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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!

Use Prescription Of Yoga To Treat Your Back Pain

By Ashish Jain

After visiting so many orthopedists and back pain specialists, after taking so many over the counter medications and after experiencing their side effects and no effects in curing your back pain problem...you are virtually hopeless of getting one right solution to your problems??

Don't feel dejected as you are not alone. There are many like you who have gone through all these courses of back pain treatments finally reaching to a conclusion that all these medications are of no use in the long run. And it is partly true as well!

Now, you need a definite answer to your back pain problem? And I definitely have one for you.

Come to YOGA and you are on the way to find some thing definite, something authentic, and some thing that will provide you permanent relief from back pain and pave the way for you to live for the mythical age of 120 years!

This is the best answer! This is the only answer. Herein, by stressing on Yoga, I am specially referring to physical exercises. It is nothing but understanding your constitution. An institution created for you by the Almighty and your only job is to maintain it properly. The present back pain is your opportunity to make and understand your future programs!

There are many pain-related things which you need to pay attention to. They are also the indirect causes of your back pain. You may counter-question, what stress in my mind has got to do with the pain in the back. Once I was told by a famous Ayurveda Practitioner, to put a drop of Neem juice in the nostrils every day for healthy growth of hair!

I thought, growth of hair on the head...but what it has to do with putting drops of Neem juice in the nostril? But then, apart from his experience and confidence, he showed me evidence of several successful cases.

Do not be under the impression you can keep any yoga book full of pictures before you and practice yoga. There are hundreds of postures meant for different purposes, different diseases, if you wish to

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understand it that way. With the help of some experienced teacher, you have to learn which asanas are suitable for your immediate relief of back pain and then, for the overall strengthening of the body.

If you do the exercises like a novice, some asanas may increase your discomfort. "Start early, drive slowly and reach safely" is the principle to be applied in this area also. Guided by your yoga teacher, select a few asanas, select your timings, select your diet, and then go ahead. The results are slow, but they are bound to come and they will provide you permanent relief. You need to hold on to each pose for about 15 seconds. Never ever try or over do.

After each exercise breath in and breath out and relax for about a minute or two.

Don't think, this article is the description on yoga. It is the prescription of yoga for your permanent relief for the back pain!

<http://www.backpaindetails.com/pain/>

& Back Pain Exercises provides detailed information on

back pain, back pain treatment, back pain cure, back pain exercises and more.

Natural Therapies For Back Pain: Massage Therapy, Acupuncture, Yoga And Herbs

By Caroline Colby

Back pain can cause you immense pain. Other than drug medications, there are many natural therapy methods for your pain. Take a proactive approach to your pain and you will then be able to live life to its fullest.

Here are some facts to reveal how common back pain is. Back pain in the U. S. currently accounts for approximately 50–60% of pain complaints for workers. It is surprising to note that it does not matter what type of job you hold. Whether you are a factory worker to a professional, you are equally susceptible to back pain as your colleague.

Back pain not only afflicts the working population in general, but there are other causes for pain as well. Degenerative diseases like osteoporosis and rheumatoid arthritis tends to affect more of the female population. Spinal cord injuries resulting from accidents are another leading cause to back pain.

Natural therapies for back pain tend to focus on holistic principles. This means the integration of the physical, psychological and spiritual components of life toward treatment. Some researchers say that your social, economic and cultural background can indicate whether you are more likely to experience back pain in the future or not.

Neuromuscular Therapy is a new type of natural therapy for back pain. There are many clinics that provide massage therapy in the U.S. Deep body massages can aid you by massaging away pain from

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nerves that are swollen within muscle tissue, and improve the flexibility of your body. Massage therapy also helps you to relax and that helps in back pain relief.

Another beneficial natural therapy for back pain that people have found advantageous is acupuncture. Acupuncture is a 2,000-year-old Chinese treatment, which stimulates the nerve pathways through the spinal cord and to the brain, with the use of needles. Contrary to popular belief, it is not a painful therapy at all. The use of the needles stimulates the nerve pathways to release hormones, so your brain do not experience pain as much. Also, the body stimulates release of other hormones to aid in healing.

A good exercise for reducing back pain is yoga. The practice of yoga grew out of eastern therapies of medicine and religion beliefs. Hatha and sivananda yoga are beneficial because they are gentle in the physical training, and the two various styles of yoga use relaxation techniques through proper breathing and meditation states. Through relaxation and meditation, muscles relax and external stressors are eliminated. This benefits your body because the overactive electrical impulses that make your muscles tense are reduced.

Lastly, a natural therapy for back pain is with the use of herbs. Herbs are non addictive and in most circumstances, do not result in major side effects. One popular herb is boswellia because it does not produce inflammation. When boswellia is used it will reduce stiffness because blood supply is increased in the back.

Ginger is useful too in your fight on back pain. It stops pain-causing hormones from being released.

Also, ginger can be used on a long-term basis. Over the counter back pain products that contain menthol and camphor are also particularly helpful.

Be sure to seek the advice of your healthcare practitioner the next time you pay him a visit. Discuss the various options of massage therapy, yoga or acupuncture as complementary therapies. Many healthcare practitioners are more open to these options than ever before. Who knows? One of these therapies may just be what you are looking for in terms of pain relief.

Caroline Colby writes on massage therapy. She believes that this form of therapy helps improve blood circulation and is effective for cases of arthritis, back pain, headaches and other common health ailments. For more articles and resources, please visit

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

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