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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!

Is Pain Stopping You From Losing Weight?

By Daniel Marein-Efron

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Heel Pain and Weight Gain Have Become a Vicious Cycle:
Relieving heel pain is key to losing weight

If you are overweight and suffer from pain in your feet that radiates from your heel, you are not alone. Almost one quarter of overweight people suffer from plantar fasciitis, a debilitating condition that causes heel pain and can limit a person's ability to walk or exercise. It is estimated that one out of every ten people will suffer from heel pain at some point in his or her life.

Being overweight and suffering from heel pain can create a vicious cycle. We all know that exercise is a key component to losing weight. The problem is that heel pain often strikes when you put more stress on your feet by increasing your physical activity. If heel pain then forces you to limit exercise, it becomes challenging to lose weight and can actually cause an increase in weight. Increasing weight and a sedentary lifestyle can cause more heel pain and other common health problems, such as depression and heart disease.

The good news is that when properly treated, most heel pain improves in 6 to 8 weeks. The bad news is that most people do not have the information to properly treat it. The American Academy of Orthopaedic Surgeons estimates that 2 million people seek treatment for plantar fasciitis every year in the United States, and several million more go untreated. Those who don't seek treatment often hope that plantar fasciitis will just go away on its own - which it usually doesn't.

Daniel Marein-Efrón, founder of a new company called Heeling Solutions, suffered from heel pain and weight gain for over a year. He became frustrated with his lack of improvement after investing thousands of dollars in special foot devices and visits to the podiatrist. He sought out the nation's experts on the subject of heel pain and found that the solution did not involve surgery or a magic pill, but several months of special stretches, icing, extra support for his feet and modifications to his lifestyle. After several months of sticking to this regimen, he was free of plantar fasciitis and training for a marathon.

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"The first steps to relieving heel pain can be as simple as stretching your foot before getting out of bed in the morning, icing your foot regularly and wearing proper footwear," says Jeffrey S. Peterson, M.A., M.D Northern California Institute of Sports Medicine. "Many people also require additional steps such as using orthotics in their shoes or wearing a supportive foot device at night called a night splint."

How do you know if you have plantar fasciitis? Only a licensed medical professional can confirm your diagnosis. Seek out a practitioner who specializes in conditions of the foot and ankle, such as a podiatrist or orthopedist. The most common symptom of plantar fasciitis is intense pain with the first few steps in the morning. It can strike people of any age and is most common in people who are runners, overweight or spend a lot of time on their feet. For more information, go to www.heelingsolutions.com, or <http://orthoinfo.aaos.org>.

Daniel Marein–Efron is a former plantar fasciitis sufferer and President of Heeling Solutions LLC. Mr. Marein–Efron has been involved with a variety of entrepreneurial business through his consulting company DMEX Consulting LLC.

Addressing The Cause And Finding A Cure: Why Cause is Everything When It Comes To Low

Back Pain

By Steve Preston

There is an epidemic, at least in the States when it comes to treating back pain. Most doctors do just that... treat back pain rather than finding and eliminating the cause.

You can treat your symptoms for an eternity, and you may feel better for a short period of time. To truly get at the heart of the matter though, you have to find and eliminate the cause of low back pain.

I'll let you in on a little secret. Most chronic low back pain can be resolved in six weeks or less. It's true!

A majority of chronic low back pain is caused by simple factors including: Poor Posture Injury Muscle Imbalances Improper Lifting Extra Weight

Let's take a look at each of these more closely.

Poor Posture

Posture is everything when it comes to back pain. Good posture results in stability and strength. Bad posture results in back pain. Many people can alleviate chronic back pain simply by taking the time to improve their posture. You probably can too!

Injury

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We are all subject to injury at one time or another. You can work toward preventing injury in certain circumstances however. A lot of the injuries that result in low back pain are caused by improper lifting techniques. You may be lifting a heavy box, or you may be lifting a heavy weight without warming up adequately. Either way, if you injure yourself you are subject to back pain. What can you do to improve your chances for recovery? One of the best things you can do is exercise. You should incorporate stretching activities into your daily regimen. By doing so you will condition your back and are less likely to get injured, and more likely to recover faster when you do get injured.

Muscle Imbalances

Muscle Imbalances occur when two muscles that oppose each other are unequally matched. If you exercise your back regularly for example, but never exercise your stomach, your body will be in a state of imbalance. No matter how strong your back is in this situation, you are going to be subject to back pain. Eliminate the muscle imbalances through rehabilitation and proper exercise and you stand a good chance of eliminating back pain.

Improper Lifting

OK, go back and re-read the section on injury. You need to lift correctly in order to avoid injury. NEVER bend from the waist when picking something up off of the floor, even if it is a feather. Always bend from the knees, and use your leg and abdominal muscles to support you when lifting an object. Many improper lifting injuries actually occur in the gym. This happens when a person attempts to lift a weight that is too heavy or fails to warm up properly. You can avoid these injuries by paying close attention to technique at all times.

Extra Weight

Carrying around a few extra pounds may not seem like a big deal, but when it comes to back pain it could mean the difference between no back pain and chronic back pain. Even if you are carrying around just ten extra pounds, your body will have to shift and redistribute itself to accommodate the extra weight. Consider losing the extra weight, and you may realize your back pain soon follows.

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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Addressing The Cause And Finding A Cure: Why Cause is Everything When It Comes To Low Back Pain

The Secret Key To Permanent Weight Loss!

Why Do You Say You Want To Lose Weight?

Making Lifestyle Changes For Permanent Weight Loss

Tips for successful weight loss

Natural Pain Management

Stretch Assistant Software

Control your Headache!

Obesity and Weight Loss

Newbie's Guide to Stop Spam



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