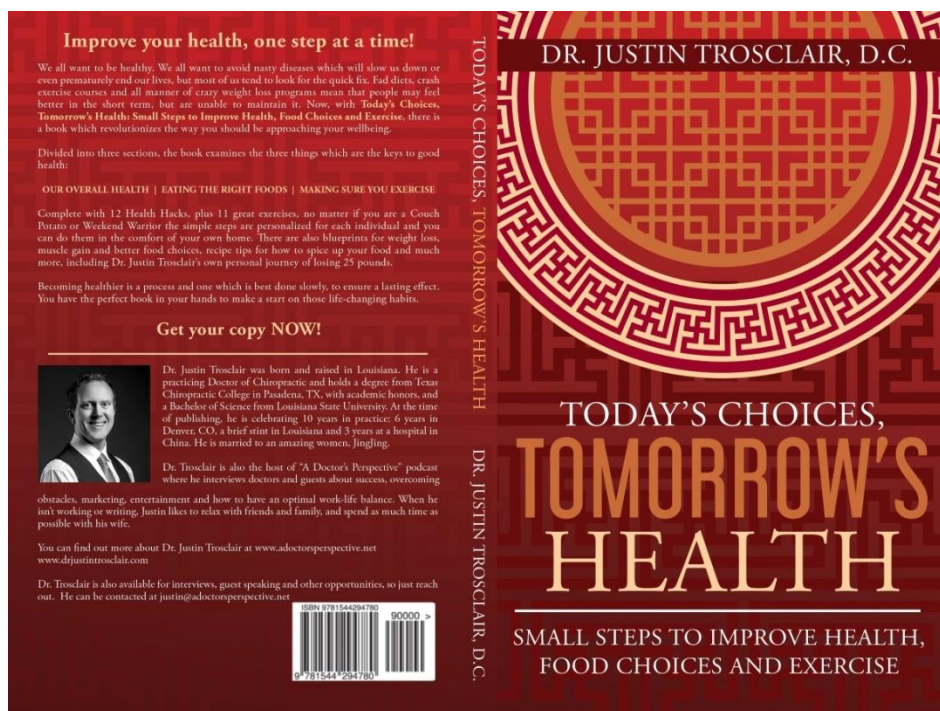




12 Exercises for Optimal Spinal Health

DrJustinTrosclair.com
Doctor of Chiropractic





About the Author

Dr. Justin Trosclair is a practicing doctor of chiropractic and obtained his degree from the Texas Chiropractic College in Pasadena, TX with academic honors. He was born and raised in the heart of Cajun Country, Louisiana and received a Bachelor of Science from Louisiana State University. Dr. Justin spent almost seven years practicing in a suburb of Denver, Colorado before working in Yunnan, China for 3 years. As of the writing of this book, 2017, he is still residing in China working at a hospital. Dr. Trosclair is also the host of "A Doctor's Perspective" podcast where he interviews doctors and guests about success, overcoming obstacles, marketing, entertainment and how to have an optimal home-life balance. Please visit www.adoctorsperspective.net to listen and why not subscribe so you never miss an episode or other announcements. His personal clinic website can be found at www.drjustintrosclair.com. Dr. Justin is happily married to an amazing Christian woman, JJ for short. He can't say enough good things about JJ and would feel remiss if he left any out. Dr. Trosclair is available for interviews, guest speaking, and many other opportunities, so just reach out. He can be contacted at justin@adoctorsperspective.net or drtrosclair@gmail.com

This is a short excerpt from my book. It can be purchased in its entirety www.drjustintrosclair.com/mybook12

Today's Choices. Tomorrow's Health: Small steps to improve health, food choices, and exercise.

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5 Neck and Shoulder Exercises

Here are 5 exercises that you can do with dumbbells to reduce pain and improve function in the neck and shoulders. Just follow the pictures. If you need a long explanation and a better visual aid, search YouTube.

1. The one-arm row

Get into the position shown. When lifting the weight, don't raise your shoulder to your ear. Keep it in the neutral position as shown and when you raise the weight, make sure you are squeezing the back muscles between your shoulder blades.



2. Shoulder abduction

Start in the left picture position. Keep the shoulders down, don't let them raise to your ears. When you raise the arms, the tendency is to try and keep them directly in line with your legs. However, based on how the shoulder joint is angled, I actually have my arms out in front of me at about a 15° angle. You will notice that this slight forward position puts less stress on the shoulder joint on the way up.



3. Shoulder shrug

This time, you do want to raise your shoulder to your ear. Do your best to tighten the front and back of the shoulders when lifting. One way to do that is to grip the barbells hard and slightly bend the elbows. You should even feel the biceps and triceps tighten.



4. Reverse fly

Assume the first picture position. Feet are about shoulder width apart, knees are bent and my chest is a little forward. Notice my back is still straight and not curved. By bending the knees and pushing my butt out, I get this forward position without rounding my back. The weights are not lifted overhead and they are not lifted directly in front of you. Notice, I am lifting the barbells out sideways (elbows have a slight bend so I can grip harder and activate more muscles) and pinching between the shoulder blades. That is the key to this exercise, pinch those shoulder blades together.



5. Upright row

Keep the shoulders away from your ears on this exercise. When you start raising the weights, bring the hands close together immediately and raise to your collar bone.



Start with light hand weights of about 4-12 pounds. Perform these exercises 3 times per week and mix up your workouts if you don't want to do all 5 each time. One routine could be to do exercises 1, 2, and 5 one day, and then exercises 1, 3, and 4 the next. Switch back and forth each time you exercise. When starting out, do each motion 10-12 times and repeat that twice. As you get stronger, add a third set. Once you can do an exercise comfortably for 3 sets, increase the weight by 2-3 pounds. Focus on technique and try to go up/down or in/out (depending on the exercise) for a count of 4 seconds each way. This means: take 4 seconds to bring the arm all the way up and take 4 seconds to bring it all the way down.

Slightly Slimmer but Definitely Stronger Abs

Having a slim stomach area takes more than exercise. You probably know that it also takes cardiovascular exercise and a proper diet. In fact, if you want to see your abs then you have to be less than 10% body fat. Guess what? Eating a lot of carbs and dairy and not being strict with your diet will always lead to hidden abs, regardless of how big you make them. However, these are two killer moves you can do at home to strengthen all 3 core muscle groups at once. Now that's efficient.

Exercise #1: The Plank



Start out in a push up position on the floor but place your weight on the forearms not the hands. Keep your forearms in place like the picture. To start in a neutral position, just bring the knees to the ground. When you are ready, raise your chest, pelvis and knees so they are all off the ground in a flat line (like the picture). Notice the pelvis is level with the back and not poking up higher causing an upside down V shape. Tighten your abdominal muscles, shoulders and your butt muscles and hold this position for 20 seconds. Rest for 15 seconds and repeat up to 3 times. After a few days, add 10 seconds and continue adding until you can hold the position for 60 seconds without shaking. Do this 5 times a week.

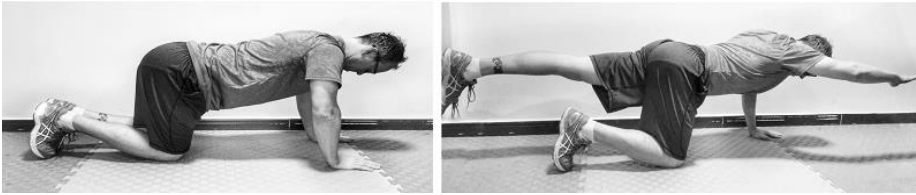
Exercise #2: Butterfly Abs



Sit on the floor with the soles of your feet touching, so your knees flare out like the picture. Now lie back on the floor and try to tilt your pelvis so that the lower back is in contact with the floor too. Typically when we lay back, our lumbar (low back) will be arched and not touching. Now cross your arms over your chest, contract your abs and raise your chest so that the shoulder blades are off the ground about 4 inches. Be mindful to actually get the shoulder blades off the ground and not just bend the neck. I like to stare at some point on the ceiling and raise up to get closer to it. This way, the neck and chest stay in alignment, therefore avoiding neck pain. Look at the picture, I did NOT do a sit up but I did do about $\frac{1}{2}$ of a crunch. Those 4 inches of up and down will do the trick while minimizing unwanted injuries. Do 20 reps, rest, do 20 more and do this 5 times a week.

Low Back and Spine Strengthening Exercises

Bird Dog:



Start out on all fours. Notice that the elbows are bent 10-15° so that the shoulders can be at the same level as your butt. Bring one leg straight out and raise it level with your butt. It's common to over lift it so the pelvis will look higher on that side. Check yourself in a mirror to make sure it is level. Next raise the opposite arm and keep your neck in a straight (neutral) position. The opposite elbow is still bent because the shoulders need to be level; if you over raise your arm, it will mean your shoulders are no longer level. Be sure to contract your abs and your butt. Hold for 30 seconds on each side and repeat 3 times. Do this 4 times per week.

Plank:



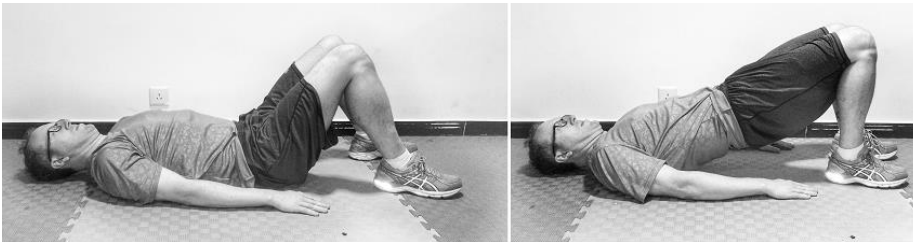
Start out in a push up position on the floor but place your weight on the forearms not the hands. Keep your forearms in place like the picture. To start in a neutral position, just bring the knees to the ground. When you are ready, raise your chest, pelvis and knees so they are all off the ground in a flat line (like the picture). Notice the pelvis is level with the back and not poking up higher causing an upside down V shape. Tighten your abdominal muscles and your butt muscles and hold this position for 20 seconds. Rest for 15 seconds and repeat up to 3 times. After a few days, add 10 seconds and continue adding until you can hold the position for 60 seconds without shaking. Do this 5 times a week.

Side Plank:



Start on your side with the elbow and forearm on the ground holding your torso up. The elbow needs to be aligned under the shoulder for stability on the next step. Stack your feet on top of each other. Next, lift your pelvis and knees off the ground, supporting your weight on the arm. Be sure to contract your abdominal and gluteus areas and make a strong shoulder contraction. Those who are untrained in this motion will see their back and arm start shaking in 12 seconds. Do your best and try and hold for 30 seconds on each side and repeat 3 times. Do this 4 times per week. If you just can't do it, then bend the knees 90° (your feet, knees and pelvis will make an L shape with the feet pointed directly behind you) and raise up on the knees instead of the feet.

Hip Bridge:



Start with your back on the ground, knees bent, feet shoulder width apart and arms to the side. Use your abs and butt to raise your pelvis off the floor. You want the chest and pelvis to be level. The best way to cheat is to use your leg muscles to raise and keep you at this level position. That's cheating, so don't do it, just contract your core. Hold for 30 seconds on each side and repeat 3 times. Do this 4 times per week. Too easy? Kick a foot out so one leg is fully straight. Alternate sides.

Runner's Stance

If you sit at a desk all day, you make things even worse for your back pain. The front pelvis muscles get tight, short and pull on the spine causing discomfort. Therefore, it is important to keep the correct spinal stabilizing muscles strong and flexible. The added benefit of the exercises presented in this book, as well as the current Runner's Stance stretch, will be a reduction in pain.

I want to show you a quick and easy stretch for low back pain that will benefit you. What you want to do is stretch the front of your hips and legs either daily or every other day. This area of your body is called your hip flexors. If you sit all day, you put a lot of pressure and stress on your hip flexors. And if your hip flexors get tight and stiff, it will lead to low back pain. If you sit for long periods of time each day, you should find this stretch very beneficial.

What you want to do is stand with your left foot forward and your right foot back, with your feet flat on the floor. Then, either put your hands on your hips or have a chair next to you that you can hold on to for support. Make sure you keep your back and hips in straight alignment. Next, push your hips forward while keeping your back leg straight. If you notice the left knee is further than your foot, then you need to bring your foot farther out in front of you. The knee should stay even with the ankle (not drifting forward over the foot and toes), otherwise you run a risk of injuring the knee. Slowly, keep moving your hips forward until you feel a comfortable level of tension in your legs and front hip. If you find yourself really low to the ground and think this exercise is a joke, raise up a little and then bring your chest back. It's highly likely your chest and back are bent over instead of in a neutral upright position. Hold for 10 to 15 seconds. Then switch sides and do the other leg. Do each side 3 times.

-I recommend getting out of your chair and walking around every 55 minutes.

-I recommend doing this stretch at mid-morning and mid-afternoon while at work.



Imagine Having the Blueprints You Need to Make Better Food Choices Now and Instantly Start Dropping Pounds... All While Increasing Your Exercise with Ease, No Guilt and Getting Rid of Your Low Back and Neck Pain.

We all want to be healthy. We all want to avoid nasty diseases which slow us down or even prematurely end our lives, but most of us tend to look for the quick fix. Fad diets, crash exercise courses and all manner of crazy weight loss programs mean that people may feel better in the short term, but are unable to maintain it.

Now, with **Today's Choices, Tomorrow's Health**, there is a book which revolutionizes the way you should be approaching your wellbeing.

Divided into four sections, the book examines the four things which are the keys to good health:

Our overall health

Making sure you exercise

Eating the right foods

Create and stick to a budget

What's Inside? Can you reach your own Weight Loss, Cardio and Weight Lifting goals as well as Financial Success?

Weight Loss/ Food Choices

- Simple Steps to Improve Food Choices
- Will Power is no longer the Driving Force to better choices
- Optimal Calorie Counter Calculator so no more guessing how much to eat
- Carbs, Fats, Protein what is the proper ratio?
- Fact of Fiction: Fake Sweetener Alternatives
- 2 Changes in how I eat that Nearly Guarantees Eating less with Limited Self Control
- Trick yourself to feeling full faster with plate choices
- Lessons learned in China for portion control
- Cut Carbs without my family hating me
- How excess Sugar is causing my pain
- Sugar vs Fat: which hurts are health more

Exercise Blueprints

- 3 easy Step by Step Blueprints to actually Exercise
- Coach Potato or Weekend Warrior: the steps are Semi-Personalized for each individual
- Free Natural Legal testosterone Boost to Maximize my Gym time
- Ab routine I won't quit in 2 days
- 12 exercises with pictures for spine and core strength
- 9 Nerve stretches to stop numbness in your arms or legs
- Bonus exercises for strong shoulders
- 10 minute cardio that's better than doing 30 minutes
- 3 minute stretching concept that won't make me Roll My Eyes in Boredom

Overall Health Reboot

- Pain: does it have any redeeming benefits?
- Have you been brainwashed to distrust alternative medicine?
- Can you body heal itself?
- 3 Intermittent Fasting Guides- you heard about it, now do it
- Why is the nervous system so important anyway
- Speed up recovery from work injuries or post workouts.
- Headache Relief
- Sleep Improvement Hacks

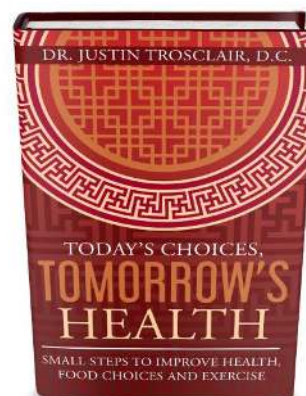
Getting your Finances in Order

- Simple tips to create a budget
- Blueprint detailing how and why to make a budget
- How to become frugal
- Basics for retirement
- Pay your debt down, learn how here

My own 3 Blueprints on how I lost 25 pounds.

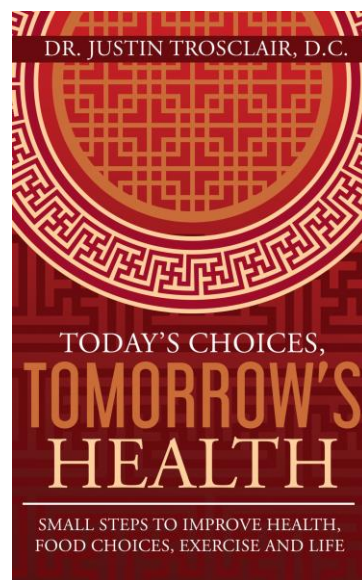
How I mastered my food choices, increased my cardio from less than 5 minutes to the magical 30 minutes, and effective weight lifting strategies that allowed me to **loss 25 pounds** and keep it off.

[Buy the book](#) and learn my step by step process. Becoming healthier is a process and one which is best done slowly, to ensure a lasting effect. With **Today for Tomorrow** you have the perfect book to make a start on those life-changing habits.



Below are a Few of the Highlights

Lessons from China	page 52
Blueprints for Cardio	page 80
Food Labels	page 75
Numb Arms/ Legs Stretch for Relief	page 143
Personal Calorie Calculator	page 88
Intermittent Fasting	page 113
Where Am I Overspending	page 187
Retirement Basics	page 220
Nervous System Reboot	page 41
12 Core Strength Exercises	page 135
Interval Training	page 122
Sugar Secrets and Inflammation	page 61
Making a Budget	page 158
Blueprints for Weight Lifting	page 83



I lead you through some basics about health and chiropractic in the first part of the book. I touch briefly about how the nervous system controls all aspects of the body and how chiropractic can affect different areas of your health. Some of the controversial past of medical doctors versus chiropractors and how the nerves can affect organs are touched upon. I don't cite a bunch of research because there are plenty of other books that you can read if you are into a more thorough review. Actually, it was hard for me to not go into a bunch of chapters citing article after article of what chiropractic can treat successfully (even limiting it to low back pain, neck pain and disc bulges) because my passion is reading those types of papers. I have great relationships with other doctors and we treat patients as a team. A few of the early chapters address some of the frequently asked questions by patients, some of my most viewed blog posts and potentially a health concept that is foreign to many.

You then can explore topics about food choices, sugar flaws, intermittent fasting, weight loss and lessons learned in China. I follow that section with my own personal journey with weight loss and learning how to lift weights. I sprinkle tons of tidbits, secrets and hacks throughout the book to help accelerate your health goals as well as encourage you to not give up and find ways to make this process easier.

Learn all about ways to go from a couch potato to doing a 5k, interval training, the best times to exercise, stretches that won't bore you to tears, and plenty of research based exercises to strengthen your core so back pain doesn't stop you for reaching your goals. Learn specific nerve stretches to stop numbness in your arms and legs as well.

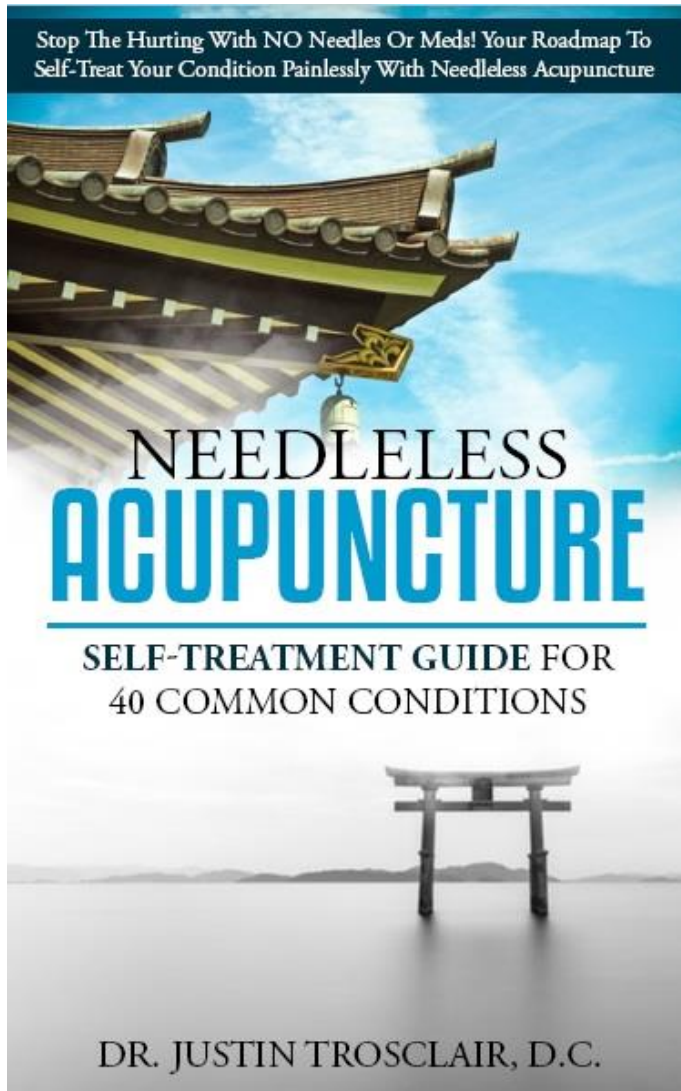
I go into detail about calculating how many calories you personally should be eating per day to maximize your metabolism as well as weight loss. We go through the math in a painless fashion and you will even learn how to modify your diet via macronutrients so you can start living healthier now with overall better food choices.

Lastly, one of my passions is talking about budgeting and finances. I offer some advice on how to budget and cut overspending. Why might a doctor write this part of a book? The reason is simple, most people are carrying thousands of dollars in credit card debt and financial health is just not taught in school these days. If I can help you stop stressing about money then that stress will be less on your physical health too. Let's take care of all aspects of our life.

Nothing of importance is accomplished in a day. Take small steps today to see large benefits in the future. Today's Choices, Tomorrow's Health – Small steps to improve health, food choices, exercise and life.

Buy the Book!

www.drjustintrosclair.com/mybook12



- Are you afraid of Needles?
- Do you have an Acupuncturist nearby?
- Can you afford a round of 10-20 visits?

My latest book is your answer to all 3 of the above questions. 40 Common Conditions all treated by Acupuncture Points and protocols I learned while working in China at a private hospital for 4 years plus blending Western Teachings.

You will have a **word description** and a **Picture of Each Point** so you can find them yourself.

You will discover how you can perform acupuncture WITHOUT Needles in a variety of ways in your own home.

Stop the hurting with NO needles or Meds!

Your roadmap to

Self-Treat your condition Painlessly with

NEEDLELESS

ACUPUNCTURE

visit <http://www.needlelessacupuncture.net/protocol> for more details.

- ✓ **What are you supposed to do when there isn't an acupuncturist in your town?**
- ✓ **How are you supposed to afford over \$1,000 worth of care when you live on a limited budget?**
- ✓ **If you have a fear of needles and find them painful, are you just destined never to experience the 2,000 year old acupuncture benefits?**
- ✓ **If you want to try acupuncture, are you really going to spend four years and \$90,000+ to learn all the nuances from university training?**

**There Is No Reason To Keep Needlessly
Suffering. See Just
How Powerful The
Needleless Acupuncture Book is.
Imagine What It Could Do For You On
These 40 Common Conditions.**

Anemia
Ankle Pain
Anxiety
Arthritis of the Upper
Extremity
Arteriosclerosis (hardening of
the Arteries)
Acute Low Back Pain
Chronic Low Back Pain
Clonus
Cough
Diabetes
Diarrhea
Eye Strain
Face Palsy

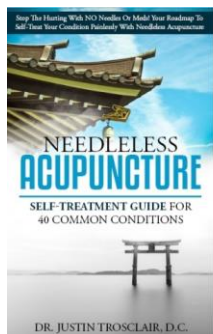
Facial Beautification
Gastric (Stomach) Pain
General Fatigue
Headache
Hearing Problems
Hypertension
Impotence
Influenza (flu)
Insomnia
Intercostal Rib Neuralgia
Irregular Menstruation
Knee Pain
Paralysis of the Lower Limb
Recovery of Fatigue
Rheumatoid Arthritis

Sciatica
Sinus problems
Sleep Difficulties
Skin Disorder (Acne, Eczema,
Neurodermatitis)
Shoulders and Upper Back
Pains
Stiff Neck
Toothache
Trigeminal Neuralgia
Upper Limb Achy and Numb
Urinary Bladder Issues
Vertigo
Weight Reduction

This book is for you EVEN IF:

- ❖ You already tried chiropractic treatment and massage but you didn't get the results you expected.
- ❖ You might be taking medication but are worried about the side effects and long-term consequences.
- ❖ You prefer a natural approach to dealing with your health concerns.
- ❖ There's not an acupuncturist within an hour's drive .
- ❖ You are too busy during the day to spend two hours getting treatment at the local clinic.
- ❖ Your health is your priority and you want to try and take care of this on your own.
- ❖ You tried acupuncture in the past but the bills got too high before you could experience relief.
- ❖ You need a health tune-up at least every month and it's time to do it with self-care.
- ❖ You bought books in the past just to find out there was NO protocols to actually try what was written.

If you're ready to discover how to unleash the full power of your body (and do it from the comfort of your own home) in 30 minutes a day then the protocols I've gathered from Western and Eastern books, charts, and real-world observation will lead you and show you the right acupuncture points. This is your guide to Stop The Hurting With NO Needles or Meds! Your new Needleless Acupuncture Book will be Your Roadmap to Self-Treat Your Condition Painlessly, Effectively, and Conveniently.



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Ready to be motivated to tackle the day by the time you arrive on time to work
Renewed energy about the future of your clinic
Restore the relationship with your spouse so it soars to levels back when you first got together
Rekindle the closeness you once had with your children
Restructure your marketing so it's more efficient and productive
Realize that your town is no different than anyone else's
Remember why you choose to be the Doctor you are and not another specialty
Revisit past mistakes and learn something to better yourself today because of them
Resemble those morals you hold onto and discover ways to volunteer as a Doctor
Reach out to product companies to find out what is new and best for patient outcomes
Reestablish your value of money and start saving for retirement
Restore your financial life and pay off debt
Relearn office procedures so you can stop losing patients faster than you can recruit them, you might call this coaching or management company advice
Reorganize your work schedule so you can finally take the vacations you deserve

For doctors who want a thriving practice and abundant home life, listen as your host Dr. Justin Trosclair goes behind the curtain and interviews doctors, volunteer organizations and guests about real world triumphs, struggles, marketing, vacation ideas, practical tips, guest specialty explained, favorite books and apps, how to maximize your family relationships and entertainment.