

## RICHARD HAAK

*This is a story that conveys the message that AA can be cured with a disciplined patient program.*

*Forest Tennant*

### Reversing My Adhesive Arachnoiditis by Richard Haak

1. I believe my adhesive arachnoiditis was caused by prolific bleeding into my epidural spine which resulted from an L5-S1 discectomy. This was followed up with several injections that I am certain exacerbated the condition. Surgery May 2014.
2. I was diagnosed in 2018 by Dr. XX. I sent the same MRI to the Tennant Foundation.
3. I began receiving osteopathic treatments from Dr. XX neurologist at XX Clinic shortly after the diagnosis.
4. Coldwater. For me soaking in the ocean 60° water or colder has been the most effective at relieving pain. 15 minutes. I began this practice 7 months post-surgery to relieve the pain caused by the compressed nerve roots as a result of the hematoma. The past two years I have only taken old showers. In the winter they are very cold (outside at the beach early morning).
5. Hiking in nature. Especially beautiful areas with hills and trees. Walking barefoot on the beach.
6. Weight training or resistance exercises. Once the pandemic started and gyms closed, I began working out in a park and have continued to do so. This provides me with ore exposure to nature. I take an exercise ball, dumb bells, and resistance bands I fix to a tree. Lots of pushups, and split squats.
7. At some point in time, about two years ago I discovered the Wim Hof method and purchased the book. Primarily this added breathwork to my routine. Every morning the first thing I do is the Wm Hof breathwork, followed by a cold shower. Wim describes in his book how to acclimatize yourself to cold showers. Now I crave the feeling of my morning cold showers.
8. When I was first diagnosed with AA, I used the following: Plus CBD Oil, extra strength, turmeric/curcumin, diclofenac. Pain management Drs. offered me whatever drugs I wanted but I did not want to start down that path. As I progressed with the Wim Hoff method breath work and cold showers, I discontinued using the above.
9. I had an MRI July 1, 2022. MRI showed that I no longer had adhesions.

**Richard Haak**