

Neck Pain

What Is Neck Pain?

Neck pain is thought to affect around two thirds of the population at some point in life. Although it's primarily felt in the neck, it can also be caused by various other spinal problems—this includes muscular tightness in the neck and the upper back region and pinched nerves that come from the cervical vertebrae. Joint disruption can also be felt in the neck, and this creates pain, as does any form of joint disruption in the upper back region.

The head supported by the upper and lower back may also experience pain as the top three joints give the most movement for the head and neck, while the lower joints in the neck and upper back create more of a supportive structure that the head rests on. When the support structure is adversely affected, the muscles in that region become tight, and this results in neck pain.

What Causes Neck Pain?

Neck and back pain are major causes of chronic pain; 80% of people within the Western world will experience this pain at some point or another. It is extremely painful and can be debilitating. There are many causes behind this, and they include lack of, or even too much, exercise and operations which leave scar tissue.

Neck Pain FAQ

Q: I'm suffering from Wry neck (torticollis) - can't turn neck. And I get tired of people telling me to take magnesium and calcium, because I already take those. And I have other muscle spasms, such as "charlie horse" and muscles that lock up for no reason. Chiropractic is only temporary.

A: It is Ancient Minerals Magnesium you need and HealthPoint™—see the plan below.

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"I just started taking Serrapeptase Tuesday evening, picking some up on the way home from work. I am amazed at the difference!! I have had neck pain and headaches nearly every day for more than 20 years. I have had relief now for three straight days! Never have I been this long without some type of headache pain! Right now I feel great! Serrapeptase really makes the difference!! The little Chihuahua gets her relief next! She is not on any vitamins, but she is taking medication for her enlarged heart and her constant coughing. My elderly mother; she is 91 and is very hunched over with a great deal of pain in her neck and shoulders. It is probably far more painful than I can even imagine. Serrapeptase may be a Godsend to her. Thank you again!"

- Robert W.

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Follow the Health Plan as recommended for the best results:

NECK PAIN HEALTH PLAN

The following health plan is designed to provide relief for neck pain. By following the plan consistently and combining it with a naturally healthy lifestyle, it's possible to find relief for this condition, and in the long-term, good health will result.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:*

- [SerraEnzyme 250,000IU](#) - Take 1 OR 2 capsules of Serrapeptase: 4 times per day until all symptoms have ceased and then lower to 1 x 2 per day. This will eat any scar tissue, inflammation and dead tissue.
- [HealthPoint™](#) - Use daily on acupressure points to further reduce the inflammation and pain. Treatment with an electro-acupressure device has been proven to be highly effective in treating degeneration. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of joint-related problems. **(See www.dovehealth.com for more information.)**
- [Joint & Skin Matrix](#) - Treatment with a Collagen Complex will help to regenerate the cartilage if degeneration takes place. Take 2 capsules daily.
- [Ancient Minerals Magnesium Oil Ultra](#) - Restores cellular magnesium levels, protects cells, relieves muscle aches and pains. Apply to neck, shoulders, arms, chest muscles daily after a shower.
- [Hemp Seed Oil](#) - Treatment with hemp oil will help with the healing process. Take 1 capsule, 2 times daily.

OR

- [The Krill Miracle](#) - This also has the same affect and aids in the healing process. Take 1 capsule, 2 times daily.