SCIATIC PROBLEM

- **You need to move the sciatic nerve into a different location, usually by manipulating the buttocks, lower back and/or hip.**

- **Use your fist and push the muscle where it is really sore in the middle of the buttocks, to dislodge the nerve congestion. You can try pushing the butt with the fist while moving the legs around in circles to attempt to get the sciatic nerve to dislodge and move into an area where it is not pressured.**

  There are some really good videos on youtube showing many ways of maneuvering the nerve tissue away from the jam up site. Just search "sciatic help"

- **If you can see a chiropractor, or bowen therapist, they can often move the nerve from being compromised and causing pain.**

- **There may be a copper deficiency. Copper is a mineral that your body requires in small quantities to maintain good health. It uses copper to form red blood cells, bone, connective tissue and some important enzymes. Often those with crohn's or celiac have difficulty absorbing copper. Try copper bracelet or copper wrap around the hip area. Copper needs zinc and iron to be present also. Foods high in copper: beef liver, oysters, spirulina, shitake mushrooms nuts (cashews, hazelnuts, almonds), seeds (eg. Sunflower seeds), lobster, leafy greens, dark chocolate, chickpeas, raisins, avocado, dried apricots, quinoa, kale, goat cheese, asparagus.**