

## V. Can My Herniated, Bulging Disc, Sciatica Heal?

The short answer is yes. Absolutely. Most disc bulges shrink over time. The symptoms (pain, numbness, tingling) associated with disc issues also tend to resolve in most people.

*There are few reasons why this may happen:*

1. The disc material gets reabsorbed by the disc.
2. The disc material may dehydrate.
3. In response to inflammation the body creates little Pac-man cells that eat the disc material.

*NOTE: Your body has an incredible ability to heal itself, if you allow it to happen.*

The goal of this video series is to help you allow your body to heal. We will educate you on how to create an environment which is conducive to healing.

**What if your sciatica is caused by degenerative changes in your spine often due to age resulting in a smaller opening for the nerve roots of the sciatic nerve to pass through?** The smaller hole causes increased pressure and irritation of the nerves. This may lead to spinal stenosis.

If degenerative changes are causing your sciatica, you still have a good chance of healing by eliminating or reducing the pain makers in your life and by using the technique of nerve flossing (see video **How to Perform Nerve Flossing Which Can Help Your Sciatica**).

We will be creating a video series in the future designed specifically for spinal stenosis.