How I Fixed my Knee Pain

At 18, when I weighed more than 300 pounds, in a momentary lapse of judgment I decided to ride an electric scooter through downtown Atlanta. This did not end well for me. I hurt my knee so badly I couldn’t walk on my own, I needed crutches. By the time I could walk on my own it was painful to stand up. I was sitting down all the time. The injury took months to heal. I was out of work for more than a week. When I got back into work the job had become very difficult. Walking up and down the stairs and chasing the kids was agonizing.

A few months later I moved in with my father, and I started exercising and eating right. Today, my knee pain is almost gone, but not completely. When I do feel knee pain it’s the first indication that I am not taking proper care of myself as well as I need to. I feel it when I eat restaurant food (even the healthiest), or anything processed. I feel it if I eat corn or wheat. I feel it if I don’t have my daily salads. It keeps me on track.

My knee keeps getting better and better. What I am doing is working. I am now sharing it with you. This is how I lost 150 pounds and fixed me knee:

Strength exercises

Squats were instrumental in building up the strength in my knee. Squats are generally one of the most beneficial exercises you can do to improve mobility and bodily function. They mimic natural movement that we used to do in nature. We used to squat to use the bathroom, to harvest food, to hunt, to stay inconspicuous, to simply take a break, etc.

My knee would pop a lot when I first started doing jiujitsu, 6 months ago, and usually popping made it very sore. Every time it got sore it felt as if it got a little stronger.

Running also helped. Being active in general promotes healing and is usually the best way to heal an injury. I use Vibram Fivefinger shoes. I used to have flat feet that would exacerbate the knee pain, but they have strengthened into healthy arches. I think this is in large part due to running in the Fivefinger shoes. Flat feet cause the knees to buckle which causes the hips to become out of alignment.

Related: *Running Without Knee Pain*

My Workout routine

I work out intensely every day. I run a mile, weight lift and do bodyweight exercises for between 30-45 minutes, and train Brazilian jiujitsu for about three-five hours a day. This wasn't always the case though. Prior to my knee injury, I was not active at all, and for months after my knee injury, I couldn't so much as walk up the stairs without feeling discomfort, let alone workout.

When I did start working out, I ran into problems. I wasn't able to squat as low as I wanted to, and when I ran my knee was extremely sore. While my knee tried to heal, the arches of my feet would both go out of place giving me problems when I ran or even walked. One of my arches was so flat my shoes were two totally different shapes after I wore them in. As I tried to fix that problem, my right hip (the hip of my injured knee) would continue to go in and out leaving me with an uncomfortable pinching feeling in my hip.

Supplements

I use deep tissue on my knee to promote healing when it gets sore, or when it pops.

I also take B vitamins and vitamin D to help with soreness.

Thyroid issues

From years of antibiotics and other prescriptions, I developed thyroid problems in the form of constant chronic neck pain, amongst other things. The thyroid problems got radically better so much so that I didn't even notice them for months. When I began doing jiu-jitsu they showed up again. My neck is often sore or stiff from training and on bad days I'll develop a headache. When I started training more intensely (multiple classes a day) my endocrine system would crash, physically unable to keep up with my workload due to a weak thyroid. I would become extremely nauseous and fatigued and would often throw up. These crashes would put me out of commission for as long as three days at their worst. My thyroid continues to get stronger, and I take glandular supplements on a daily basis to help build a stronger thyroid and prevent crashes.

Related: *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*

Diet

Diet is always the most important part of healing and recovery. No refined sugar, no gluten, nothing inflammatory. Lots and lots of vegetables, grains, and legumes. I eat salads every day (recipes).

I cook all my own from scratch, everything minimally processed and as natural as possible. When I buy food from the grocery store I look for food with as few ingredients listed as possible. When you're trying to get well don't trust anyone else to cook your food, not a company, not a restaurant, not other friends and family.

If you're interested in learning more about how I eat, check out these articles.

Related: ***How To Heal Your Gut***

Sleep

In order to allow my body the time it needs to heal I have to get at least eight hours of sleep a night. I generally average closer to nine, or ten hours a night though with how much I work out. Sleep and diet go hand in hand. It's impossible to be in perfect health if you're not consistently getting enough sleep each night, but in turn, it can be difficult to get quality sleep without a healthy diet.

Fixing my diet was the most instrumental part of fixing my sleep. After fixing my diet, I had to develop a routine for sleep. Picking your wake-up time is easier than picking your bedtime. Decide when you want to wake up each morning and stick to it. For me waking up at a certain time made it easier to assure I was going to bed at a certain time.

As we've all heard before, you should avoid using your phone right before bed. I'm bad about this, but what I do that I highly recommend is programming your phone to go on do not disturb every night before your bedtime. My phone goes on do not disturb at 10, and I'm asleep by 10:30 at the latest, but usually by 10, I'm already laying down in bed.

Related: ***How To Detoxify and Heal From Vaccinations – For Adults and Children***

Injury prevention and recovery

One injury in one area affects more than just that one area! I learned that my weak thyroid causes flat feet, which cause one's knees to buckle, making me more susceptible to knee injuries and making it very difficult to heal! My knee has caused hip problems and problems with the arches of my feet. Be willing to work in areas beyond just what's injured and see how being in tune with the whole body can make a big

difference.

Many people don’t understand all the areas in which a healthy diet benefits you. People still think too much of your health is left up to chance. Someone who eats a healthy diet is less prone to injury and takes less time to recover when they do get injured. A healthy diet makes for stronger bones, a more resilient body. I cannot stress this enough, you are what you eat. The old saying reigns true to a degree most people don’t realize.

One of the most important parts of healing and recovery is knowing your body. This comes with eating right and taking care of yourself. If you constantly provide your body with the right stuff, it lets you know what it needs. Rest is important. Often times we don’t need nearly as much recovery time as we think, but it’s still important to take time to figure out what you need.

Please keep in mind that if you’re on a weight loss journey that isn’t finished yet and you’re ramping up your workout routine you are likely going to run into problems other people won’t. They may be insignificant. Your back may be a little sorer, the arches of your feet may have a hard time staying in place properly, but with the proper diet, you can make it out the other end stronger than most. Be patient. Some of these problems can take months or years to completely fix.

I’ve lost 160 pounds and I’m healthier than most anyone I know, but I still run into problems I wouldn’t have if I hadn’t been heavy and if I didn’t still have a few pounds to lose.