

So Your Lower Back Hurts???

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By Jesse Cannone

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Low back pain is one of the most common ailments people suffer from and approximately 8 out of 10 people will deal with back pain at some point in their life. That's a lot of people... are you one of them?

Out of all of the various forms of back pain, lower back pain is by far the most common and there's a good explanation for this. Any idea why?

It's not car accidents, it's not work-related injuries, and it's not a lack of prescription medications either. Lack of movement and use is the number one cause of back pain!

I bet your orthopedic specialist or chiropractor didn't tell you that, did they?

It's the lack of movement in various muscles over years that leads to muscle imbalances and uneven wear and tear on your body, especially the spine. For example, how many times a day are you bending, leaning, or twisting.

Here's what the typical person's day is like: Wake up Eat breakfast (hopefully) Drive or ride to work Sit at desk Eat lunch Sit at desk some more Drive or ride home Eat dinner Sit on couch and watch tv Go to bed

Notice the trend here? That's an awful lot of sitting and not moving. Well, this is what leads to serious muscle imbalances and so what do we do, we go to the gym and perform exercises that only make the imbalances worse!

The key to eliminating back pain (nearly any ache, pain, or injury for that matter) is to identify the muscle imbalances that are pulling the spine, bones, and joints out of place and then stretch the tight muscles while strengthening the weak muscles.

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How do I know this? Well, as certified personal fitness trainer and post-rehabilitation specialist, I have worked with hundreds of individuals with back pain and the conditions that ranged from sciatic pain, to bulging discs, to spinal fusion, and others. In working with these individuals I discovered some startling facts.

1. Many people who seek professional help are often mis-diagnosed and end up following a treatment plan that fails to eliminate the cause of their back pain.

2. Nearly all of the individuals I worked with were able to eliminate their back pain, or significantly improve their condition even though all of the traditional treatments failed them (physical therapy, chiropractic care, cortisone injections, anti-inflammatory medications, surgery, etc).

Even more amazing is the fact that most of these individuals were able to eliminate their back pain in a

matter of days or weeks simply by performing a handful of exercises and stretches! These weren't your basic exercises or the standard back stretches and stomach exercises most "experts" recommend - these were specific exercises and stretches prescribed based on the individual.

Many of these people had suffered for years and years with aches, pains, and stiffness and lived inactive lives because of their back pain.

3. Most treatment plans offered only address the symptoms and don't address the cause, which usually delivers just temporary relief for the individual.

In addition to helping hundreds of others eliminate back pain, I also have had personal experiences with back pain and other various conditions such as tendonitis, muscle strains and sprains, and more. In every single situation the traditional treatments did nothing but treat the symptoms (often times not successfully) and the only approach that gave lasting improvements and relief was targeted stretches and exercises.

Have you tried traditional treatments and found little relief? I am not saying these treatments are not effective at temporarily reducing the pain or inflammation, but I am saying nearly all fail to get rid of the underlying cause of the problem.

So how do you identify these muscle imbalances? Well, it isn't easy but with a basic understanding of how your body works you can at least start looking at your situation and find out which muscles are over worked and too strong and/or tight and which ones are too weak and stretched out.

It also helps if you can find a qualified health professional who specializes in identifying muscle imbalances. Unfortunately, there are still few professionals who use what I call the "common sense approach." However, your best bet is to look for a personal fitness trainer that is trained and certified in post-rehabilitation, a manual physical therapist, or an osteopath. Also, don't be afraid to ask questions... you need to take charge of your health care and be sure to quiz them to find out what type of an approach they take in treating back pain.

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I also recommend you my video, "Lose the Back Pain" here:

. It's

shows you step-by-step, how to identify the true cause of your back pain and what specific exercises and stretches you need to do to correct it.

I wish you the best and remember the key to a healthy back is movement!

Jesse Cannone is a certified personal fitness trainer, post-rehab specialist, nutritionist, and a national fitness presenter. He is also the author of Burn Fat FAST and A Bride's Guide To Fast Fitness + Weight Loss in addition to many other popular fitness articles. He is known for his hard-hitting and to the point style and offers a great free email newsletter called Fitness Success News, which you can subscribe to at his website

The Art of Forgiving

By Rick Yost

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Have you ever sat down on a big rock by a flowing stream, hung your head and cried like a baby? Me neither but hey the days not over yet!

Sometimes in life we get hit hard and fast. Maybe by a friend, a lover, spouse, neighbor or just a complete stranger. When that event does take place, it hurts, hurts so bad we see red. Our chests feel like a heavy weight has been dropped on it, the tears just want to burst from our eyes. We want to kick and scream or just curl up and die!

Then of course we have to deal with the depressive states, the anger states. Did we deal with them or are they still there, buried in whatever way we've always dealt with our hurts and pains. Did we forgive and move on or is that little something still there waiting to spring to life again to continue dissolving the happiness we all deserve. Oh, you are happy! Then why does a certain something, a smell, a name, a color, whatever, bring back that tight feeling. That tear to the corner of your eye or that angry look in your jaw?

We all have been hurt and we've all hurt others. But that's life, it will continue that way right to the day we lay down for the big one. We're not responsible for other people's feelings, only our own. Unless of course we've hurt someone else but that's another article. Right now we have to deal with the thing that's eating our life away.

The best way I've found to deal with forgiving and truly forgiving so that it's not a continual sore in my heart is understanding. This isn't always easy, but if you can learn to understand why it happened, how it happened, why that person might of done what they did. Then that sore can heal, the forgiving is easier. Our physical and emotional states will be stronger and healthier!

We can still protect ourselves by not sticking our necks back into the noose for future hurts, but to be healthy you must forgive. And it's not easy, sometimes we don't even want to forgive. But who's continueing the pain now?

Please try to understand that person or what might have being going on in their life at the time they

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hurt you. You deserve the best life you can make for yourself. You are a unique individual, don't waste your limited moments in pain or despair. Let it go!

I use some Biblical quotes to keep me guided. You don't have to be religious to use the positiveness of the word, so don't overlook the power of the Bible for positive thinking!

Try Matt.6:33 , Psalm 55:22 ,
Philippians 4:6-7 , 2 Timothy 1:7

Rick Yost is a free lance author both online and off. Being involved as publisher and editor of the local community paper where he resides for over two years has given Rick the knowledge and experience that enables him to put to paper his delicious sense of humour as well as his ability to keep the reader reading. The honest and straight to the point methods he incorporates into his style of writing are a joy to read. Now online! <http://www.abetterlover.com>

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