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BACK PAIN: THE EPIDEMIC

Back pain is a major problem these days for people all over the western world. It has been estimated that at any one time 20% of the population suffer from lower back pain and that doesn't take into account all the other forms like *sciatica*, upper back pain, mid back pain and neck pain. It is a huge interruption in a sufferers day to day life and costs the world billions of dollars in productivity.

Back pain is caused by numerous reasons, primarily muscle imbalances from injury, diet, obesity, posture, exercise and more.

Back pain treatments vary depending on the diagnosis of your pain and can vary from a passive mobilization, to drugs all the way to surgery .

There are various back pain relief measures both natural and pharmaceutical available. Chronic and severe back pain may require temporary medication to allow the acute back pain to settle. However if you take a natural healing approach along with the medication, you should get a better longer lasting result.

Sciatica is one type of back pain affecting a large number of people these days. It is characterized by pain in the hip and buttock region and sometime includes referred pain down the leg. This can go down one or both legs into the thigh, calf, ankle and foot. Stretching is often prescribed for back pain and sciatica but rarely provides any lasting relief .

Some natural steps for back pain relief are:

Lose Weight - Try to stay slim. If you have excess weight on your upper body, it will overload on your back. Practicing yoga or tai chi are natural ways of back pain treatment that can also assist with weight loss.

Eat Healthy - Vitamins and minerals are important for your overall health. So, try to eat as much healthy food as possible to help get rid of stress in your body and get relief from back pain.

Massage - Massage a common choice for people trying to get relief from back pain. It also acts as great stress reliever. But if you have acute back pain, do consult a skilled back pain therapist before going for a massage.

There are certain other techniques like yoga, exercise, massage acupuncture and chiropractic that prove to be effective back pain treatments for some sufferers. Others prefer to take medication prescribed by their doctor to lessen the irritation of back pain but they are not good for health. Adopting the natural approach to get back pain relief is therefore considered to be the most sensible approach to take if you can find someone skilled enough to do the job.

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