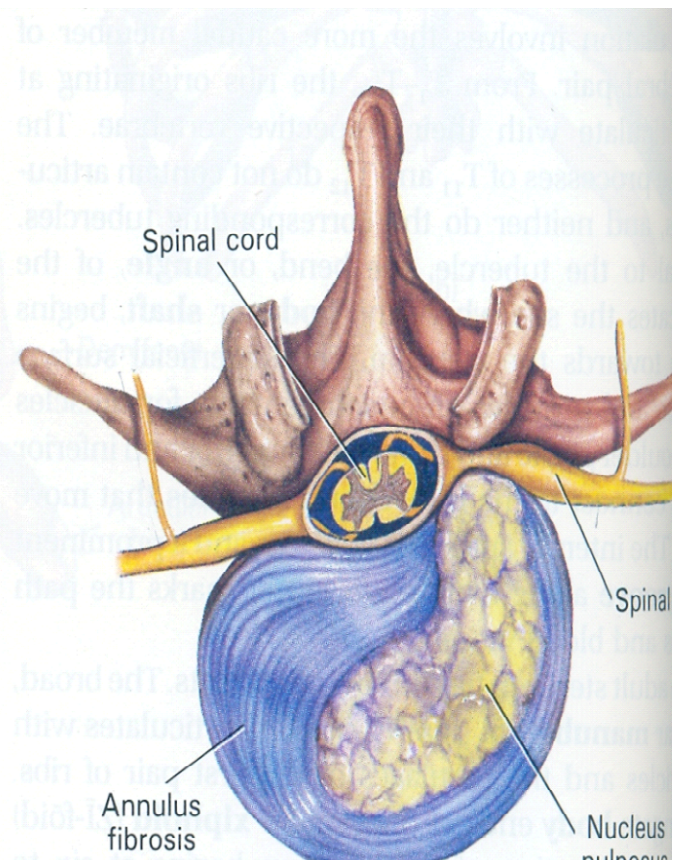
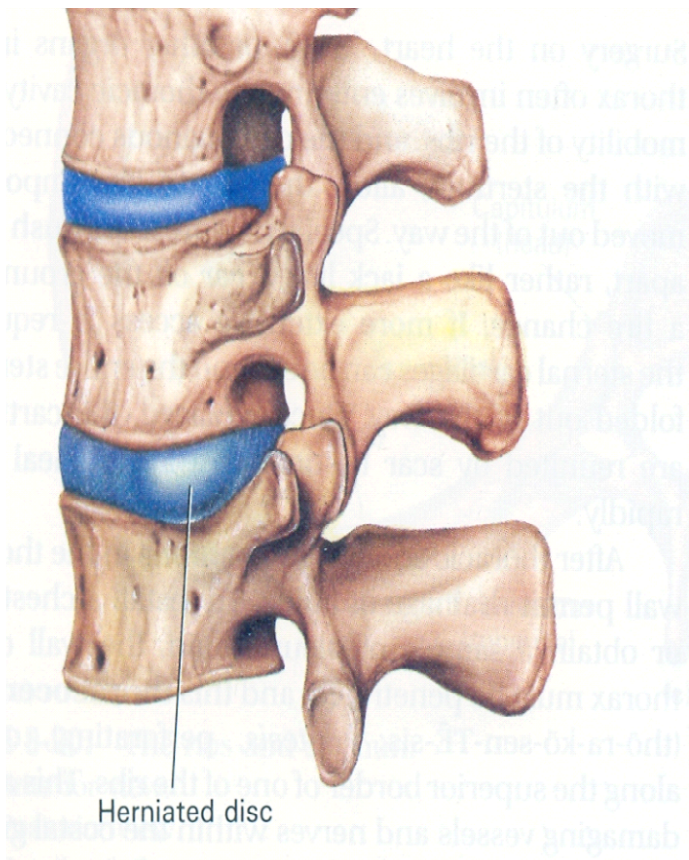


Spinal discs are cartilage pressure on nerves cause pain



Back and Disc pain Rx

- **Magnesium** for tight muscles
- **Eliminate all dairy foods** for a fortnight to see if pain improves (getting too much calcium)
- **Gelatine** to rebuild discs
- **Borax** to rebuild bone
- **B6** for sharp trapped nerve pain
- **Manganese** for stiffness
- **Water** to hydrate the discs for cushioning
- **B12, Vit A, Vit D, Vit C** for all linings
- **Fish oil** for synovial fluid