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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!**

**Massage Therapy For Back Pain**

**By Caroline Colby**

People who get chronic back pain will tell you that it is a life-altering ailment. It has serious implications on the ease of carrying out daily activities and function. Back pain sufferers can feel completely disabled by their condition and therefore, prone to depression.

Back pain is one of the most common ailments in adults and sub adult today, it can be caused by something simple as a poor lifting habit or even poor sleeping habits. This can become a very large problem, as this type of pain really has no boundaries and can last from hours to months. This is a very long time for someone to suffer this type of pain, as sometimes it can be very excruciating.

In terms of treatment, there are several. These include pills, and therapy, and braces, and acupuncture. However, one method stands out as being effective in helping people with their back pain: massage therapy.

Massage therapy for back pain is a low risk, and non-invasive method of treatment. Not only will this method help in the pain aspect, it also aids in the release of natural chemicals the body produces known as Endorphins. This is great for people who suffer from acute pains.

Historically, the use of massage therapy was not readily accepted by conventional medicine as a treatment of back pain or any other pains for that matter. However, the medical society now accepts this method as a valid complementary treatment, recognising the many therapeutic benefits that it brings.

The aim of massage therapy is quite simple; it increases circulation and blood flow that the affected area with the muscles needs. This stimulates the rejuvenation of the tissues and muscles surrounding the affected area, promoting a relaxed and stress-less flow of blood. Many times people that have back problems; they are not quite sure why they have them. Some feel they have not had an injury to any muscles in the back area so they should not be suffering.

The fact is that there are many reasons that the back can be hurting you. If there is an injury to the bone structure in the back then the muscles surrounding the injury will then become very tense in order

## Massage Therapy For Back Pain

to protect the affected bone injury. This will only make the back tired and weak, once it is at that point it will pain the person with a great deal of trouble relieving the said pain.

Back pain can easily stop you from doing what comes natural for you such as sitting or walking. This will easily become a major problem if it happens when you are in need to work, and have no other means of income. It is also known that back problems are not the hardest thing for doctors to detect or diagnose. Hence your employers and insurance companies will not be too happy either at your reason of not being able to function well.

Out of all, clearly the worst would have to be lower chronic back pain. This is the area just above the tailbone and it can be an ongoing nightmare for some. In this situations, massage therapy can bring much relief. If you are able to ease the pain, you will find that just being able to do the little things in life is a cause for celebration!

Caroline Colby writes on massage therapy, shiatsu massage, massage techniques, massage chairs, massage equipment and massage spas around the world. She also has step-by-step recipes for massage oils that you can easily prepare. Please visit her site at

<http://www.massage-therapy-central.com>

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

**By Steve Preston**

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

## Massage Therapy For Back Pain

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

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:

<http://www.fast-fitness.net>

Learn More about Back Pain at:

<http://www.backpainworkout.com>

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