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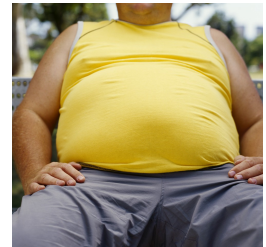
INTRODUCTION

One of the more painful and frustrating things that we go through on a regular basis and at times, on a continual basis is back pain. It doesn't matter whether your back is hurting in the lower part or if it is hurting up towards the shoulder blades, it is just something that most of us would like to be able to get out from underneath. Although there are many possible causes, there are also many ways for you to prevent and treat back pain. First, let us understand why we get back pain.

WHAT CAUSES BACK PAIN

Fat in the Front Means Pain in the Back

There are many people that struggle with weight loss on a regular basis but the fact of the matter is, it may be more than a simple cosmetic issue. Many people who are overweight experience back pain and are suffering needlessly, simply because they are having a difficult time in getting rid of the weight that they are carrying. The fact of the matter is, if you are carrying around an additional weight in the front of your body, your back is going to suffer as a result.



The reason why this is the case is because the spine was not designed in order to carry a load that is heavier than our body at its natural, lean weight. As you put on additional pounds, the spine begins to distort and to compress, causing a lot of pain that you are experiencing. It can also have an effect on your pelvis, tilting it forward and perhaps causing it to pinch your sciatic nerve. That is one of the main reasons why people who are overweight tend to have problems with their lower back, either because of sciatica or because of the distorting of the spinal column.

If you are experiencing this problem then there is really only one thing that you can do in order to overcome it. You need to get rid of some of the additional weight that you have been carrying around and your spine will begin to ease up and go back into its regular position. Unfortunately, weight loss is not something that is simple and it is a bit time consuming but the benefits of losing weight far outweigh any inconvenience that you may experience from the effort.

Two things that you can do in order to lose weight naturally are to get a little bit of exercise and to modify your diet so that you are taking in fewer calories than what you are using throughout the day. Start exercising slowly, especially if you're having problems with back pain. You should also do stretching exercises as well as concentrating on your core body muscles so that it will help to strengthen this area of your body, further reducing the amount of pain that you are experiencing. Within just a week or two of being on this weight loss program, you should begin to notice differences in the way that you feel.

Stress Can Cause Back Pain Too



There are a number of different problems that can cause us to experience back pain but one of the more interesting problems is because of stress. Stress is something that all of us go through on a regular basis and for many of us, it is simply an emotion that we have to deal with and not something that causes us physical pain. For others, however, stress can cause a number of different problems that range anywhere from cold and flu symptoms to severe back pain. The truth about stress causing back pain, however, might be surprising to you.

Back pain that is caused by stress is actually a psychosomatic problem and not one that is caused in and of itself. Being stressed out can cause you to feel as if your back is aching in certain situations and in others, it may prolong the amount of time that your back is hurting. Unfortunately, this type of back pain does not go away with typical natural treatment, it requires something much more than that. Here's a little bit about how to get rid of stress related back pain and you might be surprised to learn that it can actually help you in many different ways in your life.

The first thing that you need to do if you are experiencing back pain as a result of stress is to calm down in some way or another. Although this is easier said than done, it certainly is possible for you to be able to overcome your stress enough that you should be able to ease up on the back pain. There are a number of different ways to destress but for the most part, it requires you to adjust your thinking in some way or another.

Begin by meditating on a regular basis. It is not necessary for you to do some kind of unusual spiritual technique in order for the meditation to work. Simply reflect on positive things and allow your mind to focus on them for several minutes at a time, up to a half hour. You should also make sure that you are not eating or drinking anything that contain stimulants, such as caffeine. Although there are a number of different ways for you to destress, these two things will help you to get on the road to feeling better.

What to Do about Kidney Related Back Pain

There are a number of different reasons why your back might be hurting. At times, it has to do more with one of your organs than your actual spinal cord or nervous system. This is the case whenever it comes to the kidneys and for many people, this is the type of back pain that is worse than any other. There are a number of different problems that can cause you to experience back pain from your kidneys. Here are two of them and what you can do in order to overcome it.

The most common type of kidney related back pain comes from having kidney stones. These small stone-like calcium deposits pass through your kidneys, tearing the lining that is inside the kidneys along the way. The pain that is felt from kidney stones is described as being some of the most intense pain that you could ever have in your life. Unfortunately, once a kidney stone starts moving there is very little that can be done in order to stop it until it decides to stop on its own. That is why prevention of kidney stones is the best way for you to overcome the problem. You prevent them by watching your diet to a certain extent but also by drinking copious amounts of water throughout the day. This water will help to flush your kidneys and to keep the calcium deposits from building up.

Another type of kidney disorder that can cause considerable pain is a kidney infection. This type of infection can either be mild or severe and can cause some permanent damage to your kidneys if it is not addressed. It is important to note that kidney infections not only cause back pain but the pain may actually radiate out into your front and could be misunderstood as abdominal pain.

Again, it is important for you to make sure that you take care of your kidneys by drinking plenty of water in order to flush them out thoroughly. This can not only help to get rid of the kidney stones that you may be experiencing but it may also help to hold off any infections that come along. Of course, if you're experiencing kidney problems you may want to go a little bit easier on the water but for the most part, it is good to have eight to 10 glasses of day.

Are Your Shoes Hurting Your Back?



Have you ever been shopping or have been on your feet for a considerable amount of time and begin to experience back pain as a result of it? Many people consider being on their feet to be the culprit but the fact of the matter is, it might actually be their shoes that are causing their back pain. If this is the case

with you, you have two different options to be able to overcome the back pain that you are experiencing as a result of your shoes.

The first thing that you can do and this is really the option that most people have to choose from is to make sure that you are wearing the proper footwear. If your shoes are not supporting your feet properly, you will experience back pain as a result. This is especially the case if you have to stand on a hard floor on a regular basis. You may notice that moving around a little bit will help to ease up some of the pain that you are experiencing, this is very common whenever you are having a problem with your shoes.

Another thing that you can do, and although this seems rather simplistic, you can start to move around a little bit or get off of your feet on occasion. For some people, this will be enough to solve the problem but what if you have to stand on your feet all day at work? If this is the case, you need to either have a good pair of shoes that will support your feet or you will have to have something underneath your feet that will cushion some of the blow. There are some pads that are made specifically for this purpose in order to keep us from standing on a hard surface all day long.

Whenever you are choosing shoes because you are having back problems you need to make sure that if it is a proper one. It is not really enough for you to simply get a pair of shoes that is supposed to give you more support. If the shoes don't fit properly, the support is going to be compromised in some way or another. It is also important for you to get shoes that breathe easily so that your feet are not sweating inside of your shoes, potentially causing other problems.

PREVENTION AND TREATMENT OF BACK PAIN

A Simple Cure for Chronic Back Pain

All of us experience back pain from time to time but there may be instances in which this back pain becomes chronic. If you have had back pain for a considerable amount of time or even if you are having a difficult time identifying why you are having a back ache in the first place, there may be a simple, natural cure or that you can do. Many people are overcome by the simplicity of this cure and decide that it is not going to work before they ever try it. The fact of the matter is, it can help in many cases.



A common problem that many of us have is dehydration. More than likely, you have been dehydrated for the majority of your life and this can cause a number of different problems, including severe back pain. If this is the case with you, the

pain that you are experiencing is not necessarily because of the strain or a pull, it is because your body is trying to tell you that you need to drink more water. Water helps to hydrate every part of our body and hydration can help you in amazing ways.

The way that you would hydrate in order to get rid of back pain is similar to the way that you would hydrate for any other reason. You simply need to drink half of your body weight every day in ounces of water. If you are a 200 pound man, for example, you would want to drink 100 ounces of water on a daily basis. You also want to take a little bit of sea salt with the water in order for it to stay inside of your body long enough to hydrate you fully.

Many people who try this simple cure in order to get rid of back pain are surprised with how quickly it begins to work. As a matter of fact, simple back pain can be cured within a couple of days by drinking water, sometimes even faster. The good part is that you will not only experience relief from your back pain, you will experience a number of other health benefits that are going to be easily identifiable. Begin drinking water today and you will start to receive the benefits of hydrating your body very quickly. Within a short period of time, you may just experience of relief that you need.

Should You Sit on a Pilates Ball for Pain?

There are a number of different things you can do which will help your back pain and one of them may have to do with the way that you are sitting on a regular basis. As a result of the work that we do, many of us find that we are sitting in computer chairs for long periods of time throughout the day. This can cause a number of different problems, back pain being one of them. In order for you to overcome this problem with back pain you need to adjust the way that you are sitting.

One way that you can do this is by getting an ergonomic chair but they tend to be rather expensive. If it is within your reach financially, this type of chair can generally help you with your back pain almost immediately by putting your spine into proper alignment. If you do not have the ability to get an ergonomic chair you might want to consider making a chair of your own and using it regularly. This chair will cost about \$15 and is available at many department stores in the exercise section. It is a Pilates ball and they can do amazing things for your back.

Sitting on a Pilates ball whenever you're working at the computer is an excellent way for you to get your back into shape. First of all, it is going to force you to sit properly and to adjust your posture so that you are not slouching, putting your spine into an unnatural curve. Secondly, it is going to build up your core as you

maintain your balance on the Pilates ball throughout the day. Of course, you're going to want to work your way into using the ball and you certainly would not want to do it more than 10 or 15 minutes at a time whenever you first start out. Within just a few weeks, however, you will be able to do it for an entire day.

Sitting on a Pilates ball at your desk is an excellent way for you to not only overcome back problems but to strengthen the muscles of the core of your body to the point where you may be able to avoid them in the future. It's an inexpensive option that can help you to be healthy in an amazing way.

Yoga - Cure or Prevent Backaches

Yoga has been used for centuries for a number of different reasons. Although at first it was used for mainly spiritual reasons, in recent years it has also been used for therapeutic purposes. For example, people with back problems will typically seek out some kind of exercise that will help them with their condition. Yoga tends to be a good exercise for this for a number of different reasons. Can it help your back problems? Quite possibly, and here's why.

One of the things that yoga does your body to become more limber. number of different stretching involved in yoga and these can an amazing way. Of course, want to make sure that you don't depending on the type of back are experiencing. For the most part, however, a little bit of yoga can go a long way in helping you to be more comfortable and perhaps even to overcome the back pain that you are experiencing altogether. Not only that, you also tend to experience a number of other benefits from doing these types of stretching exercises as well.



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Another way that yoga helps you is by getting to the core of the problem. Many times, we have backaches because the core of our body is out of shape. This is either due to a lack of exercise or perhaps because of carrying around additional weight. It may also be a combination of problems that is resonating from the core of our body. Yoga exercises are designed to help build up the core and this can do amazing things in helping our back. You've probably heard it said that in order for you to strengthen your back, you need to strengthen your abdominals. This is very much the same principle.

One final way that yoga may help you with backaches is by giving you preventative measures so that they do not recur again. This is done by both the stretching exercises and by strengthening our core muscles. Once these two things take place, you will find that you are able to do things that you were unable

to do before. It's a great relief to be able to go through life without having to worry about pulling your back out all of the time.

Strong Abs for a Strong Back

If you would like to be able to have a strong back and to overcome many of the back problems that you may now be experiencing, you might want to concentrate on working on another area of your body. The core of our body, which includes the abdominal muscles is one of the most important parts of our body for a number of different reasons. If we have a strong core, we are able to strengthen almost any other part of our body as a result. It can also help you with your back problems for a number of different reasons.

The muscles that make up the core do not only include those that are in the abdominal area. The muscles actually wrap around the back and they help to stabilize us in a number of different ways. If we are able to strengthen these core muscles, we help to stabilize our back and to put the spine into proper alignment. This can help us to overcome a lot of the problems that we are having with back pain and it may actually be able to prevent you from having back pain ever again.

Another way that the core muscles help us is by strengthening us so that we are able to do more things. Many times, we end up with a back ache because we are trying to do too much, either lifting or some other type of work. If we strengthen our core muscles it can help us to be able to do these things without straining ourselves to the point where we cause injury. This is not only the case whenever we are working hard but it is also the case whenever we are doing everyday things that require us to move.



In order to build up our core muscles, we need to do the proper types of exercises. Doing an unlimited amount of situps is not going to be a way for you to properly strengthen your abdominal muscles and to get a powerful core. You need to work on other types of exercises, perhaps even trying something such as Pilates which will strengthen your core and build up your body in amazing ways. By doing these things for a short amount of time, you will begin to notice differences in the way that you feel and the things that you are able to do.

Weight Loss for Elimination of Back Pain

One of the main factors that contribute to back pain that we experience on a regular basis is carrying around too much weight. I'm not talking about carrying boxes or lifting heavy items, I'm talking about the weight that we carry around at all times. If you are just 20 pounds overweight, you may be putting a strain on your spinal column and perhaps even throwing your hips out of alignment to the point where you are going to experience pain on a persistent basis. In order for you to overcome this problem, you need to lose the weight and there is no way getting around that.

Think of it this way, have you ever tried to lift a 20 pound box? It may not be all that difficult to lift the box but try carrying it around all day, every day. It won't take very long for you to realize that 20 pounds is actually quite heavy and you will be wanting to put it down rather quickly. The same is also true if you are carrying around fat on your body that does not belong there. It is going to take a toll and many of us carry around a lot more than 20 pounds of extra weight. If this is the case with you, you need to make a change to feel a difference.

The easiest way for you to lose weight is to modify your eating habits and to get a little bit of exercise. It is not necessary for you to go to extremes in order for you to do this. Simply work out the larger muscles of your body, your legs and you will begin to burn calories as a result of the additional muscle mass. You should also work on strengthening your core muscles as this will also help you to overcome back pain that you may be experiencing.

As far as your diet is concerned, it is really just a matter of simple math. Try to figure out how much you are burning in the way of calories on a daily basis. Reduce your eating so that you are anywhere from 500 to 1000 calories underneath that number every day. By doing so, you will put yourself in the calorie deficit and you will lose anywhere from one to 2 pounds every week consistently.

Is Chiropractic the Answer for Your Back Pain?

Of all the different ways to heal the back naturally, a chiropractor is probably one of the most popular. You might be interested in knowing a little bit about what a chiropractor is going to do whenever you go into his office in order to be checked for back pain. Understanding this can help you to overcome any hesitancy on your part to get checked out. After all, a chiropractor specializes in back health so it is an excellent way for you to make sure that your back is as healthy as possible. Not only can they help you to overcome problems that you are experiencing, they may actually be able to prevent you from having problems in the future.



The first thing that a chiropractor is going to do whenever you go into their office is to explore the situation in one way or another. If you have severe back pain, they may consider doing an x-ray in order to find out if there is a problem below the surface, such as something being out of alignment. They will also ask you questions about your lifestyle which may help them to determine where the problem may be stemming from.

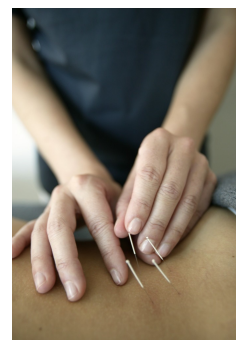
Many chiropractors will warm you up before they actually do any adjustments. One of the most popular ways for them to do this is through electric pulse therapy. Some people consider this to be rather uncomfortable but others consider it to be a pleasant experience. They simply hook the diodes on your body and your muscles will contract automatically as the diodes put a low energy electrical pulse into your muscles. They may also do some massage therapy in order to warm up the area and get it ready for the adjustment to take place.

If your chiropractor is well-founded, he will gently ease the misalignment back into alignment again. It is not necessary for him to do this with jerking motions in most cases. As a matter of fact, it is usually better for the patient if he gently works the area until the bones go back into place. Many people feel an immediate relief after going to a chiropractor but it may take several sessions before the pain is gone altogether. Adding some lifestyle changes that the chiropractor recommends into the mix will help the process to go much more smoothly.

Can Acupuncture Help Your Back Pain?

How would you like to be able to overcome many of the problems that we experience because of poor posture, weight gain and direct force trauma to our back? These can all be experienced through a method of acupuncture that has been practiced for thousands of years. Even though it is only now gaining acceptance in many other areas of the world, it has been helping people to overcome back problems all along. How can acupuncture help you with your back problems?

The entire process of acupuncture is based on the theory that we have a life force that is commonly known as qi. This life force can be manipulated by interrupting or redirected through the insertion of tiny needles into specific areas of the body. Although medical science is unable to really identify how this process works, far too many people have been helped by it for it to be a coincidence. Some people theorize that acupuncture helps to release chemicals into the system that may act as painkillers, but it is really unknown why it works.



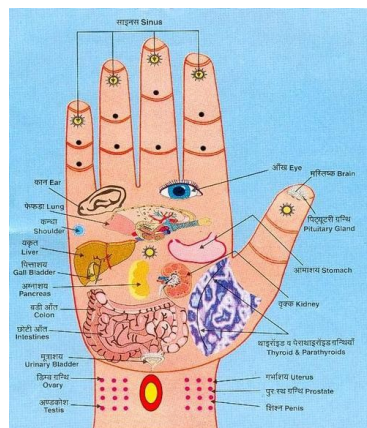
The acupuncture needles themselves are so tiny that they will flex whenever they have pressure applied to them. Many people are nervous about going in for acupuncture treatment because they feel that needles will hurt whenever they are inserted into the skin. As a matter of fact, there is rarely ever any feeling at all whenever they are inserted and at the very worst, there is a slight pinch. Once the needle is into your skin, many people experience a tingling sensation in the direct area but the overall feeling that they get from acupuncture is a very pleasant one.

Acupuncture sessions that will help with your back pain will typically last anywhere from 30 to 45 minutes. Whenever you first visit your acupuncturist, they will interview you in order to find out what it is that you would like to achieve from acupuncture and to give you information as well as to answer any questions that you may have. It is possible that your acupuncturist will be able to work on several areas for you, so that not only your back is being corrected but other areas of your body that need attention may also be helped. It's an ancient art but it is one that is still practiced with success today.

Acupressure - a Forgotten Art for Back Pain

There are a number of different problems that can be overcome by almost forgotten arts that have been used for, at times, thousands of years. One of these is acupressure, a distant cousin of acupuncture. It has been practiced for a very long time and many people swear by it, saying that it helps them overcome everything from overeating to a sore back. If you have never tried acupressure before you would probably be surprised with how simple it is to go through and how much you can actually help you.

Acupressure is actually pressure on the body thumbs in the same applied. Believe it or be a little bit more in many cases and it back more than It is painless and at enjoyable to go through someone that does should not be too popularity and any be able to point you in the right direction.



just the applying of with the fingertips or areas that acupressure is not, this actually seems to effective than acupuncture may actually help your traditional physical therapy. times, actually rather this process. Finding acupressure in your area difficult, it is gaining in homeopathic doctor should

Of course, medical science is not going to get behind a natural cure so you're going to have to look at some independent studies in order to find out whether this is an effective treatment for back pain or not. According to some studies that

were done in which some people received acupressure for their back pain while others received more traditional physical therapy, the people who received acupressure actually had a higher percentage of recovery. These are rather amazing numbers, considering the fact that many doctors and even insurance companies will not recognize acupressure as a legitimate medical practice.

Of course, it is going to be up to you whether you want to use acupressure as a way to overcome your back pain but it may be preferable to pharmaceuticals that have a number of different side effects. Not only that, pharmaceuticals and doctors rarely ever treat the actual problem, they simply help you to be able to deal with the symptoms. Acupressure, on the other hand, goes right to the source of the problem and attempts to treat it from there. It is a great way for you to be able to overcome these type of problems naturally.

Hydrogen and Oxygen Therapy for Fast Back Pain Relief

I'm going to share with you a secret that will not only help you to overcome your back problems but it will help you feel better in your entire body. It is something that I like to call hydrogen and oxygen therapy and although very few people have heard about this particular therapy, it is one of the easiest things for you to do. You see, hydrogen and oxygen mix together in order to make up water and if you're not getting enough of this substance on a daily basis, you're in for some trouble.



As a result of dehydration that many of us experience throughout our entire life, we also experience a number of different health problems. One of the more common problems that we have, however, is a problem with our back. If our body is not getting water to the proper degree, it is going to take it from other areas of your body. This includes our back and it is one of the most common ways for our body to tell us that it needs to be hydrated. Listen to your body in this case and drink water in the following fashion.

For every pound of body weight that you have you should be drinking one half of an ounce of water every day. For example, if you are a 200 pound man you would want to drink 100 ounces of water every day. You should also make sure that you are adding some natural sea salt of the water or simply tossing it under your tongue whenever you drink it. This salt will help you to retain the water long enough for it to do its magic and to hydrate your body for you.

If you do this on a regular basis and continue doing it, you are going to notice amazing differences in the way that you feel. This is not only true of your physical health and any back pain that you may be experiencing, it is also true of your mental health. Make sure that you are drinking plenty of pure, clean water

on a daily basis and your body will reward you by feeling fantastic. Of course it may seem simplistic to do something like this but it is not always necessary for you to go to extremes to see real benefits from what you are doing.

Herbal Remedies for Back Pain

There are a number of different problems that can be cured by either herbal or vitamin therapy. One of the problems that may be overlooked as far as this is concerned is back pain. If you are experiencing a backache or if you have persistent pain, you might want to look into an herbal treatment to see if it will help for you. Here are some of the most popular and, it would seem, most effective treatments that work for someone with back pain.

Capsaicin Cream - This is a type of cream that comes from an extract of chili peppers and is actually the ingredient in chili peppers that gives them their distinctive burn. Have you ever felt the way the chili peppers burn in your mouth? This cream can do much the same for you as far as your back is concerned whenever it is applied topically. According to some studies, Capsaicin cream actually shows promise in helping people who have persistent back pain. It is available at almost any drugstore. If you're going to apply Capsaicin Cream, make sure that you wear gloves because it would burn if you touched an open area or your eyes.

Vitamin B12 - This amazing vitamin has been shown to help people who have lower back pain. It is a good idea for you to be supplementing with this vitamin on a regular basis anyway because it helps a number of other problems which are not related to back pain. For example, B12 can help with memory impairment, depression and irritability. Many people who experience panic attacks experience them because of a deficiency of vitamin B12. Take this vitamin for your good health.



Willow Bark - The bark of the willow tree has pain relieving properties that are similar to what you would find in aspirin. By rubbing this bark or a product that was made from willow bark directly onto the area that hurts, you may be able to relieve some of the inflammation and pain that you are experiencing.

There are a number of different herbal remedies that help with back pain, these being a few of the more effective ones. Depending on why you are experiencing the pain there may be one cure that works better for you. Experiment a little bit and try to find the one that helps the most.

CONCLUSION

Back Pain Prevention - Even If You Are Already Hurting

Back pain is something that is experienced by many people but you might be surprised to learn that some of the things that can help you overcome problems with your back may actually be able to help you to prevent having backaches in the future. Here are some of the best things you can do for your health that will give you the assistance that you need to overcome problems with your back, hopefully once and for all.

The first is important for you to do if you are having back problems is to lose weight. Although this is not true in every case, it is true that carrying around excess weight can make a difference in your overall back health. The reason why this is the case is because the spine tends to buckle and even compress underneath the additional weight that you are carrying around. Your hips may also shift forward in order to compensate for the extra weight and this can crimp your sciatic nerve. Lose a little bit of weight and you may just find that your back pain goes away as a result.

Something that you can do which will further help is to get the right kind of exercise. Working your core muscles with a series of gentle exercises, such as Pilates or yoga can do a lot of problems. Stretching in the out of bed can also be an back problems that you area your body limber you having backaches in the



to help you to overcome back morning, even before you get excellent way to deal with any may have. If you keep this have a better chance of not future.

Something else that you that you are hydrated glasses of water every day sea salt will ensure that you as a result of dehydration. back but it can help with your overall health and the results are rather quick to occur.

may want to do is to make sure properly. Drinking 8 to 10 along with taking some natural are not experiencing back pain Not only can it help with your

Doing a combination of these three things is the best way for you to make sure that you overcome the back pain that you are experiencing and to keep it from occurring in the future. Any effort that you need to put forth in order to see these things through to fruition is going to be paid off by the lack of pain in your life.