

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

## Treating Neck And Back Injuries

By Codi Morieta

Many people experience neck and back injuries on a frequent basis. Either from work related

injuries or from just moving the wrong way. Your neck and back are easy to injure. There are many pills that you will be prescribed to relieve the pain. But these pills do not fix the problem, they only dull the pain for a small period of time. More frequently, alternative treatments are being used to cure these injuries. Injuries of the neck and back can be some of the more painful injuries and you will find yourself debilitated for that period of time while waiting for your pills to work. This is no way to live.

Alternative treatments are very reliable in this field and will fix your injury and heal your pain. These methods are not as obscure as they used to be. They are becoming more and more popular. Not just for neck and back injuries but for many other illnesses as well. Let me outline for you the alternative treatments that would be best for these types of injuries.

### Massage Acupuncture Meditation

These forms of treatment can be used each separately or combine one or two of them together. Acupuncture should be the first one that you try. If you are not familiar with this technique, let me explain. Acupuncture is the art of inserting needles into certain key points of the body. It is believed that these key points release the stress and tension from your body. Stress and tension are the root of all pain. Once you get rid of this, you will start feeling better almost instantly. Acupuncture involves no pain, only relief.

Massage is another great way to relieve pain. The art of massage is something that has been mastered by many people today. Massage will release all the tension from your muscles and put your body at ease. Massage is something that will need to be used several times in one month in order for it to be effective. Depending on the severity of your injury, you may have to go more frequently than this. Massage can help and it may even be a good idea to combine massage and acupuncture therapy together.

Meditation is a very strong method of healing used as an alternative treatment. Meditation is a treatment that should be used as well as another treatment. Alternative or otherwise, meditation is a

## Treating Neck And Back Injuries

method that cures the soul and the mind. This may sound like it will not do anything for neck or back injuries, but this assumption would be wrong. The condition of your mind and soul are just as important as your physical condition. Meditation is an art. It takes a lot of self-discipline and concentration. It can work, if you put the effort in to make it work. In regards to injuries, it is best to combine meditation with acupuncture or massage. Meditation is something that you might want to begin using daily. It can help you for injuries but not only this, for other illnesses that you may have.

Alternative treatments are great for curing injuries. Remember that it may be best to combine one or two of these treatments together for maximum effect. You can also combine your conventional medical treatments with one of these great alternative treatments. Maximum effect is what you are going for. It may be best for you to consult with a practitioner before you begin any alternative treatments. You can receive great advice and learn more and more about these alternative methods and feel more confident about using them. Finding a good practitioner is something that will help you get the full effect of alternative treatments. You can learn more than you ever thought about these methods and learn

how to use them for your advantage. Alternative treatments can make a difference and cure your injuries with a great healing power.

Do you want to learn more about the myths from facts about back pain? Learn healthy natural remedies for back pain relief and the main causes of back pain, surgical treatments, acupuncture, chiropractic, massage and even homeopathic remedies? Just visit the free website at:

<http://www.my-back-pain-guide.com/>

### **Whiplash Compensation Claim – Take These Actions**

#### **By Mumtaz Shah**

What steps will you take when you wake up the next morning, after a car accident with aches and pains? Some say it's nothing, some say it's the bed and some say it's whiplash, but what do you think?

Even the most cynical of us would agree that occasionally accidents do happen. However, more often than not, an 'accident' isn't really an 'accident' at all and a certain level of fault for the accident has to be placed squarely on the shoulder of the person who caused the accident. The same is certainly true in the case of a car accident. So, how would you go about getting proper whiplash compensation following a car accident?

Unlike other injuries that can occur in a car accident, more often than not the symptoms of whiplash, such as a whiplash neck injury, will not manifest themselves until the morning after. Usually, the accident will cause the whiplash to manifest in the form of:

- a headache, most likely all over the head with particular emphasis on the back of the head, or the forehead, or behind the eyes of the victim; or

- neck pain; or
- both of the above, with the headache likely to be more painful initially than the neck ache, but with the neck ache likely to be more prolonged and with the chance of this developing into Osteoarthritis in the future.

So, with an accident injury of this nature, i.e. one that does not manifest itself immediately, you would think that making a whiplash injury compensation claim would be an extremely onerous task - as causation proof of the injury would be difficult. However, you can make it easier to make a compensation claim for whiplash if you adhere to the following guideline procedures following the accident:

### 1. As Soon As You Can, Write Down Exactly What Happened That Caused The Accident To Happen

When you write your notes about what happened to cause the accident, which you should try and do as soon as you can following the accident. You need to make notes of exactly what happened leading up to the accident, during the accident and subsequent to the accident. You should also take note of:

- where the accident took place
- what the weather conditions were like (e.g. was it foggy and slippery?)
- what the time was
- whether there were any witnesses who can verify your story
- exactly what you said to the other person(s) involved

If possible you should use your mobile phone camera to take photographs of the damage done to

your car and you, as well as of the road surface and the general weather conditions.

### 2. Have A Medical Examination Immediately

Even if you are not feeling too bad following your accident, it can take a few hours, even a sleep, for the symptoms of whiplash to manifest. However, the longer you leave it until you get a medical examination the more chance there will be that the person who caused the accident can say that your injuries could have been caused by something else other than the car accident. Or, worse, the whiplash injuries could have been mitigated if only you had sought medical attention earlier.

To protect both yourself and your potential whiplash injury compensation claim, you should take yourself off to the hospital and have a complete medical examination as soon as you can, following the accident. Once you have had the examination you should ask the doctor to write a report detailing the chances of you having suffered an injury as a result of the accident - including the chances of you having suffered whiplash.

If you do this, you may well find that it is a lot harder for the person who caused your injury to claim that the whiplash was the cause of anything but their actions.

Keep in mind that whiplash injuries can have lasting effects. They can also have a very dramatic effect on your life - especially if they manifest into Osteoarthritis. So do not take a potential whiplash injury lightly and make sure that you protect any future rights that you may have to bring a whiplash injury claim.

It's easy to proceed with a whiplash compensation and gain maximum results without the hassle, costs and confusion. Discover the 12 revolutions of whiplash injury claims at

<http://www.100percent-compensation.co.uk/articles/whiplash-compensation.html>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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