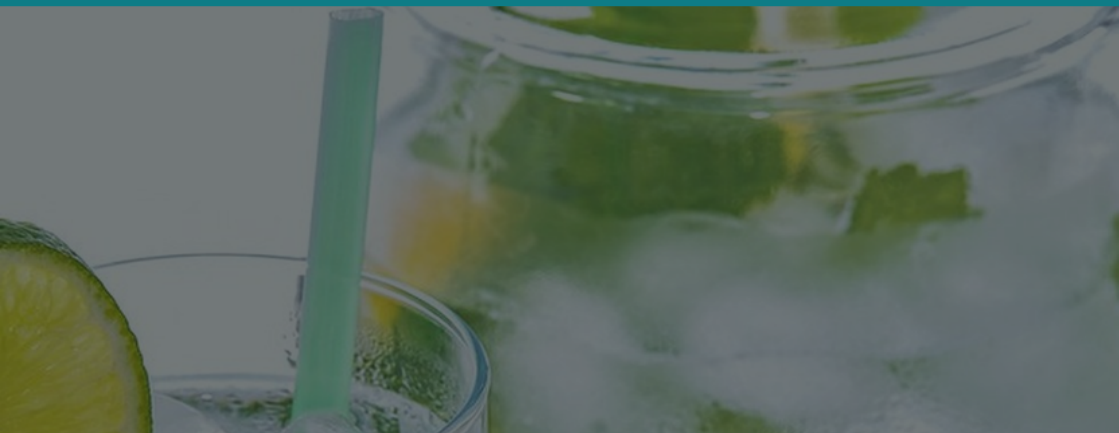




THE MORNING BACK FIX

A minute-by-minute protocol for the first forty minutes — the log-roll that gets you off the mattress without the jolt, ten minutes of movement done lying down, and the

- The full forty-minute protocol, minute by minute
- The log-roll, illustrated, in four steps
- Eleven make-ahead morning formulas
- The in-bed movement sequence

40 MINUTES · 11 MAKE-AHEAD FORMULAS · 3 ROUTINES

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

The forty minutes

Minute by minute, from waking to out of the door.

Eleven make-ahead formulas

All of them prepared the night before.

Three routines

Normal morning, bad morning, flare morning.

The kitchen adjustments

For hands that do not work before eight.

The night before

What happens at 8 p.m. that decides 6 a.m.

THE FORTY MINUTES

Times are from waking, not from the clock. The whole sequence is built so that nothing asks a cold joint to carry weight before it is ready.

FORMULA FACTS		Normal morning
The full sequence		
AMOUNT PER SERVING		
00:00 · Before you move at all		2 min
00:03 · The log-roll, step one		1 min
00:04 · The log-roll, step two		1 min
00:05 · The log-roll, step three		1 min
00:07 · Sit on the edge		1 min
00:09 · Pelvic tilts and knee rolls		6 min
00:16 · Heat		8 min
00:26 · Breakfast that is already made		5 min
00:33 · Then coffee, if you want it		5 min

Total: about thirty-five minutes, of which eight are a shower you were having anyway.

▲ If a joint is hot, red and swollen, use the flare routine and speak to a doctor.

00:00 – BEFORE YOU MOVE AT ALL

Takes about 2 min.

Drink the Wake-Up Glass from the bedside table. Do not sit up yet — this is the twenty seconds that matter most.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:03 – THE LOG-ROLL, STEP ONE

Takes about 1 min.

Bend both knees so your feet are flat on the mattress. Nothing else moves yet.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:04 – THE LOG-ROLL, STEP TWO

Takes about 1 min.

Roll onto your side as one piece — shoulders and hips turning together, no twist through the middle.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:05 – THE LOG-ROLL, STEP THREE

Takes about 1 min.

Drop both feet off the edge of the bed and push up with the underneath arm. Your legs are the counterweight, not your back.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:07 – SIT ON THE EDGE

Takes about 1 min.

Thirty seconds, feet flat, before standing. Every morning, without exception.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:09 – PELVIC TILTS AND KNEE ROLLS

Takes about 6 min.

Ten of each, slowly, done lying down before you got up — or on the floor if that is easier.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:16 – HEAT

Takes about 8 min.

Warm shower aimed at the lower back for two full minutes before anything else in the day asks it to bend.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:26 – BREAKFAST THAT IS ALREADY MADE

Takes about 5 min.

Overnight oats with seeds. Nothing that requires standing at a counter.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:33 – THEN COFFEE, IF YOU WANT IT

Takes about 5 min.

After water and after food, not before. On an empty stomach it is doing nothing for you.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

ELEVEN MAKE-AHEAD FORMULAS

Every one of these is prepared the night before. Nothing here asks you to measure anything at six in the morning.

No. 01 — The Wake-Up Glass

On waking, before standing. Leave it on the bedside table the night before and drink it before you sit up.

No. 02 — The Magnesium Morning Oats

Breakfast, made the night before. Combine in a jar the night before, eat cold or warmed.

No. 05 — The Overnight Oats Base

Breakfast, made the night before. Combine in a jar, refrigerate overnight, eat cold or warmed.

No. 14 — The Anti-Spasm Broth

Evening, on a bad day. Warm the broth, wilt the spinach into it, finish with turmeric, pepper and seeds.

No. 17 — Kefir & Berry Breakfast Glass

Breakfast, three minutes. Blend or simply stir.

No. 24 — The Berry Freezer Bags

Prep, ten bags at once. Portion 80 g of berries and a tablespoon of flax into each bag; freeze flat.

No. 28 — Chia Pudding, Made Friday

Breakfast, no cooking. Stir, refrigerate four hours or overnight.

No. 34 — The Cold-Hands Smoothie

Breakfast, two minutes. Tip the whole bag in and blend.

No. 39 — Ginger & Honey Fridge Syrup

Batch, keeps three weeks. Steep the ginger in warm honey and lemon, bottle, refrigerate.

No. 42 — The Simple Bedtime Milk

Bedtime. Warm gently.

No. 43 — Batch Baked Oats

Prep, six portions. Combine, bake at 180°C for 30 minutes, cut into six squares, refrigerate.

THREE ROUTINES

THE TWELVE-MINUTE VERSION

Flask, hands, ankles, sit slowly, warm shower. For the mornings that are only slightly stiff.

THE FULL VERSION

All eight steps above, about thirty-five minutes including the shower.

THE FLARE MORNING

Fluid and heat only. No movement sequence, no pushing, and a phone call to your doctor if it is new or severe.

KITCHEN ADJUSTMENTS

- A flask beside the bed, filled the night before. This one change does most of the work.
- Jar openers on the wall, not in a drawer you have to reach into.
- Everything for breakfast on one shelf at chest height.
- Lever taps rather than round ones, if you are replacing them anyway.
- A kettle you can pour without lifting — or fill the flask the night before instead.

THE NIGHT BEFORE

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- Fill the flask (No. 01).
 - Make the evening formula (No. 04) an hour before bed.
 - Set breakfast out — jar, spoon, bowl.
 - Warm room, dark room, and a consistent hour.
 - Alcohol close to bedtime shows up in how the first hour feels. That is not a moral point, it is a pattern.

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.

LEGAL

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