lbs since January!
5. Highest levels of oxygen in my blood since I started getting my blood work checked seven years ago.
6. Hydration level was the best it has ever been.

The numbers amazed me, especially since I stopped taking all the vitamins and flax seed oil the doctor had recommended. The doctor was very impressed by the numbers and asked me what I had been doing to cause the change. I told him all about my "lifestyle change" and the training I am doing with H3.

Last August, before I met the H3 team, I knew I needed a change in my life. I wasn't sure what that change would be, I just needed a change. I knew I wanted to work with someone who looked at more than just exercise like the trainers I had worked with at other gyms. H3 has helped me find a new direction in my life, a healthy direction!



Thom Heaton,
Fort Lauderdale, FL

"I have been a client of Dan Hellman for the past 12 years. Training under Dan has significantly changed my life for the better. Dan's programs have helped me learn to eat healthier foods and to lose weight, improve muscle mass as I age, it has helped to reduce emotional and physical stress, and it has helped to reduce tension in my body and become more flexible physically. The quality of my life and relationships has improved dramatically. Dan is a professional in the holistic fitness area and has differentiated himself from others in the field by focusing on the individual's personal fitness and life goals. Dan evaluates each client's unique physical abilities and customizes and individualizes a program specific to them. Lastly, Dan is innovative and regularly revises client programs to continually improve their physical, mental, and spiritual well-being. I would unequivocally recommend him as a professional in the holistic fitness area."



Michael Camardello, Ph.D.,
CDPE, CRS SFR & REALTOR
Wilton Manors, FL

"Dan Hellman is one of the most knowledgeable health experts that I have ever known. Dan is not afraid to look at new ideas including studying under some of the foremost experts in the world. While his education and experience is impressive, Dan continues to learn everyday, bringing his clients the most advanced science in health care possible. His care of each patient is unparalleled. My experience with Dan has made me realize, more than ever, what I need to do with my body to be in the best shape and health possible."



Christy Gumberg
Fort Lauderdale, FL

Call today at 954 566-0585 for your free consultation or email us at info@hellmanholistichealth.com

H3 Health and Fitness Gift Certificate

Complimentary Consultation

*“All your questions answered...personalized service specifically focused on your current situation...and ongoing health and fitness tips and expertise...
A \$158 value, yours FREE.”*

This Certificate entitles the bearer to:

- ✓ **A One-Hour FREE Health and Fitness Consultation.** We'll also give you a complete health and fitness analysis. This is your opportunity to learn how to **better** achieve your weight loss, health and fitness goals. In addition, we'll show you our step-by-step plan that will get you shape in as little as 12 weeks! Plus you will get all your questions answered fully and completely. (\$129 Value)
- ✓ **A FREE subscription to my newsletter, *H3 Happenings*.** This newsletter is packed full of techniques, tips, expert guidance and proven weight loss and fitness strategies. It will keep you motivated and on track towards your goals. This is the best and most informative newsletter available. (\$29 Value)

These special gifts are worth \$158, and they are yours FREE for taking action today.

Please don't delay. **Each day is precious.** Take action now.

This is your opportunity to take back control of your life.

You will not fail. We guarantee it.

**We look forward to meeting you and helping you
get the results you want and deserve!**