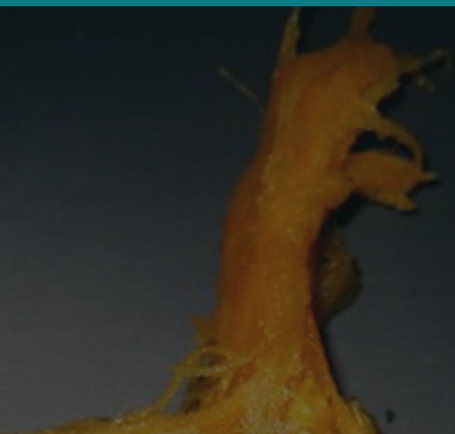




THE BACK FORMULA BOOK

Forty-five kitchen formulas for the muscles that hold your spine up — magnesium-rich greens and seeds, turmeric with black pepper, oily fish, tart cherry, and the hydration

- All 45 formulas, each written out — amounts, servings,
- The 11 ingredients that carry the system, and what each is
- The magnesium chapter — food sources, in real portions
- One Sunday hour of batch work that covers the week

45 FORMULAS · 56 PAGES · 11 INGREDIENTS

Educational material about food — not medical advice.

READ THIS FIRST

This guide is educational content about food. It is not medical advice, not a diagnosis, and not a treatment for any condition. It does not replace medication, and nothing in it should cause you to stop or change a prescription.

INTERACTIONS THAT MATTER

- Turmeric and ginger can increase the effect of blood thinners such as warfarin. Culinary amounts are not supplement doses, but the interaction is real. Every affected formula in this guide is marked.
- Tart cherry juice carries a meaningful amount of natural sugar. If you manage diabetes, treat it as juice, not as medicine.
- Ginger can lower blood pressure slightly, which matters if you already take something that does the same.
- If you are pregnant, breastfeeding, or preparing for surgery, ask before adding concentrated turmeric of any kind.

WHEN TO STOP READING AND CALL A DOCTOR

- Numbness in the saddle area — between the legs, or around the back passage.
- Any change in bladder or bowel control.
- Weakness in a leg or foot, or a foot that drags.
- Pain that began after a fall, a crash or a significant impact.
- Unexplained weight loss, night sweats or fever alongside back pain.
- Pain that is significantly worse at night and does not ease with position.

None of those are a stiff morning, and none of them are a job for a recipe. Some of them are an emergency — the guide names which.

WHAT IS IN HERE

How to read a formula

Every one gets the same layout: what it is for, the amounts, the method, and who it is not for.

The twelve ingredients

What each one is doing, and how much of it actually matters.

The forty-five formulas

Mornings, evenings, batch cooking, and the flare days.

The Sunday hour

One afternoon that covers four days.

Interactions

Every formula that clashes with a common prescription, marked.

THE TWELVE INGREDIENTS

TURMERIC

The curcumin source. Needs black pepper and some fat to be absorbed at all.

BLACK PEPPER

Not seasoning here. It is what makes the turmeric worth eating.

GINGER

Warming, cheap, and the easiest of all of these to use daily.

TART CHERRY

The best-evidenced item in the book, and only for activity soreness.

OILY FISH

Omega-3 from food. Tinned counts and costs almost nothing.

EXTRA VIRGIN OLIVE OIL

Extra virgin specifically. The polyphenols are the point.

OATS

The vehicle for a breakfast that is already made when you wake up.

BERRIES

Frozen is as good as fresh and never goes off in the drawer.

LEAFY GREENS

Frozen spinach and kale need no washing, no chopping, no grip.

WALNUTS AND FLAXSEED

Plant omega-3 and the four-o'clock replacement.

YOGHURT AND KEFIR

Three-minute breakfasts for the mornings when nothing works.

BONE BROTH

A good soup base. The cartilage claims are thin and this guide says so.

NO. 01 – THE WAKE-UP GLASS

On waking, before standing

FORMULA FACTS		On waking, before standing
The Wake-Up Glass		
AMOUNT PER SERVING		
Water, room temperature		400 ml
Lemon juice		½ lemon
Pinch of salt		1 pinch
Ginger, grated		1 tsp

Method: Leave it on the bedside table the night before and drink it before you sit up. · You lose fluid all night and a dehydrated back is a stiffer back. This is the trigger for the morning sequence, not a cure for anything.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 02 – THE MAGNESIUM MORNING OATS

Breakfast, made the night before

FORMULA FACTS		Breakfast, made the night before
The Magnesium Morning Oats		
AMOUNT PER SERVING		
Rolled oats		50 g
Pumpkin seeds		25 g
Ground flaxseed		1 tbsp
Milk or kefir		150 ml
Frozen berries		80 g

Method: Combine in a jar the night before, eat cold or warmed. · Pumpkin seeds are one of the densest magnesium sources on an ordinary supermarket shelf, and magnesium is the mineral most often behind cramp and spasm.

NO. 03 – TART CHERRY MORNING SHOT

Morning, after activity days

FORMULA FACTS		Morning, after activity days
Tart Cherry Morning Shot		
AMOUNT PER SERVING		
Unsweetened tart cherry juice		120 ml
Water		120 ml
Lemon juice		1 tsp

Method: Mix and drink cold. Dilution is deliberate — neat juice is a lot of sugar in one go. · Tart cherry has the best evidence of anything here for exercise-related soreness. It is still fruit juice.

⚠ Contains natural sugars — check with your doctor if you manage diabetes.

No. 04 – GOLDEN TURMERIC FORMULA

Evening, for next-morning stiffness

FORMULA FACTS		Evening, for next-morning stiffness
Golden Turmeric Formula		
AMOUNT PER SERVING		
Milk of your choice		240 ml
Ground turmeric		1 tsp
Black pepper, ground		¼ tsp
Ginger, fresh, grated		1 tsp
Honey		to taste

Method: Warm gently four minutes without boiling, whisking so the turmeric does not settle. Strain if you used fresh ginger. · The flagship. Without the black pepper most of the curcumin passes straight through you — which is exactly why the versions circulating online do nothing.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 05 – THE OVERNIGHT OATS BASE

Breakfast, made the night before

FORMULA FACTS		Breakfast, made the night before
The Overnight Oats Base		
AMOUNT PER SERVING		
Rolled oats		50 g
Milk or kefir		150 ml
Ground flaxseed		1 tbsp
Frozen berries		80 g
Walnuts, chopped		15 g

Method: Combine in a jar, refrigerate overnight, eat cold or warmed. · Soft on stiff hands: nothing to chop in the morning, nothing to stand at a hob for.

NO. 06 – OLIVE OIL & LEMON DRESSING

Any lunch or dinner

FORMULA FACTS		Any lunch or dinner
Olive Oil & Lemon Dressing		
AMOUNT PER SERVING		
Extra virgin olive oil		3 tbsp
Lemon juice		1 tbsp
Dijon mustard		½ tsp
Black pepper		to taste

Method: Shake in a jar. Keeps a week in the fridge; let it come back to room temperature before using. · Extra virgin, not light or refined — the polyphenols are the reason it is on the list.

NO. 07 – THE MAGNESIUM EVENING BOWL

Evening, for night cramp and spasm

FORMULA FACTS		Evening, for night cramp and spasm
The Magnesium Evening Bowl		
AMOUNT PER SERVING		
Pumpkin seeds		30 g
Spinach, wilted		100 g
Cooked quinoa		80 g
Olive oil		1 tbsp
Lemon juice		1 tbsp

Method: Wilt the spinach in the oil, stir through the quinoa, top with seeds and lemon. ·
The flagship of this book. Night cramp is the complaint it exists for, which is why it sits at the end of the day rather than the start.

NO. 08 – TURMERIC ROASTED VEGETABLES

Dinner, batch of four

FORMULA FACTS		Dinner, batch of four
Turmeric Roasted Vegetables		
AMOUNT PER SERVING		
Mixed root vegetables		1 kg
Olive oil		3 tbsp
Ground turmeric		2 tsp
Black pepper		½ tsp
Garlic cloves		4

Method: Toss everything, roast at 200°C for 35 minutes, turning once. · One tray, four portions, no standing at the hob. The base of most of the batch-cooking week.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 09 – THE HYDRATION LADDER

Across the whole day

FORMULA FACTS		Across the whole day
The Hydration Ladder		
AMOUNT PER SERVING		
On waking		400 ml
Mid-morning		300 ml
With lunch		300 ml
Mid-afternoon		300 ml
Early evening		200 ml

Method: Five fixed points rather than a vague daily target. Stop drinking large amounts within two hours of bed. · 'Drink more water' is useless advice because it cannot be measured. Five marked points can be, and the discs you are trying to look after are mostly water.

NO. 10 – GREEN SOUP, FROZEN IN PORTIONS

Lunch or dinner, batch of six

FORMULA FACTS		Lunch or dinner, batch of six
Green Soup, Frozen In Portions		
AMOUNT PER SERVING		
Broccoli		1 head
Spinach		200 g
Onion		1
Stock		1 litre
Olive oil		2 tbsp

Method: Soften the onion, add stock and broccoli, simmer 12 minutes, wilt the spinach, blend. Freeze in portions. · The freezer portion is the point — a bad-hands day still has a hot meal in it.

NO. 11 – THE EVENING GINGER STEEP

Evening, wind-down

FORMULA FACTS		Evening, wind-down
The Evening Ginger Steep		
AMOUNT PER SERVING		
Hot water		250 ml
Ginger, fresh, sliced		4 slices
Cinnamon stick		1
Honey		1 tsp

Method: Steep eight minutes, covered. · Caffeine-free and warm, an hour before bed. Sleep quality and morning stiffness are more related than most people expect.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 12 – CHERRY & GINGER COOLING TONIC

After a day on your feet

FORMULA FACTS

After a day on your feet

Cherry & Ginger Cooling Tonic

AMOUNT PER SERVING

Unsweetened tart cherry juice	240 ml
Ginger, fresh, grated	2 cm
Lemon juice	½ lemon
Sparkling water	to top

Method: Stir ginger through the juice, add lemon, top with sparkling water. Keeps two days chilled. · The one people make on repeat in summer.

⚠ Interacts with blood thinners — ask your doctor first. Contains natural sugars — check with your doctor if you manage diabetes.

NO. 13 – WALNUT & BERRY AFTERNOON PLATE

Afternoon, in place of biscuits

FORMULA FACTS		Afternoon, in place of biscuits
Walnut & Berry Afternoon Plate		
AMOUNT PER SERVING		
Walnuts		20 g
Frozen berries, thawed		80 g
Plain yoghurt		100 g

Method: Thaw the berries in the fridge overnight and assemble. · This exists to replace the four o'clock biscuit, which is the single most common weak point in the day.

NO. 14 – THE ANTI-SPASM BROTH

Evening, on a bad day

FORMULA FACTS		Evening, on a bad day
The Anti-Spasm Broth		
AMOUNT PER SERVING		
Bone or vegetable broth		400 ml
Spinach, chopped		80 g
Ground turmeric		½ tsp
Black pepper		pinch
Pumpkin seeds, to top		20 g

Method: Warm the broth, wilt the spinach into it, finish with turmeric, pepper and seeds. · Warm, salted, magnesium-carrying, and requires almost no chewing on an evening when sitting at a table is the last thing you want.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 15 – OLIVE OIL POACHED FISH

Dinner, one pan

FORMULA FACTS		Dinner, one pan
Olive Oil Poached Fish		
AMOUNT PER SERVING		
White fish fillets		2
Olive oil		200 ml
Garlic		3 cloves
Lemon zest		1 tsp
Bay leaf		1

Method: Warm the oil with the aromatics to 60°C, slide the fish in, poach 12 minutes. · Strain and keep the oil — it will dress three more meals.

NO. 16 – THE BONE BROTH BASE

Batch, freezes for a month

FORMULA FACTS		Batch, freezes for a month
The Bone Broth Base		
AMOUNT PER SERVING		
Beef or chicken bones		1 kg
Apple cider vinegar		2 tbsp
Onion, carrot, celery		1 each
Water		3 litres

Method: Simmer six to eight hours, skim, strain, cool, freeze in portions. · The collagen angle is popular and the evidence is thin — it is here because it is a good, cheap base for the soups, not because it rebuilds cartilage.

NO. 17 – KEFIR & BERRY BREAKFAST GLASS

Breakfast, three minutes

FORMULA FACTS		Breakfast, three minutes
Kefir & Berry Breakfast Glass		
AMOUNT PER SERVING		
Plain kefir		200 ml
Frozen berries		80 g
Ground flaxseed		1 tbsp
Honey		1 tsp

Method: Blend or simply stir. · Three minutes, no chopping, no heat. The breakfast for a morning when nothing works yet.

NO. 18 – THE CURCUMIN PASTE (BASE)

Batch, keeps two weeks

FORMULA FACTS		Batch, keeps two weeks
The Curcumin Paste (Base)		
AMOUNT PER SERVING		
Ground turmeric		60 g
Water		120 ml
Black pepper, ground		1½ tsp
Coconut or olive oil		3 tbsp

Method: Simmer turmeric and water to a paste, stir in pepper and oil, cool, refrigerate in a jar. · A teaspoon of this replaces the powder in any formula in the book. Making it once a fortnight is what makes the habit survive.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 19 – THE DESK JAR

Midday, for a working day

FORMULA FACTS		Midday, for a working day
The Desk Jar		
AMOUNT PER SERVING		
Cooked barley or quinoa		100 g
Tinned sardines		1 tin
Mixed leaves		2 handfuls
Pumpkin seeds		20 g
Olive oil and lemon		2 tbsp

Method: Assemble the night before in a jar; dress before eating. · Built for the day you sit for seven hours. Nothing to heat, nothing to queue for, and no reason to leave your back in a chair through lunch.

NO. 20 – MISO & GINGER BROTH

Lunch, five minutes

FORMULA FACTS		Lunch, five minutes
Miso & Ginger Broth		
AMOUNT PER SERVING		
Hot water		300 ml
Miso paste		1 tbsp
Ginger, grated		1 tsp
Spring onion		1

Method: Dissolve the miso off the boil so it stays alive, add ginger and onion. ·
Savoury, warm, and no chewing required on a flare day.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 21 – THE BIG GREEN SALAD, DRESSED PROPERLY

Lunch

FORMULA FACTS		Lunch
The Big Green Salad, Dressed Properly		
AMOUNT PER SERVING		
Mixed leaves		3 handfuls
Cooked lentils		100 g
Olive oil dressing (No. 06)		2 tbsp
Pumpkin seeds		15 g

Method: Assemble and dress generously. · Under-dressed salad is why people stop eating salad. Use the whole two tablespoons.

NO. 22 – MACKEREL PÂTÉ

Batch, keeps three days

FORMULA FACTS		Batch, keeps three days
Mackerel Pâté		
AMOUNT PER SERVING		
Smoked mackerel fillets		2
Greek yoghurt		3 tbsp
Lemon juice		1 tbsp
Black pepper		to taste

Method: Mash together with a fork. No blender needed. · Oily fish that lives in the fridge ready to eat, for the days cooking is not happening.

NO. 23 – ROASTED GARLIC & OLIVE OIL MASH

Side, batch of four

FORMULA FACTS		Side, batch of four
Roasted Garlic & Olive Oil Mash		
AMOUNT PER SERVING		
Potatoes or celeriac		800 g
Roasted garlic		1 bulb
Olive oil		4 tbsp
Black pepper		to taste

Method: Boil, drain, mash with the roasted garlic and oil instead of butter. · A swap, not a sacrifice: the same comfort food with the fat changed.

NO. 24 – THE BERRY FREEZER BAGS

Prep, ten bags at once

FORMULA FACTS		Prep, ten bags at once
The Berry Freezer Bags		
AMOUNT PER SERVING		
Frozen mixed berries		800 g
Ground flaxseed		10 tbsp
Small freezer bags		10

Method: Portion 80 g of berries and a tablespoon of flax into each bag; freeze flat. ·
The whole trick of this book is removing steps from the moment you are least able to do them.

NO. 25 – TURMERIC SCRAMBLED EGGS

Breakfast, six minutes

FORMULA FACTS		Breakfast, six minutes
Turmeric Scrambled Eggs		
AMOUNT PER SERVING		
Eggs		2
Ground turmeric		¼ tsp
Black pepper		pinch
Olive oil		1 tbsp
Spinach		1 handful

Method: Wilt the spinach in the oil, add beaten eggs and turmeric, stir gently off high heat. · Protein breakfast for the mornings when oats will not do.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 26 – THE NIGHTCAP CHAMOMILE & GINGER

Bedtime

FORMULA FACTS		Bedtime
The Nightcap Chamomile & Ginger		
AMOUNT PER SERVING		
Chamomile tea bag		1
Ginger, sliced		2 slices
Hot water		250 ml

Method: Steep six minutes. · Deliberately dull. It is a sleep cue, and the sleep is the active ingredient.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 27 – LENTIL & VEGETABLE STEW

Dinner, batch of six

FORMULA FACTS		Dinner, batch of six
Lentil & Vegetable Stew		
AMOUNT PER SERVING		
Red lentils		300 g
Chopped tomatoes		400 g
Onion, carrot, celery		1 each
Ground turmeric		1 tsp
Olive oil		3 tbsp

Method: Soften the vegetables, add lentils, tomatoes and 1 litre of water, simmer 25 minutes. · Cheap, freezes well, and the best value portion of anything in the book.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 28 – CHIA PUDDING, MADE FRIDAY

Breakfast, no cooking

FORMULA FACTS		Breakfast, no cooking
Chia Pudding, Made Friday		
AMOUNT PER SERVING		
Chia seeds		3 tbsp
Milk of your choice		250 ml
Cinnamon		½ tsp
Berries		to top

Method: Stir, refrigerate four hours or overnight. · Zero heat, zero chopping, three days in the fridge.

NO. 29 – THE RESCUE BROTH

Flare days

FORMULA FACTS		Flare days
The Rescue Broth		
AMOUNT PER SERVING		
Bone or vegetable broth (No. 16)		400 ml
Ginger, grated		1 tsp
Ground turmeric		½ tsp
Black pepper		pinch

Method: Warm and sip. Nothing to chew. · For the days when eating is an effort. Not a treatment for a flare — a flare with heat, redness and swelling needs a doctor.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 30 – GREENS, TWO MINUTES, ANY NIGHT

Side

FORMULA FACTS		Side
Greens, Two Minutes, Any Night		
AMOUNT PER SERVING		
Frozen spinach or kale		150 g
Olive oil		1 tbsp
Garlic		1 clove
Lemon		squeeze

Method: Straight from frozen into a hot pan with the oil and garlic. · Frozen greens are as good nutritionally and need no washing, no chopping, no grip.

NO. 31 – TURMERIC & YOGHURT MARINADE

Prep for any protein

FORMULA FACTS		Prep for any protein
Turmeric & Yoghurt Marinade		
AMOUNT PER SERVING		
Plain yoghurt		150 g
Ground turmeric		1 tsp
Black pepper		¼ tsp
Garlic, crushed		2 cloves

Method: Coat chicken or fish, refrigerate two hours or overnight, then bake. · The easiest way to get turmeric into a main meal without tasting like a drink.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 32 – THE SUNDAY GRAIN POT

Prep, four portions

FORMULA FACTS		Prep, four portions
The Sunday Grain Pot		
AMOUNT PER SERVING		
Barley, farro or brown rice		300 g
Stock		700 ml
Olive oil		2 tbsp

Method: Simmer until tender, cool, refrigerate. The base of four lunches. · One pot on Sunday and lunch stops being a decision from Monday to Thursday.

NO. 33 – THE POST-SITTING RESET TONIC

After a long drive or a long day at a desk

FORMULA FACTS		After a long drive or a long day a
The Post-Sitting Reset Tonic		
AMOUNT PER SERVING		
Unsweetened tart cherry juice		150 ml
Water		150 ml
Ginger, grated		1 tsp
Pinch of salt		1 pinch

Method: Mix and drink at room temperature within an hour of getting up from the chair. · Tart cherry has the best evidence here for exercise-related soreness. This is the version for the soreness of being still, not of moving.

⚠ Interacts with blood thinners — ask your doctor first. Contains natural sugars — check with your doctor if you manage diabetes.

NO. 34 – THE COLD-HANDS SMOOTHIE

Breakfast, two minutes

FORMULA FACTS		Breakfast, two minutes
The Cold-Hands Smoothie		
AMOUNT PER SERVING		
Frozen berry bag (No. 24)		1 bag
Kefir or milk		250 ml
Ground turmeric		¼ tsp
Honey		1 tsp

Method: Tip the whole bag in and blend. · Designed so the only movement required is pressing a button.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 35 – BRAISED FENNEL & WHITE BEANS

Dinner, batch of four

FORMULA FACTS		Dinner, batch of four
Braised Fennel & White Beans		
AMOUNT PER SERVING		
Fennel bulbs		2
Tinned white beans		400 g
Olive oil		3 tbsp
Stock		200 ml

Method: Brown the fennel, add beans and stock, braise 20 minutes. · Soft, warm, and gentle on a day when chewing is tiring.

NO. 36 – TURMERIC FLATBREAD

Weekend, batch of six

FORMULA FACTS		Weekend, batch of six
Turmeric Flatbread		
AMOUNT PER SERVING		
Plain flour		300 g
Yoghurt		200 g
Ground turmeric		1 tsp
Olive oil		2 tbsp

Method: Combine, rest 20 minutes, roll and dry-fry two minutes a side. · For the weeks that need a small pleasure in them, or the plan does not survive.

⚠ Interacts with blood thinners — ask your doctor first.

NO. 37 – THE POST-WALK RECOVERY GLASS

Within an hour of activity

FORMULA FACTS		Within an hour of activity
The Post-Walk Recovery Glass		
AMOUNT PER SERVING		
Tart cherry juice		150 ml
Water		100 ml
Pinch of salt		1 pinch

Method: Mix and drink cold. · This is the formula with the most direct research behind it, and only for activity soreness.

⚠ Contains natural sugars — check with your doctor if you manage diabetes.

NO. 38 – SLOW-COOKED BEEF & BARLEY

Dinner, batch of six

FORMULA FACTS		Dinner, batch of six
Slow-Cooked Beef & Barley		
AMOUNT PER SERVING		
Stewing beef		600 g
Pearl barley		150 g
Root vegetables		500 g
Broth (No. 16)		1 litre

Method: Everything in a low oven or slow cooker for four hours. · The Sunday that produces three more dinners without another decision.

NO. 39 – GINGER & HONEY FRIDGE SYRUP

Batch, keeps three weeks

FORMULA FACTS		Batch, keeps three weeks
Ginger & Honey Fridge Syrup		
AMOUNT PER SERVING		
Ginger, sliced		150 g
Honey		300 ml
Lemon juice		3 tbsp

Method: Steep the ginger in warm honey and lemon, bottle, refrigerate. · A spoonful turns hot water into any of the ginger formulas instantly.

⚠ Interacts with blood thinners — ask your doctor first. Contains natural sugars — check with your doctor if you manage diabetes.

NO. 40 – THE TEN-MINUTE FISH SUPPER

Dinner, one pan

FORMULA FACTS		Dinner, one pan
The Ten-Minute Fish Supper		
AMOUNT PER SERVING		
Any white or oily fish		2 fillets
Olive oil		2 tbsp
Cherry tomatoes		200 g
Olives		50 g

Method: Everything in one pan, 200°C, ten minutes. · The dinner for the evening when the plan is about to be abandoned.

NO. 41 – THE SUNDAY SEED MIX

Batch, keeps three weeks

FORMULA FACTS		Batch, keeps three weeks
The Sunday Seed Mix		
AMOUNT PER SERVING		
Pumpkin seeds		200 g
Sunflower seeds		100 g
Ground flaxseed		100 g
Walnuts, chopped		100 g

Method: Mix and keep in a jar by the kettle. A tablespoon goes on everything, all week. · The single easiest way to raise magnesium intake without thinking about it once.

NO. 42 – THE SIMPLE BEDTIME MILK

Bedtime

FORMULA FACTS		Bedtime
The Simple Bedtime Milk		
AMOUNT PER SERVING		
Milk of your choice		200 ml
Cinnamon		½ tsp
Honey		1 tsp

Method: Warm gently. · No turmeric, no ginger — the version for anyone on blood thinners who has been told to skip the others.

NO. 43 – BATCH BAKED OATS

Prep, six portions

FORMULA FACTS		Prep, six portions
Batch Baked Oats		
AMOUNT PER SERVING		
Rolled oats		300 g
Milk		600 ml
Eggs		2
Berries		200 g
Cinnamon		1 tsp

Method: Combine, bake at 180°C for 30 minutes, cut into six squares, refrigerate. ·
Breakfast for the week in one tray. Eaten cold with a fork, on the worst mornings.

NO. 44 – HERBY YOGHURT DIP

Any meal

FORMULA FACTS		Any meal
Herby Yoghurt Dip		
AMOUNT PER SERVING		
Greek yoghurt		200 g
Olive oil		2 tbsp
Lemon juice		1 tbsp
Chopped herbs		2 tbsp

Method: Stir together. · Gets olive oil onto vegetables that would otherwise be dry and dull.

NO. 45 – THE WEEKLY RESET SOUP

Sunday, batch of six

FORMULA FACTS		Sunday, batch of six
The Weekly Reset Soup		
AMOUNT PER SERVING		
Whatever vegetables are left		1 kg
Broth or stock		1.5 litres
Ground turmeric		1 tsp
Olive oil		3 tbsp
Black pepper		½ tsp

Method: Soften, simmer 20 minutes, blend or leave chunky, freeze what you will not eat in three days. · The formula that stops the fridge becoming waste and Monday becoming takeaway.

⚠ Interacts with blood thinners — ask your doctor first.

READING A SUPPLEMENT LABEL

You will be offered a bottle of this eventually, so here is the ten-second version. Turn it over. Find the serving size — often two capsules, which doubles the daily cost you just calculated. Then look for the words 'proprietary blend': that phrase legally allows the amounts to stay secret, and it is there because the amounts would not impress you.

THE ORDER OF INGREDIENTS

Ingredients are listed heaviest first. The one printed on the front of the bottle is frequently near the end of the list on the back.

WHAT THAT MEANS FOR THIS BOOK

Nothing in here hides an amount. Every formula prints what goes in it, because there is no reason not to.

THE FIRST FORTY MINUTES

The morning is a sequence, not a mood. Warm fluid before standing, gentle movement without load, heat on the worst joint, food that is already made, and caffeine last rather than first.

- 00:00 · Before you move at all — Drink the Wake-Up Glass from the bedside table. Do not sit up yet — this is the twenty seconds that matter most.
- 00:03 · The log-roll, step one — Bend both knees so your feet are flat on the mattress. Nothing else moves yet.
- 00:04 · The log-roll, step two — Roll onto your side as one piece — shoulders and hips turning together, no twist through the middle.
- 00:05 · The log-roll, step three — Drop both feet off the edge of the bed and push up with the underneath arm. Your legs are the counterweight, not your back.
- 00:07 · Sit on the edge — Thirty seconds, feet flat, before standing. Every morning, without exception.
- 00:09 · Pelvic tilts and knee rolls — Ten of each, slowly, done lying down before you got up — or on the floor if that is easier.

FIVE REMEDIES TO STOP MAKING

TURMERIC WITH NO FAT AND NO PEPPER

The most common homemade version, and the least useful one.

APPLE CIDER VINEGAR ON AN EMPTY STOMACH

Hard on tooth enamel, thin on evidence for joints.

NEAT LEMON JUICE 'TO ALKALISE'

Your blood pH is not adjustable by breakfast.

GELATIN DRINKS FOR CARTILAGE

The claim outruns the evidence by a wide margin.

ANYTHING DESCRIBED AS A DETOX

Your liver and kidneys already hold that job.

THE SUNDAY HOUR

Sixty minutes on a Sunday afternoon buys back four days of the week. Do these four things in this order and everything overlaps.

- Put the grain pot on (No. 32) — it cooks unattended for 30 minutes.
- While it cooks, make the curcumin paste (No. 18). Two weeks of turmeric formulas in one jar.
- Portion ten berry freezer bags (No. 24).
- Assemble three overnight oats jars (No. 05) and put the traybake vegetables in one tin, ready.
- Total hands-on: about an hour. Days covered: four.

INTERACTIONS

Every formula in this book that interacts with a common prescription, in one place.

BLOOD THINNERS (WARFARIN AND SIMILAR)

- No. 01 — The Wake-Up Glass
- No. 04 — Golden Turmeric Formula
- No. 08 — Turmeric Roasted Vegetables
- No. 11 — The Evening Ginger Steep
- No. 12 — Cherry & Ginger Cooling Tonic
- No. 14 — The Anti-Spasm Broth
- No. 18 — The Curcumin Paste (Base)
- No. 20 — Miso & Ginger Broth
- No. 25 — Turmeric Scrambled Eggs
- No. 26 — The Nightcap Chamomile & Ginger
- No. 27 — Lentil & Vegetable Stew
- No. 29 — The Rescue Broth
- No. 31 — Turmeric & Yoghurt Marinade
- No. 33 — The Post-Sitting Reset Tonic
- No. 34 — The Cold-Hands Smoothie
- No. 36 — Turmeric Flatbread
- No. 39 — Ginger & Honey Fridge Syrup
- No. 45 — The Weekly Reset Soup

BLOOD SUGAR

- No. 03 — Tart Cherry Morning Shot
- No. 12 — Cherry & Ginger Cooling Tonic
- No. 33 — The Post-Sitting Reset Tonic

- No. 37 — The Post-Walk Recovery Glass
- No. 39 — Ginger & Honey Fridge Syrup

BEFORE YOU GO

One change at a time. The most common way this fails is doing all of it in week one and none of it in week three. Pick the single formula that fits your evening and make it until you stop thinking about it — then add the next.

YOUR REFUND, PLAINLY

Sixty days, no questions, no form. Email accesssupport.ai@gmail.com and it is done. You keep the guide.

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