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.

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.

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**.

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

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.

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.

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.

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.