



WHICH FORMULA FITS YOUR BACK

A twelve-question assessment that narrows the whole system down to the four formulas matching your pattern — morning stiffness, desk pain, night cramp or flare-prone

- The twelve-question scored assessment
- The red-flag filter and the medication filter, both run first
- Four profiles, each with its own four formulas
- A 14-day starting plan for each profile

12 QUESTIONS · 4 PROFILES · 12 PAGES

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 medication filter

Run before anything else.

The twelve questions

Scored, on paper, in ten minutes.

Four profiles

Each with its own four formulas and a fourteen-day start.

What to measure

One number per profile.

Ninety days

Re-test, and what a changed answer means.

THE RED-FLAG FILTER

Run this before the questionnaire, before the formulas, before anything. If any line below describes you, this book is not the next step — a doctor is, today.

- 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 these are common. All of them matter more than a recipe.

THE MEDICATION FILTER

This runs first, before the questionnaire, because it removes formulas regardless of your profile.

- On a blood thinner? Every turmeric- and ginger-heavy formula needs a conversation with your doctor first.
- Managing diabetes? Treat the tart cherry formulas as juice and count them.
- On blood pressure medication? Ginger in quantity can add to the effect.
- Pregnant, breastfeeding or heading for surgery? Ask before adding concentrated turmeric.

THE TWELVE QUESTIONS

Pen and paper. Ten minutes. Nobody sees the answers.

- 01** How does the first hour after waking compare to the rest of your day?
- 02** How many hours a day do you spend seated?
- 03** Do you get cramp or spasm at night, or in the evening?
- 04** Any numbness, tingling or weakness down a leg?
- 05** How much water do you actually drink before midday?
- 06** How often do you eat seeds, nuts or leafy greens?
- 07** How often do you eat oily fish?
- 08** Does the pain change when you bend forward, or when you lean back?
- 09** How many nights a week does it wake you?
- 10** Has a doctor given you a diagnosis for this?
- 11** How many separate supplements are you taking for it?
- 12** What would 'better' look like in ninety days, specifically?

PROFILE A – THE MORNING PATTERN

Worst on waking, eases within an hour of moving

FORMULA FACTS		Profile A
The Morning Pattern		
AMOUNT PER SERVING		
Your four formulas	No. 01, No. 02, No. 07, No. 14	
Start with	No. 01, tomorrow morning	
Give it	14 days	
Measure	Minutes until standing fee	
Re-test	Day 90	

One change at a time. Adding four formulas at once tells you nothing about which one is doing the work.

▲ If your medication ruled a formula out, that ruling stands over the profile.

PROFILE B – THE DESK PATTERN

Fine in the morning, builds through a seated day

FORMULA FACTS		Profile B
The Desk Pattern		
AMOUNT PER SERVING		
Your four formulas	No. 07, No. 19, No. 33, No. 09	
Start with	No. 19, tomorrow's lunch	
Give it	14 days	
Measure	The hour the ache starts	
Re-test	Day 90	

One change at a time. Adding four formulas at once tells you nothing about which one is doing the work.

▲ If your medication ruled a formula out, that ruling stands over the profile.

PROFILE C – THE NIGHT CRAMP PATTERN

Spasm or cramp that wakes you, or that hits in the evening

FORMULA FACTS		Profile C
The Night Cramp Pattern		
AMOUNT PER SERVING		
Your four formulas	No. 07, No. 02, No. 41, No. 09	
Start with	No. 07, tonight	
Give it	21 days	
Measure	Nights per week you are wo	
Re-test	Day 90	

One change at a time. Adding four formulas at once tells you nothing about which one is doing the work.

▲ If your medication ruled a formula out, that ruling stands over the profile.

PROFILE D – THE FLARE-PRONE PATTERN

Long quiet spells broken by short, sharp episodes

FORMULA FACTS		Profile D
The Flare-Prone Pattern		
AMOUNT PER SERVING		
Your four formulas	No. 14, No. 09, No. 41, No. 01	
Start with	Build the freezer stock first	
Give it	21 days	
Measure	Days from flare start to n	
Re-test	Day 90	

One change at a time. Adding four formulas at once tells you nothing about which one is doing the work.

⚠ If your medication ruled a formula out, that ruling stands over the profile.

NINETY DAYS FROM NOW

Do the twelve questions again. A changed profile is not a failure — patterns move, and the four formulas that fit you in March are often not the four that fit in June.

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

© 2026 The Spine Kitchen. Educational content about food — not medical advice, not a diagnosis, not a treatment, and not a supplement. This is an independent publication and is not affiliated with, endorsed by or sponsored by any supplement brand. Payments processed by Digistore24. Results vary from person to person. If joint pain is severe or worsening, please see a doctor.