

What is a Herniated Disc, how is it different from a Bulging Disc, and What You Can Do About It?

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**By Jesse Cannone**

**What is a Herniated Disc, how is it different from a Bulging Disc, and What You Can Do About It?**

by: **Jesse Cannone**

A Bulging Disc is the same thing as a herniated disc... just a different name.

So what causes a disc to herniate?

Do you have any idea what causes this uneven pressure?

So what is it??? Muscle Imbalances.

You see, muscle imbalances pull your bones and joints, especially the pelvis and spine, out of place

and this places excess and uneven wear and tear on the body.

This is where Chiropractors come in...

So when does a Herniated Disc actually cause pain?

How do you know then what's causing your back pain?

or call 1-888-343-FITT

(3488)

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Article by Jesse Cannone of

Jesse is a certified personal fitness

## **What Is Sciatica?**

**By Samick Jack**

Why do I have sciatica?

Is there successful treatments available?

Sciatica usually is derived from a traumatic event, muscle disproportion, or a combination of both.

There are many different methods of treatment for your sciatica pain...but...unfortunately, most of them don't work.

You might even be in such pain, that you consider very expensive back surgery.

Whatever the treatment, you should consider all of your options at hand.

Sincerely, Samick N. Jack

, the most valuable website on the internet for  
sciatica relief.

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