

# Why Your Pulled Back Muscle Isn't Healing – And Why It Probably Wasn't “Just a Muscle” to Begin With

People think they pulled a muscle in their back. They blame bad posture or lifting something wrong. But half the time it wasn't the movement—it was the **swollen gland or inflamed organ underneath** that set the stage for injury.

Most back injuries don't start in the muscles. They start deeper—and that's why they don't heal right.

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## The Hidden Cause: Gland and Organ Swelling

When you strain your back just picking up a sock or twisting slightly, it's not because your body is fragile. It's because something inside was already **swollen, congested, or inflamed**, and it had been building pressure quietly for days or weeks.

That “something” is often the **prostate** (in men) or the **ovaries** (in women).

Both are tucked into the lower abdomen, close to the spine and the urinary tract. When they swell:

- They restrict flow through the **urinary system**.
- That slows drainage and builds pressure through the pelvis and into the lower spine.
- Nearby muscles stiffen, tense, and eventually spasm under normal movement.

The back “goes out,” but the gland was the issue all along.

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## Urinary Tract Congestion = Spinal Tension

When the urinary tract gets compressed or sluggish:

- Urine doesn't flow freely.
- The bladder struggles to empty fully.
- Tension radiates into the **pelvic floor, lower back**, and surrounding muscles.
- **Fascia tightens**, blood flow drops, and **nerve signals get distorted**.

This is the origin of so many chronic lower back issues that seem mechanical but are actually **internal system failures**.

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## Drink Cranberry Juice

This should be obvious by now, but I'm going to say it straight:

**Drink cranberry juice.**

And I don't mean that sugary cocktail garbage. I mean **real, unsweetened cranberry juice**—dark, tart, and potent.

**It clears the urinary tract better than any drug, supplement, or herb—period.**

It's good for the **prostate**, and I'm convinced it's just as beneficial to the **female reproductive system**—ovaries, uterus, the whole terrain.

I don't know exactly why it works this well. But I know with 100% certainty that it does.

Flush the tract, and the pressure on your spine drops.  
Do it consistently, and the whole system starts to balance.

Check out the lemonade recipe [here](#)

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## Why It Doesn't Heal

Muscles heal fast—when they can breathe.

But when there's **ongoing internal pressure**, the surrounding tissue stays inflamed.

- **Prostate inflammation** restricts flow and presses against the low back.
- **Ovarian swelling** subtly shifts pelvic posture and fascia tension.
- If your **kidneys are sluggish** and your **colon is slow**, nothing drains—and your back becomes a pressure valve.

Painkillers, massage, and stretching won't fix any of that.  
You have to go deeper.

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## Why It Can “Happen Out of Nowhere”

You didn't injure yourself picking up a pencil. You injured yourself **by carrying internal pressure for months**.

The actual movement was just the trigger. The condition had been building invisibly, and your body finally reached its breaking point.

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# How to Actually Fix It

If you want to heal, stop chasing the pain and start clearing the terrain.

- **Poop every day.** If waste isn't leaving, it's recirculating.
- **Flush your kidneys.** Water, lemon, herbal teas, real food.
- **Support your prostate or ovaries.** Herbs, rest, castor oil, heat, and targeted nutrition.
- **Drink cranberry juice.** No sugar, no additives. Just real cranberry.
- **Move lymph and break fascia.** Walking, rebounding, massage, deep hydration.

Reduce pressure on the inside, and the back releases.  
Support the organs underneath, and the muscles above will finally heal.

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## Final Word

Your back pain didn't start with a movement—it started with dysfunction.

If it's not healing, there's still pressure somewhere that hasn't been cleared.

You don't need more medication.

You need **drainage**. You need **flow**.

You need to support the organs that support the spine.

The body doesn't fail without warning.

It speaks. The back is just how it screams.