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**Complementary Therapy The Route To Better Back Health**

**By Steve Preston**

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Find Out How to Reduce and Eliminate Chronic Back Pain Using Non-Traditional Therapy

Complementary therapy is concerned with health and wellness from a mind, body and spirit approach. As a past sufferer of back pain resulting from injury and a congenital disorder, I understand how challenging it can be to live with back pain.

The GOOD news is you don't have to. Studies actually suggest that most chronic back pain can be relieved in just six short weeks.

Among the essential strategies for eliminating back pain include exercise and movement. A progressive exercise program that incorporates stretching and balance can help reduce and even eliminate back pain.

When an exercise program is followed in conjunction with routine complementary therapy, the prognosis for back pain sufferers is exceptional.

**Complementary Therapy**

So what exactly is complementary therapy and how do you use it to resolve back pain?

Complementary therapy is any type of treatment that does not involve medication and surgery, which aims to reduce or eliminate imbalances in the body through a mind, body and spirit approach. There are many effective complementary therapies available for chronic back pain sufferers.

Three of the most common are discussed below.

**Chiropractic**

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This is usually the most popular complementary therapy sought out by back pain sufferers. Chiropractic treatment involves the use of spinal manipulation to relieve acute and chronic back pain. There is a large body of research that supports the efficacy of chiropractic therapy in conjunction with a strengthening program. In fact, many doctors actually recommend Chiropractic care over traditional care for back pain.

### Massage

Massage therapy is a relaxing and invigorating complementary therapy that does wonders for the entire mind, body and spirit of back pain sufferers. Massage therapy can help improve a person's flexibility and ability to carry out daily functions by improving blood flow to the limbs. Massage also provides an added mental benefit of being calming and relaxing.

### Acupuncture

Acupuncture is less commonly used to treat lower back pain, but fans of acupuncture therapies will tell you that it is an effective treatment for eliminating pain. Acupuncture treatment relies on the insertion of thin needles into certain energy points on the body. Many people report relief from lower back pain after a series of acupuncture treatments. There are many proven benefits of acupuncture treatment that have been cited, and most recent studies suggest that it is a good complementary therapy for low back pain.

There are several other complementary therapies that are beneficial for back pain sufferers including magnetic therapy. Regardless of which you choose, you are bound to realize positive results if you combine complementary therapy with a regular strength and conditioning program. No one should suffer chronic back pain. There are healing options available if you know where to turn.

Steve Preston, President of Fast Fitness has been training and counseling clients for 15 years. He offers personal fitness training, metabolic testing and customized fitness and nutrition plans. His new guide *\*The Better Back Guide: 6 Weeks to Improving Strength and Reducing Pain Without Surgery\** teaches people how to reduce, eliminate and prevent chronic back pain using a six week program. You can read more about his guide and his other fitness guides and services at:

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Learn More about Back Pain at:

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## **The Practice Of The Therapy Profession**

**By Dave Lloyd**

Therapy is a profession that has increased in the awareness of the general population as we've

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become a culture more focused on self-care and taking care of our body, mind, and soul more consistently. There are many professions that fall under the title of therapy. The most common is that of psychotherapy which encompasses grief therapy, group therapy, couples therapy, cognitive therapy, and family therapy. Individuals who offer services in these types of therapy typically are Counselors, Social Workers, or Psychologists with graduate degrees. The primary focus is on helping individuals, couples, and groups improve their quality of life through gain a better understanding of their emotional and mental health. Typically, clients visit with these professionals on a weekly basis and may meet for a short-term to resolve the immediate need or over a longer period of time to get to deeper issues limiting someone's enjoyment of life. Play therapy is a variant of psychotherapy that focuses on working with children or those with emotional trauma. Through the use of play techniques, the therapist aims to help in resolving whatever issue may be keeping the person stuck. Techniques here include acting, drawing, thought-provoking games, taking pictures, storytelling, and combining different elements like stories and drawing. The intent is to use these methods as a metaphor for assisting the child in discovering a truth or understanding about themselves.

Massage therapy and physical therapy are other professions more focused on the physical health of those who are seeking proactive or reparative health, respectively. Massage therapy is usually performed on a weekly basis – or occasionally if in a resort, salon, or spa area. Physical therapy is a restorative healing profession, typically affiliated with a hospital or outpatient clinic. Increased movement, mobility, or a decrease in pain are the typical objectives of someone seeking physical therapy.

Through the use of various forms of therapy, individuals can increase their quality of life emotional, mentally, and physically.

Dave Lloyd has created an online guide to understanding and choosing a mental health, massage, or physical therapy professional at

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