

DR. STEVE YOUNG

A man with dark hair, wearing a light blue shirt, is looking towards the camera. He is holding a model of a human spine with both hands. The spine model is white with yellow intervertebral discs. In the background, there is a white medical device, possibly a C-arm, and a dark rectangular object on the wall. The overall scene appears to be a clinical or educational setting.

ADVANCED HEALING TECHNIQUES

BONUS GUIDE

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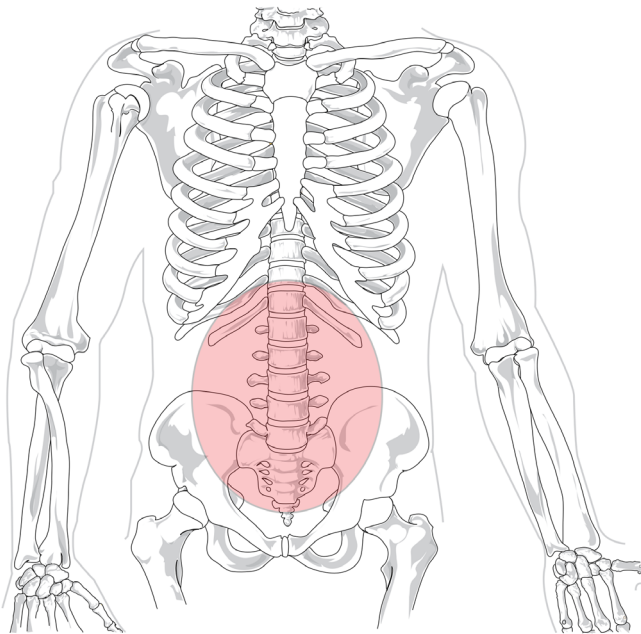
Introduction

Would you like to get pain-free **even FASTER?**

If so, this guide is for you, because I'm going to show you how to CUSTOMIZE your back pain solution for your specific needs and problems, so you can treat your pain in the fastest possible time.

The Targeted Spinal Release is 90% of the solution. But if you want extra, and want to do more, just aching and want the fastest results possible or your the type of person who just wants to get the job done, then this is for you.

In the Targeted Spinal Release You Are About To Learn:



- How to CUSTOMIZE Targeted Spinal Release to your specific body type and cause of YOUR pain!
- How to tell if you have a muscular imbalance and how to fix it.
- How to heal your body without medication, and how those pills are causing you more pain and inflammation
- My #1 natural anti-inflammatory solution you can drink daily for faster pain-relief.
- And So Much More!

So, I'm super excited for you. Let's Jump Right In!

How To Sit For A Strong Healthy Back



Ideally, when you're sitting at your workstation you are in an upright posture as shown in the picture. As you see: the back is up against the backrest, head straight forward and arms and legs level with the desk and floor.



What most people are doing is sitting forward in front of the chair and leaning all of their upper bodies weight onto their keyboard.

designed by freepik.com

This causes you to sit in that ugly forward neck posture all day long! And as you may have seen in the DVD this means you are putting about 80lb of pressure on your neck.

Unfortunately your muscle natural will compensate for this, and the pain will persist.



How To Sit For A Strong Healthy Back:

- 1. Move your sit bone all the way to your chairs back rest.
- 2. Your feet should still be able to touch the ground and your legs at a 90 degree angle.
- 3. Lean back against the backrest so your head is just over your shoulders.

■ In doing this you are moving those 80bs and properly stacking all of the weight over top of all of your postural support muscles

>> If you want to go a step further, head over to google and type in “posture training device”. This is a devices that sits on your body and syncs up with your smartphone. It will gently alert you to when your posture has deviated. This would be like having me with you for your 8hr shift at work and helping you form proper posture habis unconsciously. Truly a wonderful modern invention.



How To Fix Your Computer Setup For Maximum Back Pain Relief

Now working at a computer would not be complete if we didn't talk about how your computer is placed. If you want the very best results, considering getting a platform to put your monitor on top of. You want it to be about 2 inches above your eyes.

Now the reason we are raising your computer's monitor is because this is the #1 variable that dictates your posture at a computer. Your body, all day long is following the focus of your eyes. If you keep your computer just above your eye level, the center of the screen just about matches the center of your head. This will keep your head level all throughout the day!

There are plenty of things you could gather from around the house to build this for free like a few phone book or shoe boxes. Or, if you want to buy one, just type in "monitor standing desk riser" on google shopping and you'll find some options you can purchase on there.

And if you want to go a step further look for one that is "ergonomic". Ergonomic means that the devices was literally, "designed for efficiency and comfort in the working environment". And to translate that to english, this means that these devices are built to fit your bodies natural posture and structure. You will no longer have to keep your body in an awkward position all day thus giving you all day comfort.

Key Points:

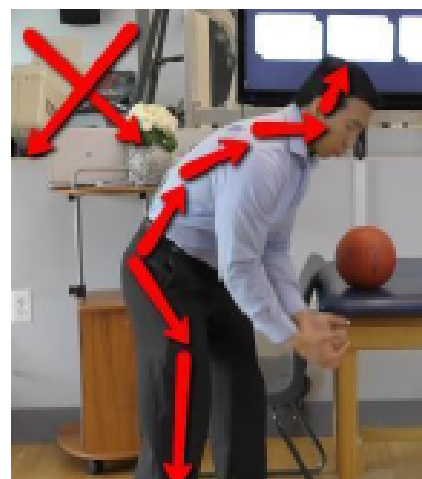
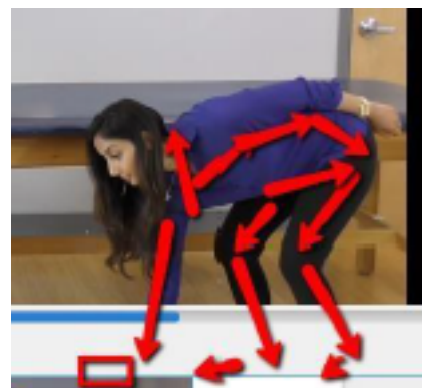
- Monitor must be raised 2 inches above eye level
- Rear to the Back of chair
- Back Upright and Straight
- Head Forward and next straight
- Optional: purchase ergonomic keyboard

Lifting.

Lifting is one of the main reasons that people injure themselves. Maybe that's what started this whole mess for you as well? We are going to make sure you are lifting properly so that you never injury yourself, or worse have to leave your job and go on disability.

The principles of lifting:

- Use The Strong Warrior.
- Lift with a flatter back chest open instead of a rounded back.
 - This is what we learned in the strong warrior.
- Prepare and use this method every time before you lift something heavy off the ground.
- Be mindful that all the pressure isn't crushing and rubbing your spine.
- Remind yourself that you are protects your back and also allowing the healing process to take place.
- Do not twist your back to the side as most people do to extend their arm.



Golfers Tilt.

This is for picking up lighter things. Named this way as you will see golfers use something that looks similar to this when they take their ball out of the hole.



- **1. Bring one leg back**

- This stays as a counter balance which helps keep your spine in a neutral position.

- **2. Strong Warrior**

- Again mindfully ensure you are bracing your core, shoulders back, suck in your stomach and bare down.

- **3. Bend Down and Pick up**

- Engage your front leg as you slowly elevate yourself down to pick up the object.

- **4. VITAL Reminder:**

- Do not twist while picking up an item.

- **5. Back Up**

- Engage legs and core and slowly elevate yourself back up.

- **6. Stand**

- Stand back in proper standing position.

Lunge.

This is for objects that require two hands.

- **1. Brace your trunk**

- Strong warrior.

- **2. Plant Legs**

- Plant front leg firmly in front object
- Plant toes of back leg (two lengths of your foot) behind you.

- **3. Bend Down**

- Lower yourself gently with both legs engaged.

- **4. VITAL Reminder:**

- Keep your back straight and don't twist.

- **5. Pick Up**

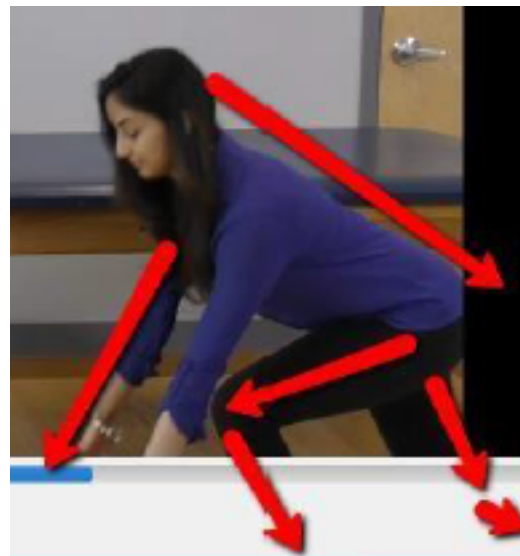
- Pick up the object with both hands.

- **6. Back Up**

- Push up with your front leg and elevate yourself maintaining and engaged back leg for stability.

- **7. Properly Stand**

- Smoothly bring yourself back into a proper standing position.



Deadlift style.

This is for the heaviest of objects that you can safely manage.

- **1. Position Self**

- Stand directly in front of object.

- **2. Strong Warrior**

- Brace your core and back.

- **3. Bend Down and Pick up**

- Engage your legs and slowly squat as you elevate yourself down.

- >> Reminder: keep back flat and don't twist.

- >> Allow legs to control the movement as you slowly bend down

- >> Pick up object with two hands.

- **4. VITAL Reminder:**

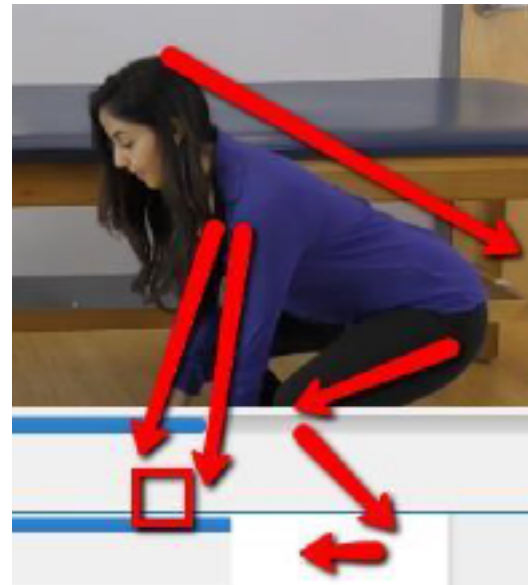
- Keep your back straight and don't twist.

- **5. Back Up**

- Engage your legs to in a controlled movement elevate yourself back up.

- **6. Proper Standing**

- Stand in proper upright position.



Types Of Back Pain And Imbalances

What I've found while helping over 7,500 of my patients is that there are two main types of back pain. These are associated with two different structural imbalances. And, when we correct these imbalances we are actually saving you from future injury.

It is estimated that if you have even a 12% muscular imbalance in one leg then the other you are 300% more likely to have a serious injury.

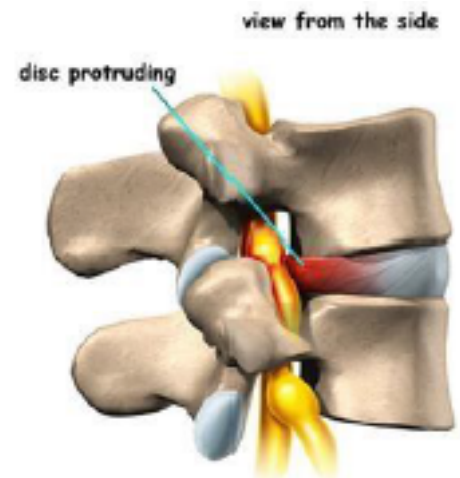
So in this section, first read through to find out the type of issue you are having and then begin using the associated postural rebalancing methods we've detailed for you.

How To Know If You Have A Disc Bulging

In between each of the bones in your spine is a small disc. They act as a shock absorbers in the spine, positioned between each bony vertebra and as tough ligaments that hold the vertebrae of the spine together.

Being that they are shock absorbers, means that they are malleable and move with the spine. Any position the spine is in they match it.

Now imagine a spine that is degenerating, as you see in the photo, the bones collapsing on one side and causing the disc to bulge out and squish your nerve. NOT FUN...



Often times when this is mild, it can heal on its own and the spine goes back into place. However if you aren't giving it the proper environment things become progressively worse.

It will stay in this shape and grow worse and worse over time. So much so that it will begin to move your spine out of place permanently!

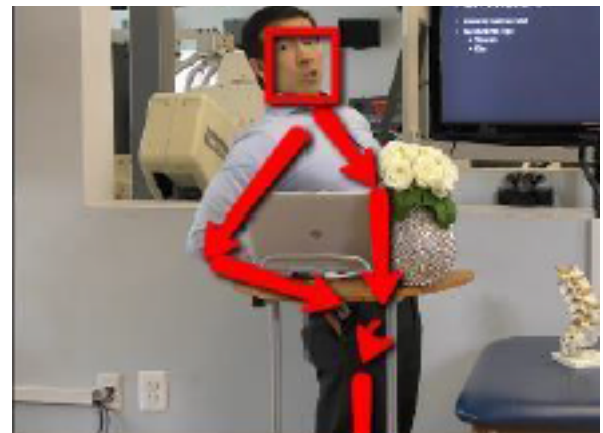
Now, I'll save you the details as after this it can become very grim. Just keep reading and I'll show you how to tell if this is your problem, and if it is not continue on to Stenosis.

Here's how you know if this is your issue:

If your pain begins when you sit, and it starts to radiate down your leg this is your problem 99% of the time. Most people who experience this are below 40. Inflammation is causing this disc bulging. Your spine is filling with fluid and the disc has nowhere to go but out.

What you should do: arch your back

- 1. Face forward with even pressure on both feet
- 2. Put your hands on your back right above your rear for support
- 3. Inhale
- 4. In a controlled manory slowly begin arching your back outward.
- 5. Exhale
- 6. Come back to a neutral position



When to do this:

- Do this throughout the day when you notice your pain is shooting between your back down and your feet
- What you will notice is that when the pain starts up again you have begun the habit of rounding your back.
- This will cause your pain to stick with you for weeks
- Just keep on arching your back every hour to keep your discs in place.
- And, insure you are maintaining proper neutral posture

The effects:

- As this progresses your pain will begin to centralize. Meaning that if your pain is in your foot it will begin moving to your calf, then your thigh. Then up to your hip and then to your back.
 - This means the disc is moving to its proper place
- And once the disc is in its ideal spot, essentially a “scab”/“scaffold” will form which will prevent it from wiggling in and out.
- If the pain is above your knee it may take about 2 weeks.
- If it is below your knee it may take about 4 weeks.

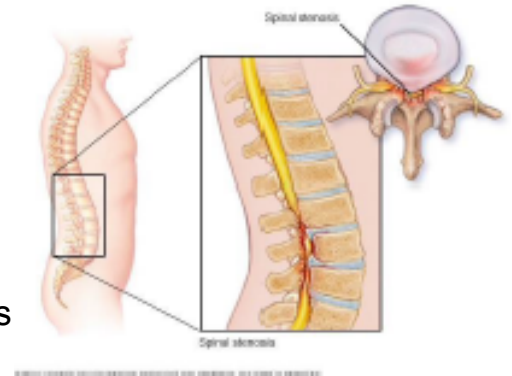
How many times to do this:

- It might take 70-80 arching movements per day to get rid of the pain if its pretty bad.
- Never do this all at once as this can quickly make things worse than before
 - Perform this in set of 10 and then assess the pain.
 - If the pain is only in the direct center of the back or its gone then you can stop
 - But if it is anywhere other than the center/or/gone continue doing this 10 times every hour.

How To Treat Stenosis

This is what happens when your pain is worse when you stand and/or are walking. What makes it feel better is when you are sitting. People who are experiencing this are often above 40 yrs age.

You see the nerve that sits in between the “holes” in your spine has become too small and is causing your nerves to send out pain signals.



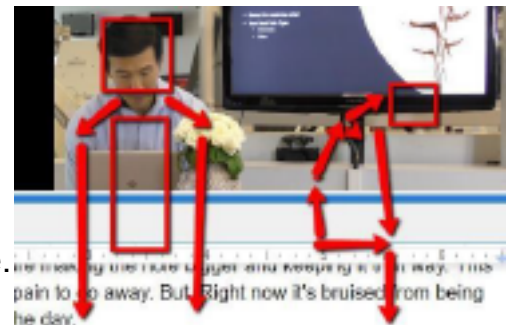
This next motion is designed so that you are making the hole bigger and keeping it that way. This allowing the nerves to heal and pain to go away.

But, right now it's bruised from being crushed repeatedly throughout the day.

What to Do: Rounding forward you can do this either in a chair or in bed...

- **In a chair:**

1. Gently rounded forward
2. Head and fix eyes at ground
3. Softly reach towards the floor
2. Allow gravity to passively extend your spine.



- **In Bed:** Double knee to chest stretch

1. Lay down
2. Put your knees in a triangular position
3. Relax your stomach, hips, back
4. Engage your arms and slowly/gently pull your legs, from your inner thighs,



towards your chest.

- Only go as far as your body feels comfortable
- You should not feel pain
- If it is tight just back off slightly and hold from there
- You will feel tension from your but muscles, and across your back

5. If you feel pinching in the front of your hips it's because your hips are tight.

- And you can modify this by angling your knees out slightly
- As if you're pulling slightly out in a V position rather than two L's
 - (V vs I I)
- This is actually more natural for your hip joints
- This will feel much more comfortable



6. To release keep hold of your hips with your hands.

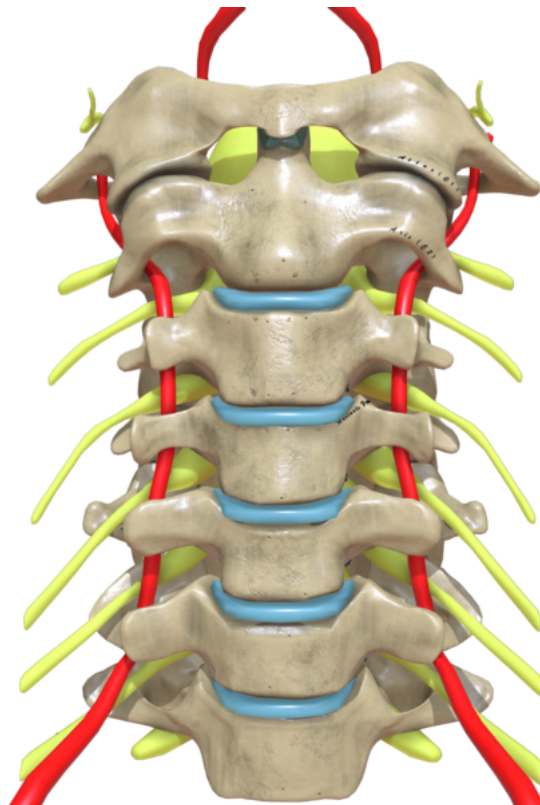
7. Slowly guide them back to the starting position

- Feet flat on the surface with knees and legs in triangular position

How many times/ When to do this:

- For routine maintenance or in pain for weeks
 - You will hold this for 30 seconds at a time
 - 5-10 sets

- For super irritated low back or if it just started with in the last couple of days
 - Hold this for 5 seconds each
 - 20 sets



Fixing Muscular Imbalances

Studies are now showing that if you have the following muscular imbalance you have a 1700% percent higher chance of injury.

Most people have tight hip flexors which we talked about with the Warrior Methods. But many people still also have tight piriformis and hamstring muscles. And oftentimes these muscles are lopsided. Meaning that your dominant leg might be more limber than your non-dominant leg, or visa-versa.

The following are tests to see which legs have imbalances and the stretches to restore balance.

The Imbalanced Piriformis And How To Stretch It

This is a small muscle that rotates the hip. As you can see it connects the tailbone to the side of the thigh bone. This small muscle is under your glutes. When you hip flexors are tight this muscle must overcompensate for you so you can walk. Therefore it gets tight.

This muscle sits directly over the sciatic nerve. This nerve runs right down the inner thigh and travels all the way though your leg. This is the nerve that people are referring to when saying hey have “sciatica pain”.



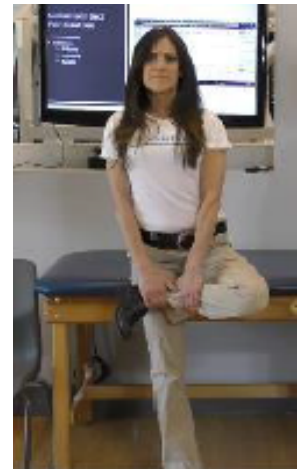
Piriformis Test

1. Stand holding a sturdy table
 2. Bring leg you are testing out sideways
 3. Slide your leg up to the opposite the knee
- If you can this that leg is good
If not it needs the next stretch
4. Test the other leg



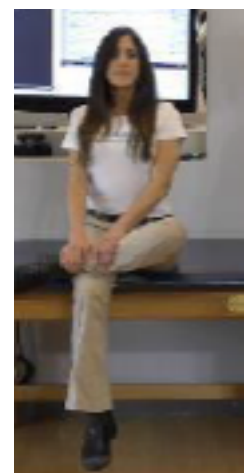
Piriformis Standing Stretch

1. Use the same position as the piriformis test
 2. Stand with a table for support
 3. Grab the shin of the leg you are stretching up
 4. Gently pull up
 5. You will feel a gentle stretch behind your hip
- Hold for 30 seconds
6. Do the opposite leg
- Which ever side is tighter do more reps for that side



Seated Piriformis Stretch

1. While sitting with proper posture and chest up
2. Lift up your the leg you are working on up gently
3. Hold for 30 seconds
4. Release and perform on the other side



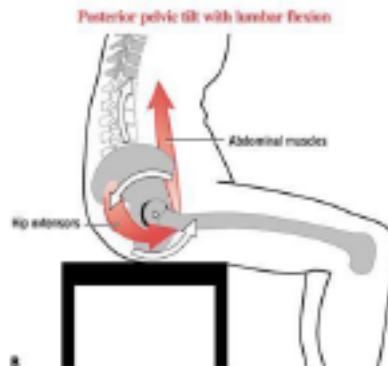
The Imbalanced Hamstrings And How To Stretch It

The Hamstring goes from the back of your leg all the way to the back of your tailbone. It gets tight from sitting a lot as it is often never fully extended.

If this muscle is too tight it pulls on your lower back causing your butt to become tucked in.

Your posture then automatically hunches forward and your lower back automatically becomes rounded. This is contributing to that dreaded pressure on your spine and discs.

In this case it will cause your disc to slip out your back potentially severing your spine.



Hamstring test:

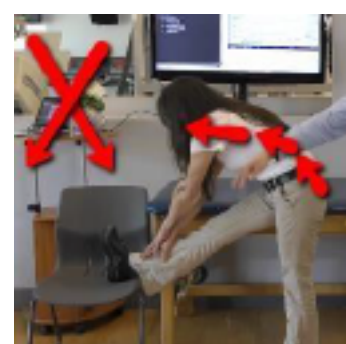
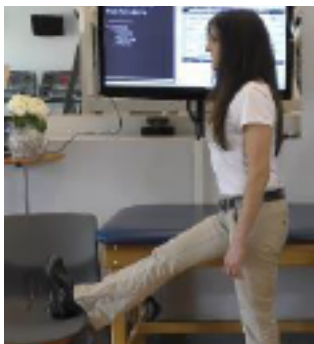
1. Hold your hands for balance on a sturdy table
2. Lift one leg up keeping your chest up and posture straight
 - >> We are checking to see if your leg lifts above the height of your opposite knee
 - If higher you have a tight hamstring on the side being tested
3. Test both legs
4. You also want to assess if one leg is tighter than the other

>> Essentially you want both legs at the same high and to be rising above your knee.



Hamstring stretch:

1. Put the leg with the tighter hamstring on top of the chair
 - >> Make sure that the chair is stable
2. Bend forward with your chest up, and back, and neck in alignment
 - >> Do not round
 - >> 30 seconds
3. Then go ahead and stretch the other leg
4. If one leg is tighter do additional stretches
 - >> Your goal is to eventually even out both legs



Learn If You Have Acute Or Chronic Pain And How To Relieve It

Chronic pain: Pain that lasts for more than 6 months. The pain can become progressively worse and reoccur intermittently, outlasting the usual healing process.

In the case of chronic back pain, you are going to want to follow the protocols layed out in the Dvd or in the Targeted Spinal Release Manual. What is happening is a structural issue and you need to being the 30-day process of re-aligning and relieving tension.

Acute pain: Pain that comes on quickly, can be severe, but lasts a relatively shorter period of time then chronic pain. So this is generally under a 6 month period, but can last for days weeks or even a few months.

If your pain is acute, in the bullets bellow are a few things you want to do to relieve the pain. Just know that the reason acute pain happens in the back is because of pressure, fluid and tension building up and aggravating your nerves.

I recommend you reduce your inflammation naturally instead of trying to stretch your back or do any of the Warrior poses for first 1-3 days. Afterwards these 1-3 days you should continue using these methods and with the Warrior poses until your pain completely vanishes.

These are my top methods for get riding of the pain.



Ice your back: Use an ice pack that you made with crushed ice and a freezer back or one you bought designed for backs, and lay down on your bed flat on your back for 10-20 minutes.

- Lay down as if in the Strong Warrior pose (legs up in a triangle and hands at side or on stomach but without flexing your back)
 - You may want to put some pillows under your legs to keep them propped up.
- Do not put the ice pack directly to your skin have a thin towel and a shirt on.
- Put ice on to the most inflamed section of you back.
 - This is usually where the pain is located
 - But to check have someone put there hand on your back and feel for the warmest sections - that is where the most fluid has built up.
- Keep relaxed like this for 10-20 minutes
- Take it out and stay relaxed and laying down in same position.
- Afterwards walk.

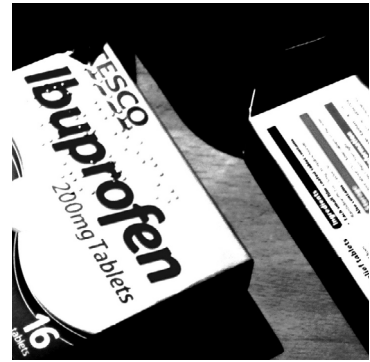


Walking: Take small gentle steps just so you can start getting some movement in your back. What this does is create circulation and helps flush out the built up fluid and inflammation.

- When you first start it may be painful
- Continue with small steps and try to maintain the best posture and upright position.
- Eventually you will be able to take more normal strides
- Continue walking for 10-30 minutes.



- ✓ I recommend you **don't take over the counter anti-inflammatories or painkillers.**
- We will get more into that in the next section but just know that using pain killers not only causes more inflammation but also destroys your gut.



- ✓ Use the **Anti-Inflammatory Daily Drink**
- Use this drink daily instead of painkillers
 - This is also described in the section below



- ✓ Ice baths if you can tolerate it

- ✓ Hot packs and cold packs
- Some people find both hot and cold helps
 - Use the same method to lay down as icing your back
 - And after 5-10 minutes switch to warm
 - Rotate twice and then begin walking as described above.



After 1-3 days go through the protocols from the Dvd or both manuals again.

Check for any imbalance and tighenesses and go about resolving them with the methods described.

Natural Anti-inflammatory Daily Drink

Over the counter anti-inflammatories are one of the **worse things you can do to your body**. Studies are now showing that using these drugs actually inflames the lining of your gut and allowing “toxins” to get into your bloodstream. Your body then attacks these “toxins” and causes more inflammation and a mess of autoimmune issues.

If we continue down the line, by having all of these “toxins” in your bloodstream, and creating more inflammation. We are essentially driving further pain in and around our spine. It’s a bit of a catch 22 to and an oxymoron, we want to get rid of the inflammation which is causing the pain, so we take a drug that causes more inflammation long term.

Meanwhile, even though this science is becoming more and more known by our health professionals, it is being ignored. I think you can imagine this is easily lead back to our large “friend” big pharma.

But enough is enough....

I’ve done the research for you and found that when you mix the following ingredients into a drink, you can lower your inflammation without any side effects.



You'll need...

- Turmeric or actual extract “curcuimin”
1 teaspoon



- Warm whole milk (as it needs some fat to absorb it)
8-10 oz
If you are intolerant of whole milk, use whatever substitute you'd like and add more coconut oil for the fat.



- Add a tbs of coconut oil



- And a dash of black pepper (which allows the body to absorb tumeric/ curcuimin for its full benefits)



Why This Helps Reduce Your Inflammation:

The main reason that this drink is so effective is Tumeric, specifically the extract Curcuimin.

In recent studies are showing that curcumin is one of the most effective anti-inflammatory compounds in the world. However the only way to activate this at a high enough level to take effect is by adding black pepper.

Piperine (naturally found in black pepper) enhances the absorption of curcumin by 2000%.

And as a medium and necessary transport for these anti-inflammatory ingredients, fat is required. We are adding coconut oil and milk which will supply the fat for this process.