

Desk Workers Listen Up...

Two Quick Fixes Your Doctor Isn't Telling You About Fixing Chronic Back and Neck Pain...And Losing Weight For Good If You Sit at a Desk All Day



What the heck this guide is, and how to use it:

Desk workers and cubicle jockeys - listen up!

I am absolutely positive I can get you out of chronic pain (today), and get you back on the road to recovery and weight loss.

Got chronic health issues? Yup I can fix those too!

I'm Alex and I run Modern Health Monk - an integrative health site that shows you, the 21st century, cubicle-dweller, how to reverse the chronic pain and shed the excess weight you've gained from your "desk lifestyle."

This guide is completely copyright free - I'm providing it hoping it will help you get on the road to recovery ASAP.

If you happen to love it, it helps you, or you want to use images - go ahead, just link back to my site.

Go ahead, get started, and get your health back on track - once and for all.

- Alex



*Your Host: Alexander Heyne,
Modernhealthmonk.com*

Skip on over to:
Page 3 for the core training
Page 6 for the weight loss goodies
Page 13 for back and neck pain solutions

Alright, be honest here with me for a second.

You're a zoo human. Or at least that's what I call us these days.

You know, people that sit 40+ hours a week in front of a screen, whose backs and necks and wrists and shoulders and elbows constantly are suffering some kind of agony.

Who need to lose 20, 30, or 50 pounds.

Who constantly have some kind of brain fog, fatigue, poor sleep, a lack of "zest" for life, no energy, and no real excitement.

... Yup, admit it, you too, you're a zoo human. Here's where it gets good...

Humans in "captivity" like animals in zoos, suffer from dozens of health issues that humans "in the wild" don't suffer from.

This is the pretty interesting part.

Animals in zoos suffer from all kinds of issues that animals in the wild don't suffer from.

Killer whales have dorsal fins that collapse, Chimpanzees pull out their hair, rock back and forth and eat their own feces (symptoms of mental illness), elephants that usually walk 30+ miles a day suddenly get arthritis and begin having back pain and suffer from obesity.

... And the same is true of humans.

You and I are definitely not in our natural habitat.

Our natural state includes the following:

- **Perfect health** - free of chronic disease, free of chronic pain, free of nagging issues
- **Perfect, restful sleep** - falling asleep effortlessly every night, and waking up completely refreshed
- **Effortless, consistent, strain-free bowel movements** - Sounds weird that I have to mention this, but zoo humans have major constipation and IBS issues!
- **Happiness** - Living in a life that you enjoy, rather than makes you feel like a bad dream you can't escape from
- **Meaning, purpose, excitement** - Waking up to a life that feels like it was something you chose, not something that just happened to you. Investing your time into the things that make life worth living.

So does this sound like you? Or were you wondering “oh, sweet baby Buddha, I wish my life looked like that.”

If you just pray every night that your life could look like that... it can! And I'm going to show you how.

Here's the thing:

Many of these sites will tell you “You need to live like your ancestors! They had all these great lifestyles and no health problems!”

But I disagree.

Life in the 21st century is dramatically different from the life your ancestors lived...

... And you need to counter-act the effects of 21st century life.

Think about it.

Did your grandpa 50 years ago have an hour commute each way? No, right?

So obviously he didn't have two hours of crappy posture, back pain, stress, frustration, and spent gas money.

Did your grandpa 50 years ago have to wonder what in the heck is real food? In other words, did he have to read the labels on 50 boxes in order to figure out what to eat?

Probably not.

But you do.

Did your grandpa have to deal with the insanity of the internet, information overwhelm, and the absolutely insane pace of life we now have?

Nope.

So a very core example is this: you need specific tips for being healthy in 2014 or later, not being healthy 2,000 years ago.

And that's what I'm going to introduce you to right now.

Why you're stuck in chronic pain, and why you can't lose weight no matter what you've tried.

So let's jump right in.

By now you realize that to be healthy in 2014 or later, you need very different health protocols than your ancestors, and you have a lot of different things to worry about.

You have annoying two hour commutes, information overwhelm and an absurd pace of life, stress higher than any level in history, toxins in your food, water, and air, and then you probably sit 40+ hours a week peering into a computer screen hunched over like Sherlock Holmes on a crime scene.

... So now I'm going to give you two solutions to your two biggest problems.

Weight loss for cubicle humans... Do these sound like you?

- “Nothing is stopping me, but to maintain my enthusiasm seems to get harder the closer I get to my goal. My husband keeps junk food in the house which doesn't bother me when I'm in the zone. But sometimes lately I've been tempted and then feel bad when I give in and eat it. “
- “I don't know what to eat. I give up after two weeks because I just don't see myself losing weight. I feel depressed sometimes.”
- “I eat really well for several days and then binge on anything and everything around me (whether healthy or not). It is an ongoing cycle that keeps me from losing weight.”
- “Low self esteem. Feel that I am not going to succeed anyway, so why bother?”
- “I yo yo; I remain on track and about the time I start to approach my goals I start to lose focus...I allow myself to cheat on my diet and start to skip gym time. “
- “I fool myself, I am not accountable to myself. I let myself feel sorry for myself. I listen to unhealthy self talk saying "I deserve this delicious dessert" I feel like the battle will never end. That resisting bingeing will be a continual struggle.”

... If so, it's okay! You're human, well, a “cubicle” human anyway.

The fix is actually just a few key things.

Do these 3 things, and you can reverse just about anything weight related:

Just Three Core Principles

- The three life-changing tips:

#1 Fix destructive, inflammatory processes in the body. Inflammation = disease and weight gain. Hands down. Here's how to fix it.

#2 Flip the Nutrient Equation. Do we have the nutrient density equation all wrong?

#3 Activate Your Body's Restorative Abilities. Reverse the damage caused by always being "on"

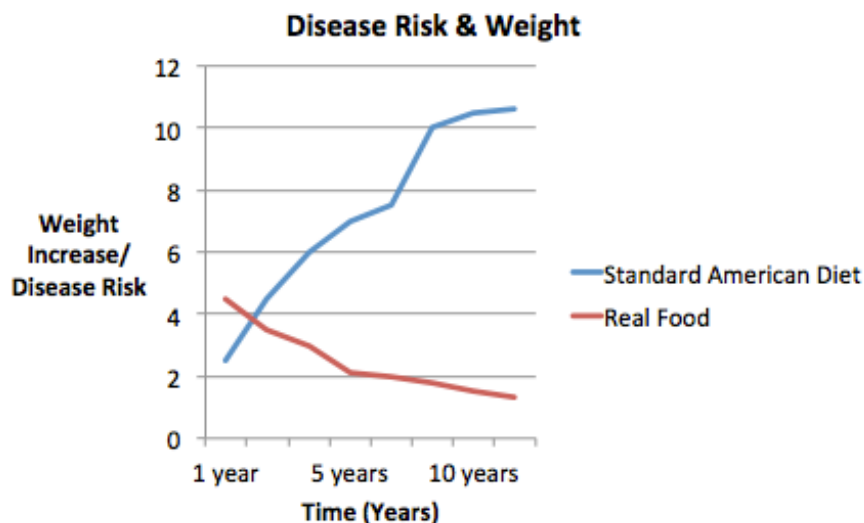
= regular weight loss, insane energy, happiness, perfect sleep, never being restricted in life again

... So you need to reverse inflammation, flip the nutrient equation, and re-activate your body's ability to heal.

And here's the cool thing. You only need to know **one thing** and it will fix all three of these things.

When you do this one thing, you literally change the game for yourself, like this:

You Might Be Surprised...



Are you following me?

Inflammatory foods, the wrong nutrient equation, and not enough activation of the body's healing response is what's causing this obesity epidemic.

So let me show you specifically what is causing this...

... **First, the wrong food is causing this:**



Sugar & Junk food



Refined Carbs



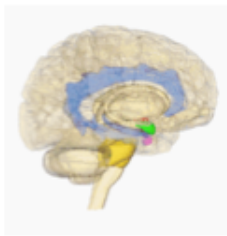
High carb, low protein diet

... **Second, the wrong psychological states are causing this:**

Psychological Stress - Cortisol



Lack of Sleep



Stress



Emotions, Anxiety, Internal State

So, first thing - you've gotta pay extra attention to avoiding these things in order to minimize inflammation in your body. Inflammation is linked to hundreds of disease (like being overweight, diabetes, arthritis, heart disease, cancer, dementia, IBS and many others).

Then, you need to flip the nutrient equation.

Flip the nutri-what?

Listen - the diet many of us are eating today is high in calories, to a relatively low amount of nutrients.

The result?

We're all having an impossible time not gaining weight or getting very very sick.

The solution is to start eating foods that are way higher in nutrient density. They will keep you fuller, longer, reverse disease, burn fat, and dramatically improve your life and your health.

	Wheat			Rice		
	Whole	Refined	Enriched	Whole	Refined	Enriched
Food energy	100%	107%	107%	100%	99%	99%
Carbohydrates	100%	105%	105%	100%	104%	104%
Fiber	100%	22%	22%	100%	37%	37%
Protein	100%	75%	75%	100%	90%	90%
Thiamin (B ₁)	100%	27%	176%	100%	17%	144%
Riboflavin (B ₂)	100%	19%	230%	100%	53%	53%
Niacin (B ₃)	100%	20%	93%	100%	31%	82%
Pantothenic Acid (B ₅)	100%	43%	43%	100%	68%	68%
Pyridoxine (B ₆)	100%	13%	13%	100%	32%	32%
Folate (B ₉)	100%	59%	350%	100%	40%	1155%
Vitamin E	100%	5%	5%	100%	18%	18%
Calcium	100%	44%	44%	100%	100%	100%
Iron	100%	30%	120%	100%	54%	283%
Magnesium	100%	16%	16%	100%	17%	17%
Phosphorus	100%	31%	31%	100%	35%	35%
Potassium	100%	26%	26%	100%	52%	52%

Take a look at this chart for a moment.

On the left, you have “whole” foods, like whole grains. On the right, you have “refined” foods like white flour, sugar, white bread, pasta, bagels, etc.

See any differences? The refined foods sometimes have as low as **1/20th the nutrients, vitamins, and minerals.**

So imagine eating 3 meals a day of refined foods, over one year. You're eating 1,000 meals with **1/20** the nutrients you should be getting. Imagine how that'll impact your life, health, and weight over decades?

The one key rule, finally revealed!

The one core rule I've been referring to is this: Just eat real food! In case you are so lost that you don't even know what that is anymore, I'll share that with you below:

What Is Real Food?

- **Three easy criteria:**
 1. Not in a box.
 2. Your grandmother would have recognized as food
 3. You can describe how it is produced, or how it grows and comes into existence



Comes in a box: not real food



You can physically touch an Oat plant and observe it grow: real food

Part #3: Reactivating your body's innate healing mechanism.

The final thing is that we are getting sicker and fatter from constantly having an "on" switch, and no off switch. Listen to what Hippocrates, 2,500 years ago, said about health:

The four things needed for ideal health:

"Fresh air, cleanliness, good food, and exercise.

Walking is man's best medicine.

Let food be thy medicine and medicine be thy food."

- Hippocrates (400 BC)

.... 2,500 years ago

So, the third part is something that many of us need to really emphasize especially living in the 21st century.

And it's this...

... **Our stress levels are off the charts!**

Fundamentally, chronic stress is disease-producing, belly-fat inducing, and anxiety-causing.

Stress kills. That's a fact. More stress = higher levels of just about any and all diseases. Think of that. In the face of chronic stress, your body literally breaks down.

But I'm not (just) going to tell you to go meditate or sit in a cave like a monk.

There are many other forms of stress that are damaging to your body as well.

Consider all these other forms of stress too:

- **Your body won't lose weight, and heal disease if...**



So this brings up something really important.

... Your intangible quality of life is just as important as what you're eating, and whether or not you move a lot.

Hard to believe I know, but this has been proven time and time again.

There are three big new killers now:

Stress, from taking on too much, having active minds, living a fast paced lifestyle, and excess emotion.

Lack of sleep, which after a few nights, makes you as insulin-resistant as a type II diabetic.

Inflammatory foods, which promote fat accumulation, inflammation, cortisol release, and they provide the building blocks for disease.

So in a nutshell, that's how, as a cubicle dweller, a modern zoo human not living in your natural habitat, you can get rid of that excess fat and weight.

... But what about those ever-achey back, neck, wrists, shoulders, and knees?

Why you're (very unfortunately) stuck in a cycle of chronic pain. And why it won't go away.

I'm going to be extra awesome for you here now.

I'm not going to spend much time jabbering, and Instead I'm going to go ahead and give you my proven program for fixing chronic pain (right now, in 10 minutes).

So first, let me tell you why you're stuck in chronic pain, and why hundreds of millions of other people are too.

First...

... Sitting at a desk 40, 50, or 60 hours a week is the most unnatural thing for our species, since, well, ever.

Honestly, think about it for a sec. Go ahead and imagine a wild zebra running through the African wilderness. Imagine the space, the freedom, the fresh air, the total lack of restriction in life. Imagine the amount of movement.

... And now imagine that the zebra has been taken to a zoo, to live a much more "comfortable" life.

No freedom. Can't eat whenever she wants. Has to sleep in one place. Is usually confined to a few positions. Doesn't get much interaction with others.

Wild, roaming plains of Africa ==> 12' x 12' box.

For zebras (and just about any other animal), **being in a zoo really sucks**. And we know it sucks, because they suffer from all kinds of physical and mental health issues they don't get otherwise.

But for you...

... You can sit all day without pain. Or shovel. Or file. Or serve burgers. Or service cars. Whatever it is you do. Pain is not natural.

Let me bring something revolutionary to your attention...

Pain is not natural!

Consider this fact: there are cultures on earth that do hard, physical, manual labor 12 hours a day who suffer no adverse health conditions, and who suffer no chronic pain.

You know those tribal, indigenous African ladies carrying baskets on their heads?

Yeah, no neck pain. At all. Even though they carry heavy loads on their heads all day.

Pain is not our natural state. It never is, and it never was. And chances are, you are not prone to pain either. You weren't born with a defect. You weren't "designed" to be in pain. And you don't have to be in pain.

So let's get crackin'...

#1 You're in pain because... your skeleton is "stuck" in the wrong spot (aka in flexion)

Look at these two images:

Now, you don't need to be a rocket scientist to guess which one of those is "better" for you.

But here's where it gets good:

Pain doesn't just occur because you are sitting wrong. It also gets worse once you've been sitting wrong for a long time, because your muscles can actually go "into flexion" which means that they are essentially locked into an unnatural position.

The classic one? Forward neck flexion because you're staring at a screen 10 hours a day and trying to get closer.

Another one: Your spine becoming "C" shaped (hunched), rather than "S" shaped (proper posture). After a while, it kinda gets "stuck" that way.



The good news:

This flexion, and the accompanying pain, can be reversed, and relatively easily.

I'll get to that in just a moment.

Before I do, let's jump onto the next one.

#2 Improper posture, this whole flexion thing, can then create localized points of tension, which lead to a ton of other aches, pains, and chronic health conditions.

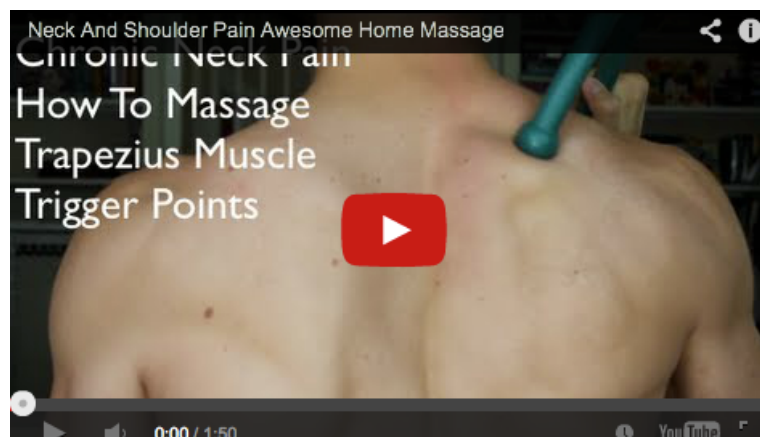
Let me show you a few conditions I've seen reversed once people understand these three origins of chronic pain:

- Chronic Migraines and headaches
- TMJ
- Carpal tunnel syndrome
- Sciatica
- Vertigo
- Burning between shoulder blades
- ... And many other conditions

Note: this is not some hippie hogwash, this is cold hard science. And what's scary is that people often get surgery for these conditions based on the recommendation of a doctor that has no idea what he or she is dealing with - they treat "I don't know" with surgery. Terrifying.

Some of these localized points go on to become quite serious, and can send "referral pain" to other locations on the body. These are known as trigger points.

Here's an example:



The good news:

Let's jump into #3.

The third reason for chronic pain is just classic poor posture.

Poor sitting posture.

Poor sleeping posture.

Poor bending posture.

Poor physical activity posture.

In other words, your *biomechanics*. How you move, particularly when you exercise or do physical activities.

Poor posture can lead to all of the aforementioned conditions: trigger points (spots of localized tension) and flexion.

Voila!

That about sums up the three main reasons I've found people are stuck in a cycle of chronic pain - and this is coming from a guy that was in chronic pain for years.

I, at the ripe old age of 25, had such bad chronic neck and back pain that I had agonizing insomnia for almost three years. It wasn't until I painstakingly pieced together this formula myself that I finally learned (the hard way).

“This is great and all Alex, but I could care less about the pretty theory, just show me how to get out of pain!”

Flip on over to page 17 and I'm going to link to my best video guides on fixing chronic pain... for free!

Yup, I'm that awesome :).


Fixing Chronic Lower Back Pain

I've written extensively on the subject, and you can check out my guides here (just [click on the images, they will bring you to the guides](#)).

4 (Rarely Used) Things You Can Do Right Now for Immediate Lower Back Pain Relief

by Alexander Heyne [edit](#)

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Statistically, Back Pain Will Affect Virtually Every Person at Some Point in Their Life


In case the image doesn't link: here's the url:
<http://modernhealthmonk.com/fixing-lower-back-pain/>

Fixing Chronic Neck & Shoulder Pain

3 PROVEN Ways to Permanently Fix Your Neck and Shoulder Pain (And Maybe Your Migraine Headaches)

by Alexander Heyne [edit](#)

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<http://modernhealthmonk.com/neck-and-shoulder-pain/>

Fixing Chronic Knee Pain

What Your Doctor Isn't Telling You About Runners Knee And Chronic Knee Pain (And The 5 Keys to Fixing It)

by Alexander Heyne [edit](#)



In case the image doesn't link: here's the url:

<http://modernhealthmonk.com/ultimate-guide-to-chronic-knee-pain-runners-knee/>

... That should be a good start. Those three fill up almost a small book, plus they've got videos.

What next?

It's my humble hope that these resources will help get you on the path to freedom, happiness, and health again.

I want to help reintroduce you back into the wild - back into your natural state.

Sayonara cubicle human! Sayonara, zoo. It's time to reclaim the pain-free, healthy body you are supposed to have.

If you've got comments, questions or concerns, just shoot me an email!

Alexander at Modernhealthmonk.com

Or just shoot me a quick hello, as I love hearing from readers, even more if I've helped you fix a health problem!

- Alex

