







## Here's Exactly What I'm Doing To Banish Upper Body Tension & Pain

Hey there, friends! So, let's chat – about upper body tension. You know, neck pain, upper back pain, headaches, tooth grinding – all that nasty stuff.

Today I want to talk about the exact program that I'm using to help my body recover from all that ickiness. See, I recently found out that I had [a tongue tie](#). It was probably the main reason that my whole upper body has been tight, sore and painful for years. I got it released last Thursday (yay! \*happydance\*), and now I'm stretching and moving my upper body as much as possible to help banish all that tension forever!!

(If you want to learn more about why the tongue is SUPER important check out [“How To Sleep Better, Breathe Better, & Look Your Best Too – Part One”](#) and [“How To Sleep Better, Breathe Better, & Look Your Best Too – Part Two”](#)).

I think that the exact same strategies I'm using to restore my upper body will also be amazing for YOU, especially if you're experiencing any upper body issues. So here's the deal.

For me, upper body tension has been a fact of life for as long as I can remember. Even all my alignment work hasn't cleared it up. Turns out I had a surprise in store for me. When I went to a new dentist for a jaw consult, I learned I had a tongue-tie, which was probably a major contributor to all my issues.

You can read all about my tongue-tie discovery here: [Do You Grind Your Teeth At Night? Maybe Your Tongue Is The Problem.](#)

When I got my tongue-tie released, I instantly noticed a major transformation in how my upper body works. My head is now able to slide back over my neck – where it really belongs – without any strain or tension. Pretty crazy, hey? This should help a LOT with my upper body stuff!



