

Natural ways to help prevent and treat Pinched Nerves

Chiropractic adjustments restore normal movement and position of joints, which helps take pressure off of pinched nerves.

Besides resulting from misaligned joints, pinched nerves can be a result of bulging, degenerated or herniated discs. When discs are a problem, adjustments alone may not be adequate to relieve pinched nerves. [Spinal decompression](#) is a new technology that is very effective in treating pinched nerves. We offer spinal decompression in our office. It is a higher tech version of traction that is computer controlled and has pull cycles that depend on your body weight and the resistance of your muscles and ligaments.

Many people who would otherwise require surgery can find relief with spinal decompression. Spinal decompression also works on people who have already had surgery and those who have hardware in their spine. We always use spinal decompression along with BBT (brain based therapy) in our office. This allows the most chronic and difficult cases to get relief.

Here are supplements that help heal discs and make nerves more resistant to pressure.

1. **Free form amino acids.** It is necessary to take 2 capsules 3 times per day.
2. B12. **Intrinsi B12 with Folate** and **Vessel Care** are the B12 supplements we carry. 1 to 2 pills per day is adequate for most people.
3. [Twice Daily Essentials](#) supply adequate magnesium and calcium in balanced form to relieve any muscle spasm that could be encouraging pinched nerves in addition to containing all the other B vitamins that help B12 work better. Thiamine deficiency (B1) is also a consideration with pinched nerves. [Twice Daily Essentials](#) also has thiamine. Take two packs per day with meals. The B vitamins in Twice Daily Essentials can be so energizing that many people have to take a pack at breakfast and a pack at lunch. Taking it at dinner can be too energizing for many people.