

The Stay Healthy El Paso Newsletter July 2020



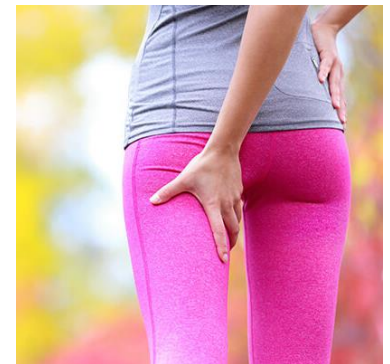
*We Help People In El Paso Keep Active, Mobile
& Healthy While Avoiding Unnecessary
Injections & Surgery*

5 Home Remedies To Relieve Sciatica

Are you suffering from a Sciatica Problem? Sciatica is one of the most common ailments many are affected by. Having to deal with sciatica can be quite challenging, depending on how severe the pain is, and also what you are doing to ease the pain. Here I am going to share 5 home remedies you can try if you are suffering from Sciatica so you can finally find relief and get back to staying active and mobile.

Ice and/or Heat

Many people have used these methods over the years, and we get mixed results. Some people prefer heat, some prefer ice, and some prefer alternating the two for relief. There really is no right or wrong. Scientific research shows that there isn't a clear winner in either case. The best thing for you to try is 15-20 minutes of one, then take it off for 15-20 minutes, and then reapply it and do that about 3 to 4 times over the course of 2 hours. Experiment with heat and ice, even experiment with alternating the two, and see which of those options works best for you.



Stretches and Exercises

Many clients that come and see us have already been trying stretches and exercises, that they may have found on YouTube or other places on the internet. Some get some relief, and some get worse. The reason for that is that there are a variety of causes for sciatica. Certain exercises can help some of those causes, but other exercises can actually severely worsen the situation. So just be careful with how you approach it and pay attention to your body and listen to it! Pain is not always something that you should be pushing into, if you are stretching or trying to work out a sciatica problem.

Pain Creams

There are a lot of gels and lotions that have pain medication mixed into them, and you simply rub it onto the painful area to get some temporary relief. Some of these are prescription strength pain medications, which you would get from your doctor. These prescription strength pain creams can be more effective than the creams you can purchase over the counter. Some people find tremendous relief using these pain creams, to where they can sleep at night if their sciatica has been keeping them up in the past.

Braces and Sleeves

Some people wear back braces, because they have back pain in addition to the sciatica. There are special sciatica braces and sleeves out there. Some are infused with copper. Some have magnets in them as well. Many people find that wearing a brace can provide them some relief as well.

TENS units

Another name for this is electrical stimulation. You can go to the pharmacy and buy a machine that has sticky pads hooked up with wires to a box. It's a battery-operated box and you put those sticky pads around the painful area. The box will have a knob that you can turn up the intensity of very small electrical shocks that go through the pads. At the lowest setting you will feel a bit of vibration, maybe a tickle, and as you turn it up higher it may be intense enough to make your muscle in the area contract and squeeze. Follow the instructions on the box so that you don't overdo it or turn up the intensity too much. Also, be careful if you have got a pacemaker or other things that might be affected by the electricity. But people that use this, find that it can give them temporary relief from sciatica as well.

Common Client Concerns

My leg muscles cramp so much because of this sciatica problem...

I've been taking pain medications for a while now, isn't that bad on my organs?

Is it normal to have lower back pain with this sciatica?

I've already had an injection for this, and it barely helped, what else can be done?

I can't sit in the car for too long because of this, I feel like I won't be able to travel right now...

Will I need surgery?

I have a bulging disc in my lower back, is that what's pinching the sciatic nerve?

I can't stand too long because my hip and thigh muscles get tired and achy...

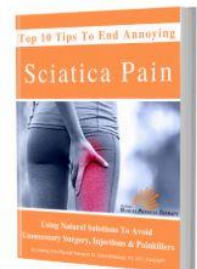
The pain is horrible every time I bend over to put on my socks and shoes...



Grab Your Copy Of Our Popular Sciatica Pain Guide

Why put off NATURALLY treating Sciatica Pain? You can request the **"Top 10 Tips To End Annoying Sciatica Pain"** right now.

Visit us at www.EpManualPhysicalTherapy.com or call us at **915-503-1314** to request your copy.



These home remedies tend to only give temporary relief, but if your sciatica wasn't that severe then it should go away, and not come back for some time. But if you find that it keeps coming back, after a few weeks or less, then these home remedies are not effective for you. If you are one of these unlucky people that have not had relief using these home remedies, and you can tell your sciatica problem is not improving then I have special news for you: Hope is not lost! You are likely just 2 or 3 components away from solving this sciatica problem.

Sciatica is usually caused by a combination of problems that come together at the same time. Addressing each of those problems is what will resolve the sciatica issue for the long-term. If you have had some relief with these home remedies, then you have addressed 1 or 2 of those components, but there are other factors remaining that you need to get resolved so that you can have complete resolution and get back to being your normal self again. It's likely time that you see a specialist to help guide you through this sciatica problem.

I'm here to tell you that we specialize in helping people treat this non-surgically, and we help them get off of pain medications and avoid injections completely. If you think that we might be able to help you out with your sciatica problem, please call us at 915-503-1314 and ask about getting a **free** Discovery Visit.

To schedule Your Free Discovery Session, Contact Us Today!



The Stay Health El Paso Podcast latest episodes:

Episode 13 Knee Arthritis - What Is It & What Can I Do About It

If you are looking for answers, or guidance around finding relief for your knee arthritis problem, this episode will shed some light on this topic and give you insights as to what you can do moving forward.

Episode 14 Upper Back Pain - Common Causes & Treatments

Many who are having back problems, often complain about pain and discomfort in their upper back. In this episode we are going to talk more about upper back pain, what the common problems are, what it feels like, as well as a few treatment options to help you ease your back pain.

Episode 15 Herniated Discs, Bulging Discs, Degenerative Discs - Possible Treatment Options

One of the most common back problems we hear about are herniated discs, bulging discs, degenerative discs, and slipped discs. In this episode, Dr. David goes over some of the most important things you must know about these disc problems.

Episode 16 The Secret Cause To Lower Back Pain

People that suffer from low back pain, in this episode I will shed some light on the different causes of lower back pain so you are informed and may be able to get to the root cause of your back problem.



28 Day Knee Health & Wellness Boost Program Now Available!

The 28 Day Knee Health & Wellness Boost Program is designed for people with concerns about their knee health.

Specifically, it is designed to help people keep their knees healthy so that they have the best chance at avoiding unnecessary knee surgery, knee injection, or having to rely on pain medications in the future.

This wellness program guides people through exercises and stretches that target key body parts that have the greatest potential to prevent knee conditions like arthritis (osteoarthritis), meniscus tears, ligament injuries, cartilage problems, and many more knee conditions.

The people that will benefit from this program the most are those with a family history of knee problems, those that suspect they are at risk for knee injuries, or people that want to be sure to keep their knees healthy as they age. **Contact Us For Details 915-503-1314**

Visit www.StayHealthyElPaso.com

To schedule Your Free Discovery Session, Contact Us Today! 915-503-1314

We're gifting a new 7th Generation iPad 10.2" 32GB (\$329 value)!!!

Put us in touch with your friend, or family member that needs to get back to being active, healthy and mobile, while avoiding unnecessary surgery, injections and medications

When your loved one gets in touch with us, and mentions YOUR NAME, we'll make sure you get into this raffle.



Here are the rules for the raffle:

- We'll enter 1 ticket on your behalf, if you can give your loved one a nudge to get in touch with us and mention YOUR NAME.
- You'll get 5 more tickets when they come to their first visit with us.
- You'll get 5 tickets if they decide to get a massage with us
- If they start treatment with us, you'll get 10 more tickets.
- Anyone can join the raffle.
- No limit on the number of people you can put in touch with us.

The lucky winner will be drawn on Friday, July 31st, 2020

Grilled Cod with Spinach and Tomatoes

Ingredients:

- 1 (4oz) fillet cod
- Salt & Pepper for taste
- 1 pinch garlic powder
- ¼ cup roughly chopped spinach
- ¼ tomatoes, seeded and diced
- 1 tbsp chopped onion
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 slice mozzarella cheese, cut into cubes



Directions:

1. Preheat an outdoor grill for medium-high heat.
2. Place cod on a piece of aluminum foil and season with salt, black pepper, and garlic powder. Top cod with spinach, tomato, and onion; season again with salt and black pepper. Drizzle olive oil and balsamic vinegar over cod and top with mozzarella cheese. Fold foil over cod creating a packet, crimping the edges together making a seal.
3. Cook on the preheated grill until fish flakes easily with a fork, 7 to 9 minutes.

(Source AllRecipes.com)

Contact Us

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