

Guillermou

The evidence from this excellent report reveals that exercise and strategies that address body and emotional mechanics are effective for back pain. Chronic low back pain is a prevalent condition, often involving an inflammatory process. Behavioral symptoms, including depressed mood, fatigue, and sleep disturbances, intensify pain and reduce quality of life and lead to increased inflammatory status. Inflammation may contribute to the relationship between behavioral symptoms and pain intensity. Patients improve after psychological treatment with respect to symptoms, functioning, and quality of life.

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www.sciencedirect.com/science/article/abs/pii/S1087079223000175 (2023).--

link.springer.com/.../s12891-023-06682-6 (2023).-- Dr. Cohen says, “When we are dehydrated, fluid always goes to the brain first and gets transported from other areas of the body like joints. Our fascia, the connective tissue webbing that supports every cell and organ in the body, can become tangled and knotted, making movement painful, difficult, and stiff.” There are certain chronic pain conditions that can be worsened by dehydration.

Dr. Cohen lists headaches, migraines, arthritis, joint pain, fibromyalgia, and overall stiffness as conditions that can be affected by dehydration. “The discs between our vertebra need fluid to cushion the bones,” she says. “They can become a little dry and brittle when not properly hydrated, exacerbating back pain.” If you’re currently in physical therapy for your back pain, Dr. Cohen adds that good hydration is “imperative before any physical therapy” since it can improve the outcome. www.healthcentral.com/condition/back-pain/relieve-your-back-pain-stayi.. (2022).--

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Gut health with whole foods, anti-aging and anti-inflammatory helps relieve back and lower back pain in general with chronic pain. Constipation and dehydration can worsen back pain. Dehydration can increase back pain. Foods rich in potassium and magnesium. Proteolytic enzymes, turmeric and ginger. GLA helps modulate inflammation. Vitamins B1, B6 and B12 are beneficial for many painful diseases. Vitamin D metabolites help inhibit inflammation. Melatonin is also a powerful antioxidant and has been shown to reduce pain associated with a variety of chronic painful conditions. Astaxanthin has very powerful anti-inflammatory properties.

Boswellia and capsaicin and medical cannabis have a long history as a natural pain reliever. Earthing, or walking barefoot in the dirt, also provides some pain relief by fighting

www.sciencedirect.com/.../S0897189722000313 (2022).--

assets.cureus.com/uploads/editorial/pdf/171367/20230825-29742-1jn8rf8... (2023).--

link.springer.com/.../s00586-024-08131-x (2024).-- link.springer.com/.../s11916-024-01221-x

(2024).-- www.lifeextension.com/.../chronic-pain .----- .----- In a prospective, open-label, non-randomized study involving 98 outpatients with chronic low back pain (12 weeks or more) with or without radiculopathy and without neoplastic or inflammatory pathologies, supplementation with alpha lipoic acid (600 mg/d) and Superoxide dismutase (140 IU/day) over a 60-day period was associated with a significant reduction in analgesic use (8% of patients were still using analgesics after the trial, compared to 73.5% at baseline).

Additionally, based on self-report tools, after 40 days of intervention, perceived pain and functional disabilities significantly improved in a statistically and clinically meaningful manner.

www.vitasearch.com/.../40770 (2022).--

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Meibao

I had back pain, arthritic muscle and joint pain, sciatica for which I did stretches, exercises, chiropractors, masseuses, acupuncturists, herbal remedies, hot baths with epsom salts, diet of alkaline, non-inflammatory foods for all my life. I also had daily headaches (took Ibuprofen), lethargy (drank coffee), sleeplessness (took melatonin), constipation (took cascara sagrada). I was 76 years old when I heard about the symptoms of dehydration. I always thought I drank enough water, but all of my symptoms were due to not drinking enough water. I read all of Dr. Bathmanghelidj's books on water, went to his website (www.watercure.com). I'm now 80 years old, have absolutely NO pain anywhere, sleep like a log, have lots of energy all day long (no coffee), no more masseuses or chiropractors.

WATER!! One of Dr. Batman's books is entitled, "Your Body's Many Cries for Water" and that's what I was experiencing. Pain is my greatest teacher! I now drink the appropriate amount of water to eliminate ALL chronic symptoms. For me, it's 2 oz of water per one pound of body weight. I started with one ounce which took my daily headaches away, but I still had the other symptoms. I kept drinking until I was symptom-free. For me, it's 6 to 7 quarts per 24 hours. Tom Brady, the football player, drinks 10 to 17 quarts per day. Go figure....

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Bouncedancer

Yes! It's hard to believe some people don't drink ANY water! They drink a little coffee, tea and/or soda, and that's it! My has-been had had high BP for 20 years when I met him; he got it at age 20, which is very unusual and which I think was caused by all the allergy shots he got before that, which are reputed to be high in aluminum. We tried various natural remedies, none of which made a difference, till I read about the good doctor, whose spelling I'm not even gonna try to decipher (he would probably sell more books if he shortened his name).

For many many years he drank a gallon a day and had great numbers. He was a teacher and would sometimes go on all-day bus trips where he didn't drink much water; he'd come home with high BP, then would start powering down on the water and would have good numbers by bedtime. After many years of this, he got tired of drinking all that water. Then we did a few liver/gallbladder cleanses over several years, which normalized his BP for many years. Then when the high BP came back, he did neither of those -- he went on medication! Go figure.

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Kneecaps

Important message to Dr. Mercola. Could Western back pain and knee problems be one culprit? The chair. Only western societies use the chair which puts the body into the unnatural undulated L-shaped drooping lower legs. In native societies there no such thing as a chair or a raised bed (the other culprit). We also sit everywhere (the chair) for just about everything. There is only 3 natural positions of the body. Standing up, sitting down (on the ground variation cross-legged, etc.) and lying flat. The chair position is NOT one of them. I proffer to get rid of the chair or position of it. You even do this the first thing when getting out of a raised bed.

You sit upright before standing. Not natural. I recommend everybody sleep on the floor. To get up to standing position you activate practically all the exercises you mentioned you need to do when you can do that the first thing when you get up from the floor every morning and even when you get ready to lie down. Since doing the above all what bothered me went away. I even find putting my pants on one leg at time so much easier and natural as my body or joists seemed to loosen up or get strengthened. Please look into this more thoroughly and possibly do a story on it. Thanks!

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Bouncedancer

Another thing sitting does is shorten the psoas, which will then contribute to a rounded spine, forward-head syndrome and even pot belly! I do Bowen therapy, and plucking the psoas can have an immediate positive effect on the back.

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goodbody2

I did some tapping specifically for lower back. Half way through it, I remember thinking "this is not going to work". My mind was blown when I finished. Pain free!

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juststeve

Having been around farming, construction, hard physical labor work there were so many seen who suffering the horrible pain and limitations of back pain opted for spinal fusing surgery. Desperate for relief only to find as time goes on the locked-out areas in general just move the transgressions to another area in the spine. A slow creep until they become locked up. For people engaged in these types of hard physical labor tend to work through discomfort or pain those with desk jobs could not begin to tolerate. If they didn't, they don't eat. A challenge for those in these areas of work is to have the awareness of what goes over the line and progressing into a danger zone.

The need, ability to heal. Because there is also peer pressure to keep going and not be seen as a slacker, a culture of buck up buttercup, put your back into it, you can't sit down for every Boo Boo. It can become very easy to cross the danger line. Employers providing health insurance can be hit with higher health premiums if there are many injuries, especially the more serious such a spinal injury. Also an incentive to downplay the need to acknowledge such injuries. Everything offered in today's article are important for good spine health and to maintain it. Traumatic injuries and damage present a challenge spinal surgery offers limited or time delayed symptoms.

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rleedc

Misalignment of the spinal vertebrae and /or the pelvis can be a major cause of low back pain. Yes, sitting for long periods of time is a major cause, however, most people's sitting posture is imbalanced. For example, they may always rotate to one side due to a computer screen or a TV. There are so many other causes of misalignment, muscular imbalances and disc problems. To address these common problems, I would suggest seeing a Chiropractor and a PT.

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Bouncedancer

People with back pain really need to find a Bowen therapist -- we have become legion since it came on the scene in the 1980s; there is even a Bowen therapist now in the town I was born in in northern Norway. Feel free to contact me if you want me to help you find a well-trained Bowen therapist. Hint: If they've been trained by the Bowen Therapy Academy of Australia (I got this training in the San Francisco Bay Area/Sacramento/Seattle), their training is likely to be pretty good. Bowen therapy is gentle and super relaxing, no cracking except the cracks your body is likely to make in response afterwards as it pops into place; it normalizes tissue tension, often immediately.

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