

# Secret Back Pain Cure



Try this simple test to  
find out if you can relieve  
your back pain naturally!

**NO SURGERY, NO DRUGS, NO EQUIPMENT, NO GIMMICKS JUST LIFE CHANGING RESULTS!**

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# **Try this simple test to find out if you can relieve your back pain naturally!**

**No surgery, no drugs, no equipment, no gimmicks just  
life changing results!**

We can safely assume that if you are reading this then you, or a family member, is more than likely one of the billions of people worldwide who are suffering with back, neck or shoulder pain. In fact lower back pain causes more disability than nearly 300 other conditions worldwide, according to new research, and nearly one in 10 people across the globe suffers from an aching lower back.

Another study, which looked at the condition in specific types of jobs, found that low back pain is responsible for about a third of work-related disability.

"Low back pain is something that almost all people experience at some point in their lives. It is something common across sexes, age groups, countries, socioeconomic groups, education levels and occupation," said the lead author of the first study, Damian Hoy, a senior research fellow at the University of Queensland's School of Population Health, in Australia.

One U. S. expert said the results did not surprise him.

"Back pain is the number one cause of lost work days in the U.S." said Dr. Anders Cohen, chief of neurosurgery and spine surgery at the Brooklyn Hospital Center, in New York City.

I am also confident that you too are not surprised by the above statement for as a back pain sufferer yourself, you have probably had to miss work at least once as a result of the pain and you are no doubt a regular visitor to the doctor, chiropractor or therapist.

The missed days at work and continual appointments will come at a cost so you will also be contributing to the staggering amount of money that is spent each year on back pain. Statistics show that for the U.S. alone an approximate \$50 billion is spent each year – and that is just for the more easily identified costs.

As a back pain sufferer you will probably be taking some form of pain relief and you know you should be exercising but the lack of mobility and pain make it almost impossible to take part in a regular exercise program.

## How about this statistic though?

**Most cases of back pain are mechanical or non-organic, meaning they are not caused by conditions such as inflammatory arthritis, infection, fracture or cancer.**

**So what is the number one cause of so much pain?**

**SHORT, TIGHT MUSCLES** – the majority of people's back problems are a direct result of poor postural alignment.



It is that simple – the fact is that when muscles become short and tight they draw bones closer together resulting in poor joint mobility, pain and discomfort. Tight muscles will literally hold your body in a restricted position. When a joint is immobile it loses much of its natural lubrication (synovial fluid) that is produced as a result of movement.

Tight muscles = poor mobility = pain and discomfort.

Pain and discomfort = poor mobility = even tighter muscles.

It really is a vicious circle!

## There is a Solution

We know you've heard it all before, you've tried it all before and you have certainly paid for it all before. Our founder has also *been there, done that and bought the t-shirt!* Constantly seeking relief from debilitating back pain and constantly feeling despondent and still in pain led her to begin her own research and ultimately developing a program that puts **you** in the driver's seat and

**works naturally.** This is why we say with confidence that this program will work for you as it did for our founder and so many other former back pain sufferers.

## Meet Our Founder



**Secret Back Pain Cure** was founded by Cheryl Alker as result of her own lower/sciatic back pain issues.

Cheryl has worked in the health and wellbeing industry for the past 30 years. During that time she has helped world class athletes to people with hip replacements and everybody in between to achieve their specific goals. She also worked in corporate health, has lectured throughout Europe and the USA, is a health and fitness writer for many publications and has written training programs for the health and fitness industry that has been granted Continuing Education Credits with The Florida Board of Physical Therapy, the National Association of Sports Medicine, The American Council of Exercise and The National Association of Strength Training to name but a few. She has also worked with a United Kingdom Governmental backed program to train and certify exercise professionals. Working with so many people first hand gave her a huge insight into the staggering numbers of people suffering with back related issues but more importantly that back pain is indiscriminate, it can affect a world class athlete as much as it can an elderly sedentary person with a hip replacement.

Cheryl's back pain started as a result of her first pregnancy and having been athletic all her life was shocked how debilitating the pain was but also how it affected her whole demeanour, being in constant pain caused severe depression.

Her wellness background allowed her to make educated decisions about how to relieve her sciatica and lower back pain but she soon became frustrated after finding that whilst she might get temporary relief from adjustments, medications, heat pads, massage, special pillows, the latest equipment she purchased, the pain always came back with a vengeance. Her bank balance was suffering as a result, and she was losing income with the time she was wasting making appointments and sitting in waiting rooms.

Relying on the "so called experts" and believing the hype behind a new product or cream on the market was not providing her with the answers she was looking for;

- “How can I relieve this pain?”
- “How can I manage it myself?”
- “How can I stop continually paying out thousands of dollars just to maintain the care”

So she turned to her extensive anatomy and physiology background, the knowledge she had gained by training in so many aspects of health and fitness and the hundreds of people she had met along the way.

[Secret Back Pain Cure](#) was born! The program delivers a truly holistic and natural approach that provides you with relief from any type of back, neck or shoulder pain. Cheryl wanted a program that would provide her with a proactive approach to managing her pain. The [Secret Back Pain Cure](#) package now provides you with the same freedom that she gained and she, along with literally thousands of others is living proof that this program could potentially change your life forever!

## Take the Test!

What have you got to lose (except your back pain)? This simple test will take you 5 minutes to complete and you could feel an immediate change. If you do, then you will have concrete proof that this program will work for you. You will have taken your first step to a proactive approach to controlling your back pain. Not only will you know that the program will work for you but you will also be able to move forward knowing that you will be alleviating your back neck or shoulder pain **naturally**. Our **Back Pain Cure** program is totally **organic**, **absolutely no drugs, no surgery, no appointments to make, and no waiting rooms to sit it for hours on end**. This is an at home proactive approach for you to finally be in control of your back pain once and for all.

## So Why Should You Try This Test?

Before you stop reading and write this off as just another program that you have tried and has failed why not see what our founder, Cheryl Alker has to say in a [FREE 4 minute video presentation](#).

### Fact



Today's lifestyle, for the majority of us, means that we sit for hours each day, week after week, month after month and year after year. This position will eventually force the body out of alignment, leading to lower and upper back

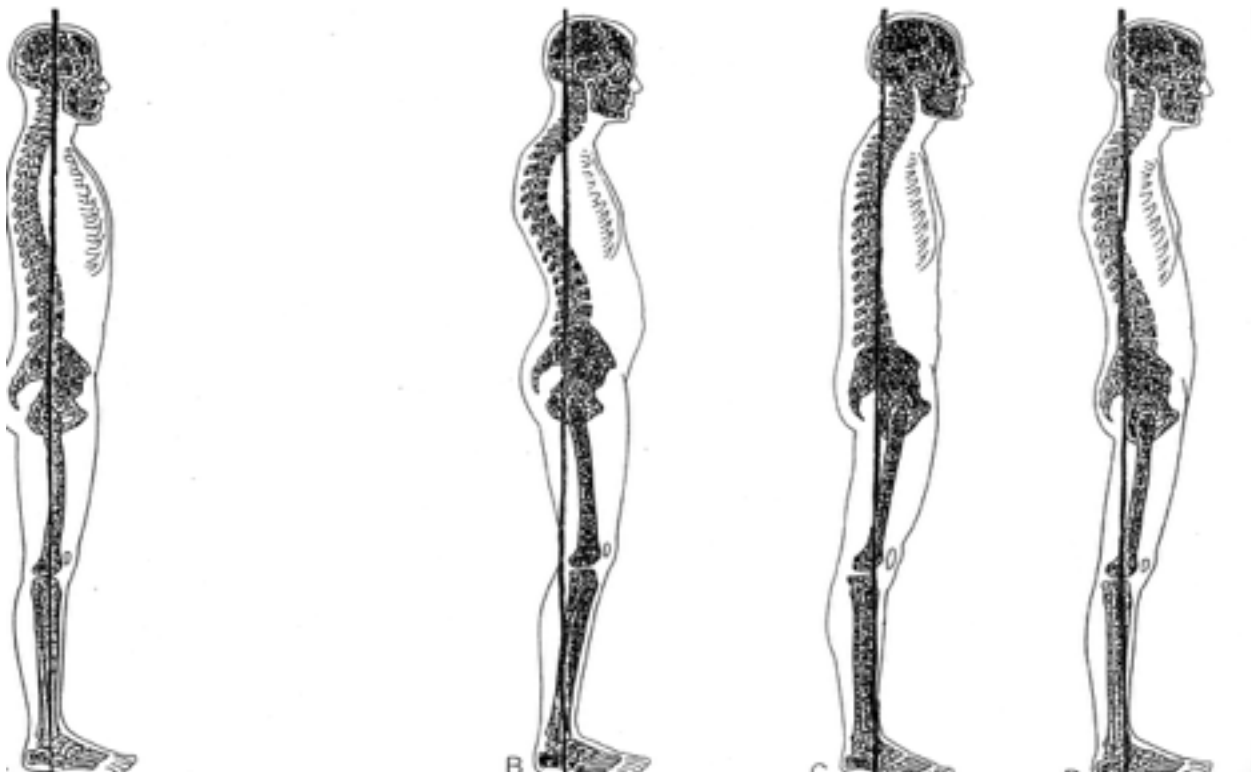


problems, lack of energy, a collapsed ribcage, loss of waistline, loss of abdominal support, shoulders rolling forward and the head sitting in an incorrect position.

## Science

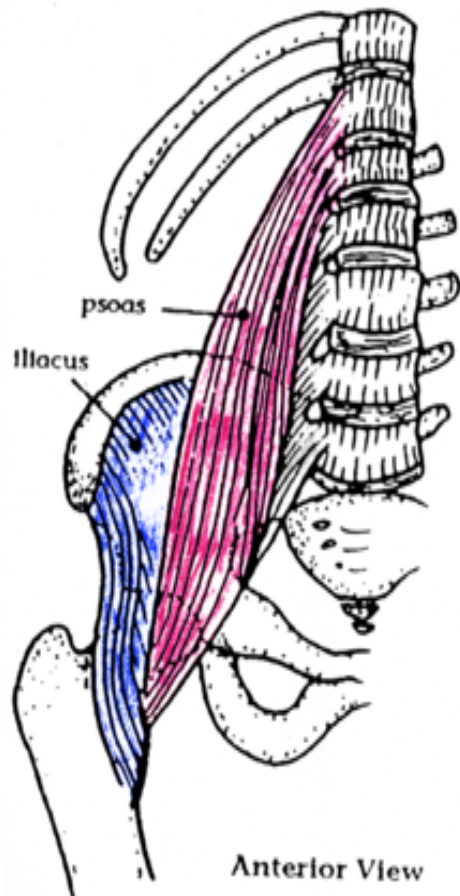
The diagram below shows how our lifestyle is affecting our posture. The gentleman on the left is how we should look, however, too many of us fall into the other categories with bones being forced out of neutral. It doesn't take a rocket scientist to see that if your skeleton is starting to look like one of the guys to the right, then you are going to have one or many joint issues and if you are not experiencing pain now, we guarantee that sometime in the future you will, after all statistics show that at least 80% of us will experience back pain at least once in our lifetime. What you put down to a "*little stiffness*" when rising from your chair will be tomorrows, bulging/herniated disc!

# PROPER ALIGNMENT



## Further Evidence

# PSOAS ILIACUS



Iliopsoas is responsible for hip flexion i.e. lifting the leg to climb stairs, lifting the leg to get in and out of a car. Sitting for long periods will shorten this muscle. Our muscles are attached to bone and originate in one area (the origin) and insert into another area (insertion). Iliopsoas originates at the vertebrae in our lumbar region of our spine, it threads through our pelvis and attaches to our femur bone on the front of our leg. Now when this muscle is short and tight it will draw the pelvis into a posterior tilt i.e. the lower curve of your spine will be deepened forcing your abdominals out. When your pelvis is being held in this restricted position you will start to experience stiffness and you will instinctively try and round the lower back to "stretch it out." Over time the vertebrae in your lower back will be compressed causing the surrounding muscles to tighten further and that stiffness will turn to pain. Leave it longer and very soon the gel within the discs will start to bulge causing herniation/slipped discs. So not only will you look heavier due to your abdomen being forced outward but you now have a serious lower back issue and the pain will affect every aspect of your every-day life!

If you regularly stretch iliopsoas the muscle will allow the pelvis to sit in a more neutral position - you will regain mobility, the gel within the discs will be massaged evenly around the disc and your abdominals will pull in. So not only will you be pain free you will have a flatter abdomen, now that really is a "win, win."

## Get Ready to Take the Test!

## Before you begin:-

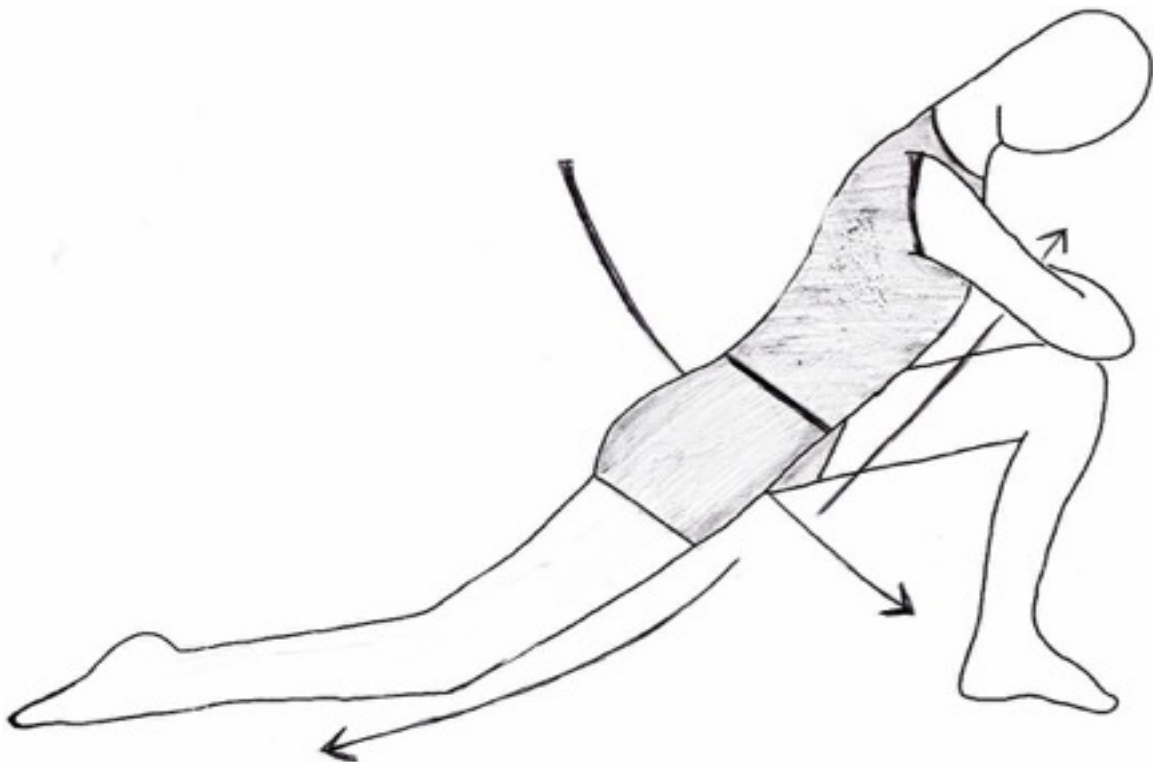
- **Check with your Doctor or therapist.** Is it safe for you to stretch?
- **Warm up first.** Cold muscles will increase your risk of injury. Take a short brisk walk and mobilize your joints first or stretch after your work-out.
- **Hold stretches for at least one minute.** It takes time to lengthen tissues safely, also time must be allowed for correct alignment. Continually assess body alignment and learn to explore the muscle by changing leg arm or upper body position and weight applied.
- **Don't bounce.** Bouncing as you stretch can cause small tears in the muscle. These tears leave scar tissue as the muscle heals which tightens the muscle even further – making you less flexible and more prone to pain.
- **Focus on a pain-free stretch.** Expect to feel tension while you are stretching but not pain. You should take the stretch to the point where you feel tension and then hold it, the feeling should go away after approximately 20 seconds, however, if it increases and the leg starts to shake back off and start the process again but more slowly this time.
- **Relax and breathe freely.** Do not hold your breath while you are stretching results will be far greater if you increase the stretch towards the end of the out-breath. Ensure you breathe deeply focusing your breath towards the front, sides and back of your ribcage.

## Getting Started

1. Lay on your back flat on the floor with both legs outstretched (not bent) and your hands by your sides.
2. Take a moment to analyse what parts of your body are in contact with the floor/mat i.e. if you were laying in warm sand what impression would your body leave?
3. Analyse your head position, shoulders, upper and lower back, pelvis, backs of the legs, knees, calves and ankles.
4. Analyse the two sides of the body does one side feel heavier, lighter, longer, or shorter?
5. How do your legs fall, in or out? Does one side fall in a different position to the other?
6. **Pay particular attention to how much contact you have or don't have in the lumbar (lower) part of your spine.**
7. **Is your lower back touching the floor, or is it pulled away from the floor?**
8. **How deep is the curve?**



The arrows on the stretches show you where you should drop weight and what should be moving away from each other i.e. in the stretch below weight should be dropped through the pelvis but you should lift the upper body away from the outstretched leg.



## Position:

- Kneel on the floor. Bend the right leg creating a 90-degree angle in front of your body.
- Stabilize the foot flat on the floor.
- Ensure your right knee does not overshoot your toe.
- Extend your left leg back fully, until it will go no further.
- Stay upright with your chest lifted.
- Tilt your tailbone towards your navel. Rotate your back leg from your hip joint slightly inwards.

## Note:

- You may choose to use supports on either side i.e. yoga blocks. These you may also use to ease up the pressure on the pelvic area, by transferring some of your weight to your arms.
- If you find pressure on the knee of the extended leg uncomfortable place a cushion underneath for support.
- If you don't have yoga blocks position yourself in front of a chair and rest your hands or elbows on the seat or arms of the chair.

## Steps:

- Focus on the deep muscles of the hip area. To clarify this focus, place your left hand on the front of the hip of the extended leg, and the other on your right buttock (slightly above your tailbone).
- Breathe in.
- Move your hand on to the support. Create the stretch at the end of the out breath. Apply more body weight gradually through your pelvis to increase the stretch. You can press with the hand on your buttocks to help the forward movement of the tailbone towards your navel.
- Continue the stretch with the flow of your breathing.
- For a deeper stretch hold onto a support i.e. chair, table, allowing further weight to drop onto the pelvis.
- Lift the head and drop the tailbone to the floor. If you notice that your pelvis automatically drops to the side try and roll the pelvis into a more central position – remember the body will adopt a position that is familiar and comfortable – familiar and comfortable may be where it likes to be but where does it need to be?
- Hold the stretch for at least one minute, however, if you experience pain or it has been a long time since you stretched build the time you are in the stretch slowly.
- Try to increase the time spent in the stretch up to two minutes.
- Come out of the stretch gradually.
- Stretch the other leg.

## Results

1. Return to the floor and lay on your back exactly as you did before with the legs long and not bent.
2. Do you notice any difference? Is your back to the floor closer to the floor?

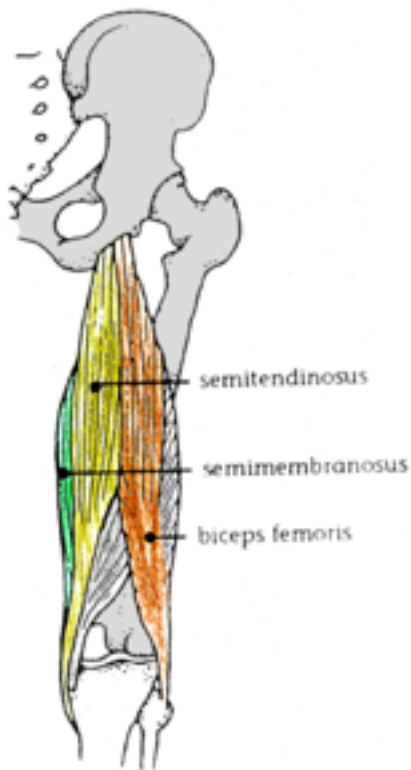
3. Do you feel more contact?

If you do then you have already proved to yourself that the **Secret Back Pain Cure** program will work for you and you have just taken your first steps to releasing this area from poor mobility and pain. Muscles have a memory, therefore if you continue to stretch daily your muscles will respond by remembering the new length and new position of the bones and that lower back pain will be a thing of the past!

If you do not experience a difference in contact it may very well be another muscle that is causing your back pain.

## Do You Have 5 minutes more for another test?

### HAMSTRING



For the majority of people the **hamstrings** are without a doubt one of our tightest muscle groups. Common problems that are caused as a result of tight/shortened hamstrings are low back pain, upper and neck pain, TMJ dysfunction, knee pain, leg length discrepancies and a restriction in walking/running. This tightness will drag the bottom downwards to the knees, so your bottom starts to sag and the abdomen is forced out. Unfortunately that drag also causes the upper back to round giving the appearance of a hump in the upper back.

Worse still, that pull through the upper back will lock the trapezius long causing severe discomfort and almost a *rock like* to the touch upper shoulder area. The head will be forced forward causing pain in the neck and over time bulging/herniation of the cervical vertebrae and to top it all the chances of you suffering from TMJ dysfunction will be extremely high!

### Try This Test

Once again before you begin this stretch:-

- Lay on the floor on your back with your legs outstretched not bent, arms by your side.
- Analyse the contact of the body to the floor,
- Pay particular attention to the **backs of the legs**, the upper back, the weight in your pelvis and position of the head.



## Position:

- Lay on your back.
- Either bend one knee or leave leg lying flat on the mat.
- Place a strong band around the other foot closer to the ball of the foot.
- If more comfortable place a cushion under your head.

## Steps:

- Slowly lower the leg towards the floor and up again, no speed or momentum just testing range of motion, repeat 3 times.
- Hold the leg towards the ceiling and circle the leg several times to the right then left, keeping the leg passive in the band.
- Bring the leg back to centre still with the heel facing the ceiling, hold the leg centre and breathe in. As you exhale

drop the weight onto your pelvis and feel the contact of the tailbone on the mat.

- At the end of exhalation, pause just before the in breath and push the heel towards the ceiling and toe towards your face. You will feel a “bite”. Hold this position.
- Keep breathing and continuing to drop weight through the pelvis, focus on the leg lengthening. Do not push through the knee joint but focus on the bulk of the hamstring and calf and push from the front of the leg to the back.
- Repeat the circle again.
- Ease the leg across the midline of the body, towards the opposing shoulder; continue to drop weight through the pelvis.
- Bring back to centre and continue with pushing through the heel whilst keeping the pelvis down.
- Now point the toe and see if you can bring your leg closer to your face.
- Take a full breath and then push the heel back to the ceiling and drop weight into your pelvis at the same time.
- Take one more breath.
- **Before you stretch the other leg test the results on this leg as detailed below.**

## Results

- If the other knee was bent when you started, lay this leg flat on the mat.
- Lower the leg in the band until it is approximately one inch off the mat circle a few times one way and then the other, turn the foot in and then out.
- Let the band go and lay the leg down next to the other one.
- Before you stretch the other leg, analyse how this leg now feels.
- Does it feel longer?
- Does it feel lighter?
- Do you feel more contact of this leg to the mat than the other one?
- Does your body tilt a little?
- If you run your hand down the front of the thigh starting at the pelvis does the leg you just stretched feel less bulky around the top of the thigh?
- Does your pelvis feel lighter on the side you just stretched?
- Has the contact of your upper back changed position?
- What about your head position?

Any one or more of those changes are a huge indication that the [Secret Back Pain Cure](#) program will work for you and you can safely assume that short tight muscles are contributing or are the cause of your back neck or shoulder pain.

## **We Would Love You To Try This If You Have Time!**

Before try this stretch look in the mirror and observe your shoulder girdle position i.e. do your shoulders look even or is one higher than the other? Also check your arm length and how/where the arm falls in relation to the body. Look at the distance from your neck to the edge of your shoulder.

### **STANDING PECTORALIS STRETCH**

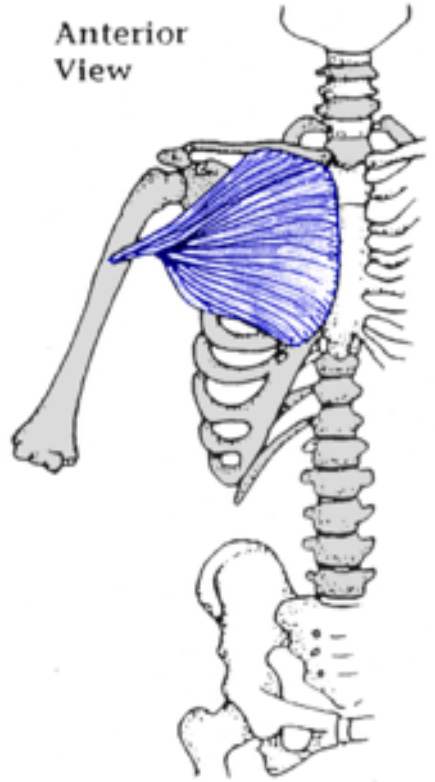
When Pectoralis Major and minor are tight, the shoulders will roll forward, rounding the upper back, locking your trapezius muscle long and forcing the head too far forward. The result is neck and shoulder pain and possibly TMJ dysfunction (pain in the jaw). When this muscle is lengthened the chest and shoulder line will open, the breasts will be lifted and breathing capacity will improve increasing circulation to the head. This in turn will improve energy levels, neck and shoulder tension and headaches.

**Basic functional movement:** Clavicle portion – brings arm forwards and across the body as in applying deodorant to the opposite armpit.  
Sternal portion: pulling something down from above, such as a rope in bell ringing.



# PECTORALIS MAJOR

Anterior  
View





## **Position:**

- Stand sideways in a doorframe or besides a wall, half an arm's length away.
- Place your left forearm along the doorframe/wall, elbow bent in line with your shoulder fingers up.
- Lean forward diagonally. Step forward with your left foot, and transfer your weight onto it.
- Bend your knee slightly. You can place your right hand on your chest to clarify the focus for the stretch.

## **Note:**

The step forward creates opposition of movement for the stretch.

## Steps:

- Focus on the chest and the shoulders.
- Breathe in.
- Create the stretch as you breathe out. Lean forward diagonally and take the muscle to its new length by further bending your legs.
- Now deepen the stretch by rotating your torso and head away from your left arm, initiating the movement from your sternum. Work with the stretch following the flow of your breathing.

Now before stretching the other side, look in the mirror, notice the shoulder position compared with the other side. When this muscle is short and tight it will draw the shoulders forward, you will notice that one side is now higher or lower than the other side – this will depend on how far it has moved. Is one arm longer than the other? Look at the distance you have now created between neck and the shoulder joint. You no longer see the roundness of the shoulder as it rolls forward - the shoulder line is more open.