

THE BACKSTORY NEWSLETTER - ISSUE 4

Injured? When to stop and when to push through the pain?



Do You Know When to STOP?

Running with pain does not have to be inevitable, learn what you can do to keep those nagging pains at bay.

With the onset of pain either sudden or gradual, what do you do? Ignore the discomfort and hope it will go away only to

be plagued with a never ending ache. How do you determine the difference between a normal ache and a serious long term injury?

With the stress and pounding of each stride, aches and pains are no strangers to runners. Too easily the pain is ignored until the injury prevents a runner from doing routine activities.

After reading any running website, forum or magazine, injuries are top on the discussion list. Along with the injuries is the cause, which typically is from overuse. Consider shin splints, runner's knee, tendonitis, plantar fasciitis and stress fractures, the commonality among all of these is too much too soon. Although injuries come with the territory of running, a majority of long term injuries could have been prevented.

The typical scenario is a steady increase in training and you are in excellent shape. Then after or during a run you feel either gradual or sudden discomfort, yet the pain is ignored because you have worked hard to achieve your level of fitness. The warning signs are ignored and the necessary prevention steps are sidelined. So instead of

backing down the intensity or mileage for a few days because of an upcoming race or not wanting to lose out on fitness, further stress is endured.

Often it takes 6 months after an injury for a runner to seek professional help. Unfortunately, ignoring the symptoms for only a couple of days can be the difference between a speedy recovery or a chronic injury. Instead of letting the injury stop your training and racing schedule, visit the Running Doctor with the first sign of pain and you will be glad you did.

What about running with pain during a race? Should you complete it? The real question is whether you want to grit through a race in order to finish or take yourself out of training for a month? The advice remains the same whether an easy training run or an important race.

What to do after the initial aches and pains?

With the joy of running comes running with pain and all runners are deeply familiar with the feeling. Track workouts, hill repeats, long runs, marathons and ultra-marathons all show that runners thrive on pain. A general weakness or leg pain is typical after a tough workout, not to worry. But a more centralized location may be cause of concern.

With all the conflicting information, the best advice is to be in tune with your body. Use common sense to read the body's initial warning signs. Pain is an obvious red flag, whether an ache, tightness, gradual or sudden. To reduce losing out on training and races, immediate treatment is essential.

Keep Moving

If the injury is tissue related, remaining active is important. Continual blood flow and movement encourages healing. Instead of completely stopping, consider lessening the intensity and running on softer surfaces. Although most paths in the Peachtree City and Fayetteville area are asphalt, this is a better surface than concrete. The best surface is dirt or grass. If the pain affects your walking and normal range of motion or if it is severe, stop. If the injury is a stress fracture, the condition will only worsen with every step.

To Run or Stop? Steps to Running Success

When the pain begins, take action and stop the injury in its initial stages. Depending on the pain and severity, listen to your body and seek professional help. Begin the action plan below and you will be on your way to recovery before the injury gets a chance at slowing you down.

Step One: Running Log

With the initial feeling of discomfort, document the feeling and the location. If the pain does not interfere with your stride (no limping or overcompensating) continue training for three days. In the meantime stretch adequately and apply ice. Also elevate the area if possible.

Evaluate your current training regime. Are your shoes over 500 miles? Are you wearing correct shoes or do you need more support from custom orthotics? Have you taken a down week in the past month? Is your body simply telling you it needs a few easy days?

Whether injured or not, a training log is very useful. Writing down mileage, time, workouts and how you feel will greatly help in both injury avoidance and what works for you. Whether you run 10 miles a week or 100, a log will help you know what mileage is right for you and your daily schedules.

If the discomfort does not diminish, take the next step. Be proactive and begin treatment at the Fayetteville Running Doctor's clinic.

Step Two: Slow the Pace Down

For the next three days, slow your pace and only do easy runs. Consider running alone if you have trouble slowing down with groups. If a week passes and your pain is gone, then maybe your body simply needed to adjust to the training. If the discomfort persists, do not hesitate to seek professional attention and take the next step.

Step Three: Cut Back on Mileage

For the next week, reduce your overall weekly to half of the previous week. If you want to maintain your fitness, cross train with an activity that does not aggravate the injury. Biking, elliptical, aqua jogging or swimming laps are all options depending on the location and severity of the pain. Still in pain after two weeks?

More drastic actions are in order. You should have sought out professional help by now. Your focus should turn to recovery mode rather than the next training phase. The persistent pain is a message to your body and it needs downtime to heal. Begin rehabilitation and correcting any biomechanical or imbalance discrepancies. Finding the root cause is essential and treating the issue is needed to prevent a relapse. Too often an injury may subside with time, only to return as soon as the intensity increases again.

Running Pain Free

Whenever a twinge or ache strikes, ask yourself would you rather back down for a day or two or for weeks? The worst thing to tell a runner is to stop running. Dr. Thomas' goal is to not have to say those words and to keep you training. Next time the pain begins to creep up, stop it in its tracks and make an appointment with the Running Doctor.

Food Additives and Preservatives

Drive-thru Burgers Never Die

What they'll do to keep it fresh"

Part 4: Poisoning Ourselves with Food Additives and Preservatives

By Dr. John Thomas, D.C., The Running Doctor

Food additives and preservatives do more than keep the food "fresh" for years to come. Let's talk about Linda. Linda showed me a Mickey D's Happy Meal that she had bought at the drive-thru. One year earlier she had ordered a plain burger--no mayo, mustard, ketchup or pickles--and a small fries. She asked for a receipt and kept it with the meal.



A year later, I was looking at dried up meat and a bun. The meat didn't stink at all. It was just a little darker in color and a little bit harder. It was almost the same size as the original--just a little smaller. There was no mold on it. It seemed a bit rubbery, like beef jerky. You might think that the bun would be moldy, but it didn't have any. It was still that toasted color, just stale. The burger looked like a fake replica of the real thing. You could probably fool anybody who had a couple of drinks and get them to eat it.

You have probably dropped a few fries in your life in your car, only to find them a few months later under the seat looking the same as they did when you bought them. Linda's fries looked exactly the same. One year later they were just hard, no mold. When Linda showed me her experiment, I couldn't believe that the stuff was more than a year old. I asked her if she had kept it in the fridge. She had never once put it in the fridge or freezer. Bugs didn't get it, because bugs didn't want it.

Fast Food Additives and Preservatives

It makes sense. A lot of fast food fries have **formaldehyde** or formaldehyde forming agents as food additives and preservatives along with many other chemicals. These are toxic.

As I wrote the last month, toxins are the quiet killer, found in seemingly innocuous food and hygiene products you might find in your neighborhood grocery store. Toxins are filtered through the lymphatic system. The lymph nodes in your neck or armpits get tender and enlarged when your body fights a cold.

You have these nodes and lymphatic vessels all over your body. Your lymphatic system and your immune system work with your liver, the major organ of detoxification, to keep you safe from toxins.

Today's diet and hygiene practices take their toll on the system. Toxins overflow from the lymph system to your fat, where they are stored as fat-soluble toxins. When you go to the gym with your new year's resolution to lose weight, part of the reason exercise will leave you feeling sick, is the release of years of toxic buildup. Lactic acid buildup in your muscles will also cause you pain. This is why so many people quit a workout regimen.

Toxins in muscles cause them to tighten up. This chronic tightness causes joint pain, headaches, burning between your shoulder blades, cramping, tightness in your neck and back, a lack of energy, insomnia, crankiness, muscle spasms and more.

Toxins and Free Radicals

A build up of toxins in the body also causes **oxidative breakdown**. In nature, oxidation causes wood to rot and metal to rust. In our bodies, toxins act as free radicals. Free radicals rob the body of electrons causing instability at the microscopic level to huge numbers of atoms and molecules. Toxins enter through our food and the outdoor or indoor environment.

Toxins cause oxidative damage to the DNA in that tissue. As the DNA replicates, it replicates with damaged copies. These bad cells continue to duplicate, until there is a large mass of them. By the time a doctor finds it, it's called a tumor.

You are exposed to many harmful toxins in what you eat and drink, the polluted air you breathe and the stuff that you rub into your skin. These toxins accumulate in your

body over the years and are documented to cause all kinds of health problems and conditions including cancer.

Cancer cells float around in our bodies. Bad cancer cells in your body can outnumber good fighter cells at any given moment if the recipe for death is right. All you need is a dangerous mix of bad habits, bad health, bad genetics, bad diet, bad environment and a bad lifestyle.

Plastic Food Storage Containers

Suppose you never eat fast food and avoid food additives or preservatives, and therefore think you don't have an issue with these kinds of toxins. If you cook at home, you might store your leftovers in plastic food containers. Plastic is very unstable. If you reheat your food in those, chemicals like dioxin are leached into your water or food. It's better to use glass.

Polycarbonate plastic containers are a good choice to use, because this is a stable form that is unlikely to leech chemicals. This is a harder plastic that looks a bit like glass and is often clear.

If you made your favorite meal from scratch, would you store it in your freezer in a flimsy cardboard box? Would you leave it in there for a week? How about a month? Or a year? So many of us have the habit of throwing in a frozen pizza, fish sticks, frozen onion rings, fries or nuking a ready-made meal. These are stored in boxes that are useless for keeping things air tight or even fresh. When you take the food out, you see water crystals, right? Have these products thawed before they got to you? How many times?

The only way they can get away with shabby packaging is by using massive amounts of colors, food additives and preservatives. Even the packaging itself can have a very TOXIC preservative agents added to it to help preserve the perceived freshness of the product.

There are many other unhealthy things found in prepared foods. Besides preservatives, additives and colors, there are fillers, expanders, modifiers, anti-caking agents, stabilizers and more.

Cleanse the body of Food Additives and Preservatives

We don't have to be poisoned. I have developed an effective, affordable way to detoxify from preservatives, dioxin and other cancer-causing free radicals. Dr. Thomas' Full Body Detoxification Program combines a personalized program with holistic nutritional testing and one on one consultation, along with diet modification and included weekly visits. A month's supply of herbal detoxification products is also included.

Detox kits or tea from the store won't analyze your personal health and lifestyle. They won't sit down with you and ask you about your exercise and eating. They won't give you the personalized approach that you need for success like Dr. Thomas Full Body Detoxification Program.

Alternative to Back Surgery

Torn Discs Can't Stop Her

Special needs teacher gets pain fix with an alternative to back surgery

By Ellie White-Stevens

With a full schedule, Furnetta Phillips opted for an alternative to back surgery to keep her from slowing down. Between her days working as a teacher of young special needs children, and afternoons and evenings owning and running a personal training studio Furnetta estimates that she works between 70 and 80 hours each week. And she's studying for her master's degree in Abnormal Psychology.

"I was doing a lot of lifting, pulling, pushing and tugging. I've always been active. I teach special needs children in 1st, 2nd and 3rd grades. I'm bending over a lot. The chairs are low and there are hard cement floors," said Furnetta.

This is why Furnetta went to Dr. John Thomas, D.C. "I had been a patient with adjustments. I had messed up my sciatica. It went away with adjustments. Then I quit going and ignored the pain that eventually came back."

Furnetta was working with some 25 clients in her personal training studio, heading into the school year and going through a divorce. Life could not have been busier.

Ignoring the Back Pain and the Sudden Decline

But then, as Furnetta was simply trying to get out of a car, something in her back went. "By Saturday, I couldn't walk," said Furnetta. "I immediately called Dr. Thomas. We had a few adjustment sessions, but it wasn't working." Dr. Thomas sent Furnetta for an MRI. She had three torn discs.

"It didn't surprise me. I knew what my level of physical activity was. I knew I was neglecting my adjustments. When I had the lower back pain, I was just ignoring it."

"Furnetta's a very type A personality and has been in the fitness arena for a very long time. In the past she had responded to chiropractic treatments. We did the MRI and

found three herniations. She was in bad shape. L4 had a protrusion type of herniation. L4-L5 and L5-S1 had annular tears in both," said Dr. Thomas. "The insurance company wanted me to have surgery. Dr. Thomas told me about IDD Therapy® and what it does. He told me about its results versus surgery. I didn't want to get cut," said Furnetta.

Alternative to Back Surgery

According to Dr. Thomas, IDD is a proven, medically advanced, alternative to back surgery for lower back and neck pain. "This is one of the most sophisticated approaches I have found to safely, comfortably and non-surgically treat the cause of back pain due to conditions like bulging and herniated discs, sciatica, postsurgical failures and degenerative arthritis," said Dr. Thomas.

"The reported results are impressive. Two clinical studies show that 86% and 92% of people get relief from their pain, respectively. They require less medication, so fewer side effects. IDD Therapy® permits them to enjoy normal life activities again," said Dr. Thomas.



Furnetta opted to begin IDD Therapy®. While IDD Therapy® is calibrated to keep the targeted area from muscle spasms. Furnetta had three levels that needed treating, L5, L4 and L3. She experienced discomfort at the start of her treatment. After the L5 treatment was complete, Furnetta had significant relief, even though she had two more levels to go. "By L4 it was all better. L3 was a breeze."

What is a torn disc? Medical professionals would call this a herniated disc. In some cases, where fluid is starting to seep out of the disc, this is also called a ruptured disc. Spinal decompression with IDD Therapy® is the most effective treatment available for these kinds of disc tears.

Dr. Thomas gave Furnetta optimal guidelines for healing her torn disc. "I couldn't stand, exercise, stoop or bend. I had to take a week off. I had no resting period at school. It did a world of good to take time off," said Furnetta.

Recovery Time IDD Therapy® Versus Surgery

Compared to the downtime that surgery would have required, resting at home for a week while she began the IDD was a much better option. Also, she was quickly able to resume her busy schedule. She did take it easy in her personal training gym. "My clients are wonderful. They were so understanding about everything. I've told all of my clients. They know what I've been through. They know it works. I've had one client who went to Dr. Thomas."

"I've had no more pain. I just started exercising two weeks ago," said Furnetta.

Furnetta likes stylish shoes, but in her studio, she has athletic shoes with custom orthotics fitted by Dr. Thomas. "I had gotten wrong orthotics from a podiatrist. That probably contributed to my problem. Dr. Thomas refitted me."

Besides promoting good health and nutrition to her clients, Furnetta is a runner, who is looking forward to her next 5k. She has had Dr. Thomas do muscle stripping for her, a somewhat painful, but effective means of ridding muscle adhesions in physically active people.

Furnetta's most recent visits with Dr. Thomas have been focused around strength and conditioning her back and abdominals.

"I would recommend Dr. Thomas. He's so kind and humble. He has the personality to deal with people and understand his patients. He really cares. He's a very good doctor."

Concluded Furnetta, "What I've learned is *don't take the little pains for granted*, especially if you are engaging in regular physical activity. Before you opt for surgery, give that treatment a try, because it does work. My back was in bad shape. I could not walk." Now she's getting ready to run.

Besides treating all manner of back pain or a torn disc, Dr. John Thomas specializes in sports and personal injuries without the use of drugs or surgery. He teaches methods of eliminating harmful toxins from the body for the prevention of disease. In practice for over a decade, The Running Doctor, Dr. Thomas, runs marathons and follows his own good guidelines for health and nutrition.