

How to get over your Sciatica faster

Besides chiropractic adjustments, there are several things you can do to speed up your healing process from sciatica. First, get the low back pain handout and follow all of those recommendations even if you don't have low back pain. The source of sciatica is the low back.

1. Take a high quality multi-vitamin/mineral like our [Active Nutrients](#) or our [Twice Daily Essentials](#). Sciatica is a pinched nerve. When you are low in B vitamins your nerves become very sensitive to pressure. Our [Active Nutrients](#) have very absorbable types of B vitamins in them and will help speed your healing process tremendously. Our Twice Daily Essentials are a multi-vitamin/mineral pack with a calcium pill, a magnesium pill and an essential fatty acid pill in each pack for convenience. The calcium and magnesium relieve muscle spasm and the essential fatty acids reduce inflammation.
2. Take additional B 12. This is in **Vessel Care** or **Intrinsi B12 with Folate**.
3. Disc problems are often the cause of sciatica. Amino acids heal discs. Amino acids are digested proteins. If you don't eat enough protein or you can't digest protein, you may need to supplement with amino acids. Eat at least 60mg of protein per day. Take amino acids to heal the disc or discs. **Platinum Plus** is the amino acid formula we carry.
4. Taking acid lowering drugs will keep you from absorbing both B vitamins and protein/amino acids. Long term use of acid lowering drugs can cause back problems because of this.
5. If you are not already on decompression, please ask about **Non-Surgical Spinal Decompression** in our office for your sciatica. This even works for people who have had surgery before or have hardware in their spine.
6. March gently on a mini trampoline for 5 minutes per day. You can get these for \$30 at Walmart.
7. Bounce gently on an exercise ball for 5 minutes per day if it doesn't cause pain to do this.
8. An inversion table can be very helpful for sciatica. Do not hang upside down 100%. Invert only 45 degrees for only 30 seconds to start. Work up to 30 minutes. Even 5 minutes per day twice a day is helpful.