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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Get Lower Back Pain Relief After Knowing Its Cause**

**By Ashish Jain**

No single cause for lower back pain can be defined in isolation. It is because the types of back pains are many. Understand the pain in its proper perspective, and then decide about the type of treatment that you intend to pursue.

In the USA, the survey reports indicate that four out of five adults experience back pain at one time or the other during their lives.

Your back is such a big area, and the pain could be in any part. But the severity of the pain has nothing to do with the damage you have suffered. A small strain, can give you unbearable pain. A big muscle-wound may not do much of the damage.

Your back is a long rectangular park. Many body parts are covered under its flat area. Any disturbed area can generate pain. Plus, there are many parts of the spinal anatomy which can cause a great amount of pain!

In the lower portion of the back, there is a cluster of nerve roots that go to the arms and legs. Any irritation there causes lower back pain. It is usually due to the irritation in the smaller nerves that innervate the spine in the lower portion of the back. Muscles may be strained. There could be injuries of joints, bones, ligaments and inter-vertebral discs that may cause you severe lower back pain.

The causes of lower back pain are at times difficult to understand and yet you experience it. When pain is there, it has to be treated as such. It is only you that can think about the immediate cause that has preceded your back pain. Is it due to wrong posture while you were sleeping? Is it due to an uneven bed? Is it due to heavy work pressure you are facing these days or long time sitting or standing job?

Whatever the reason may be, keep in mind that you cannot start taking over-the-counter medications just because you have pain in the lower backside. These hard medications can create more problems to your existing troubles.

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Some types of back pains are capable of creating a surgical emergency. You need to adopt such procedures only based on your doctor's recommendations. They are:

1. Sudden bowel and bladder inconsistency
2. Step-by-step increasing weakness
3. Sudden and severe pain in the abdomen and lower back
4. Back pain due to muscle strain.

Regular exercise and regulated diet habits are the permanent solutions to back pains. Always understand the reasons for your back pain and go ahead with the consistent treatment. Any odds and treatments that are not methodical will only aggravate your lower back pain.

Ashish Jain writes about a number of different topics. For more information on back pain visit

<http://www.backpainedetails.com>

For additional back pain articles visit the articles page:

<http://www.backpainedetails.com/index.html>

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### **5 Simple Steps For Ridding Yourself Of Back Pain**

**By Jesse Cannone**

Millions of people suffer from back pain unnecessarily when there is actually a very simple solution, according to Jesse Cannone, certified personal trainer and back pain specialist. "Unfortunately, many people are led to believe that back pain is normal and were all supposed to experience it... well, thankfully, that's not the case. Eliminating back pain is not nearly as difficult as most people think or are led to believe... it can actually be easy!" says Cannone.

Here's the simple system that **MUST** be followed if you are looking for real, long-term, lasting relief:

1. Identify the cause - nearly all of the treatments people receive for back pain only focus on the symptoms and the healthcare professionals zoom in on only the problem area. The real key in eliminating back pain is to find out exactly what's causing the problem... and most of the time it's not even the back!
2. Address both the cause and the symptom - the best approach is a combination of treating the symptoms for pain relief while also addressing the underlying cause.
3. Be aware - many people suffering from back pain are not in tune with their bodies and during their treatment they do not realize what is working and what is not. In order to achieve long-term relief you have to understand how your body works, what's causing the problem, and what changes have to be

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made to correct it.

4. Consistent Focused Action – achieving success in anything requires consistency and focused action. Most people with back pain won't make the time to work on their problem each day... instead they take pain killers which mask the pain and allow them to cause more damage while they continue with their life.

5. Don't do what doesn't work – we already know that most traditional treatments for back pain don't work.... why waste your time, energy, and money? The real key to eliminating back pain is to identify the true cause of the pain and then address it with a combination of treatments to treat both the cause and symptoms. Over 80% of all back pain is caused by muscle imbalances... NOT a lack of pain killers or surgery! Find out what's going on in your body and take action.

Article by Jesse Cannone of

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. Jesse is a certified personal fitness

trainer and post-rehab specialist and he has helped hundreds of individuals to eliminate their back pain. Visit his site now and be sure to sign up for his free email course on eliminating back pain.

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5 Simple Steps For Ridding Yourself Of Back Pain

Chronic prostatitis symptoms affect many men of all ages.

Injection-Therapy Against Back Pain

Use Prescription Of Yoga To Treat Your Back Pain

Complementary Therapy The Route To Better Back Health

Natural Pain Management

Stretch Assistant Software

Control your Headache!

How To Improve Blood Circulation

The Art of Kissing

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