

**QUICK AND EASY
WAYS...**

TO END

BACK PAIN

(AND STIFFNESS)

**WITHOUT TAKING
PAINKILLERS OR HAVING
TO CALL AND SEE A GP**

Sensus Health & Wellness

By Dr K Harm (DC) - Value £80

9 Quick And Easy Ways To Help With Back Pain (And Stiffness) Without Taking Painkillers Or Having To Call And See The GP!

1. Avoid High Heels

Here's why. Wearing high heels will increase the pressure through your back by about 25 times. Reverse that, and it means if you wear nice soft cushioned pair of shoes instead, your lower back would be experiencing 25 times less pressure and force placed upon it

Imagine how much relief you'd feel if you could take that type of stress off of your lower back right now?

But understand that it's a cumulative effect. This pressure builds up from wearing the wrong footwear over period of weeks and years and results in a weak and stiff back somewhere around the age of 40.

2. Avoid Sitting For More Than 20 Minutes At A Time.

There's so much 'gossip' that surrounds back pain. But this is a FACT... you and i were not designed to sit. It goes against every basic, fundamental rule of the way we originally evolved as humans. When you sit there is approximately 10x more pressure pushing down on your spine than when you stand tall.

And it's because most of us slouch, or flop when we do sit, meaning that the muscles in your spine (called your core muscle group) that are designed to protect you, just don't work.

This causes inevitable aches, pains and stiffness.

3. Use Ice (Not Heat)

Ice is by far the best way to ease back pain. My tip - use ice whenever you're feeling achy or painful, such as at the end of a very busy day. Apply an ice pack for 10 minutes or so, little but very often (every hour).

And when to use heat - my tip would be to apply a hot water bottle on a morning when your back is likely to be feeling more stiff and painful. Again, 10 minutes should do it.

4. Avoid Sitting Crossed Leg

Your spine isn't designed to twist or turn. Sitting in a cross-legged position is doing just that. Your joints are twisted, muscles stretched and in this position your spine/lower back is weak and you're vulnerable to injury.

Spending an excess of time in this position will catch u on you - Usually aged 40-60

5. Sleep With A Pillow Between Your Knees

Might be difficult at first, but if you can persist, it ;owers the amount of rotation/twisting in your spine. Remember I said in principle number 4 that it was important to avoid sitting cross-legged? Well it's the same when you're asleep.

If you sleep on your side, try a pillow between your spine aligned this will reduce tension at your lower back.

6. Avoid Sleeping On Your Stomach

There isn't a more effective, faster route to self-inflicted damage to your spine/lower back. Avoid this position like the plague. Every part of your spine is twisted and in the wrong position and if you sleep like this, it's no wonder you are suffering from back pain.

7. Change Your Mattress Every 5 Years

This is the bedroom question that i getasked every day. People want to know about their mattress and what type they should sleep on. Almost impossible to know the answer as the question is too generic. But what i can say is that if you haven't changed your mattress in the last five years then it's about time that you did!

And invest as much as you can in finding the most comfortable one that works for you. Afterall, if you're going to spend a third of your life in it, might as well get the best one that you can.

And the key isn't to finding a firm one or a gard one - finding the right mattress is about finding the one that works best for you and your spine.

8. Choose Sensible Footwear

Bizarre choices of footwear include high heels, sandals, flip-flops and plimsoll style trainers and shoes. Why bizarre? Because they're all proven to ADD to your back pain.

Its because there's a lack of cushioning to absorb shock with these types, so your lower back must take all the impact every time your foot lands on the floor (not good for your knees and hips either).

If you can absorb some of the shock by wearing the nice soft, well fitted and cushioned shoes/trainers, then you could reduce your back pain by as much as 20-25%.

9. Get Healthy With Chiropractic

There isn't a faster way to END back pain than going to see a Chiropractor. Getting to see a hands-on specialist means you're going to get very fast access to care that will soothe and relax those tight aching muscles, loosen and lubricate stuck and painful joints, and strengthen your body so that you can go back to doing the things that you love.

Combine all the "tips" in this special report with a trip to see a hands-on private chiropractor, and you will see a dramatic drop in the back pain and stiffness you are currently suffering from.

Specialist chiropractors look to the root cause of the mobility and pain problems, providing natural solutions to produce the fastest results possible, without the use of drugs and surgery.

NOTE: The NHS physio departments do not and will not provide you with the hands-on type of care that you need to end back pain as fast as you would hope. Disappointing but true, since 2013.

3 Bonus - Quick And Easy Ways To Help With Back Pain (And Stiffness) Without Taking Painkillers Or Having To Call And See The GP!

1. Regular Pilates

This is the 100 year old tradition that if you do it regularly, it can really transform your health.

Pilates is the joint number one on my list (with yoga!) of the most important things that anyone can do to prevent back pain.

And in case you were wondering, pilates is a series of exercise designed to improve muscle tone and control. Understand that its the latter (control) that is often missing from lower back muscles and the root cause of most peoples back pain and stiffness.

So, by you joining a class, or doing these exercises every day on your own at home you'll steadily increase your muscle control, and with it, slowly decreases your muscle tension. We recommend all our private patients to do these exercises and go so far as to create personal plans for each of them.

2. Stretch Yourself At The Beginning And End Of Every Day

Another daily ritual that will transform your health. Along with pilates, Yoga is a must! As you get closer to your 40-60 age bracket, everyday you wake up your body is tightening and losing flexibility. So you must do something to reverse it or at very least, slow it down.

And for example yoga can be a good find, in a class or at home - fast. With a series of stretches designed to make your body suppler and more flexible.

3. Stay Hydrated

This is the BIG Office worker mistake that could be zapping your energy. One really simple way to avoid this is to cut out the stuff that makes you dehydrated in the first place. Things like excessive coffee, tea, alcohol and energy drinks will make you dehydrated as a consequence of drinking too much of them.

And being dehydrated can cause muscle aches and pains, fatigue and dizziness. So it's important that you keep your water intake up to ease off any extra or unwanted tension in your lower back muscles.

My tip, drink water little and often throughout the day.

Conclusion

So there you have it: 9 things (plus 3 big bonus tips) that you can do TODAY to improve your posture, general health, as well as Ease Your Back Pain. There's obviously so much you can do too, and i could go much more in-depth on ways to end Back Pain than the principle i've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life.

In the weeks ahead, i hope you will be using all tips shown here and any more found along your journey to restore your active and healthy lifestyle you will see how Chiropractic care can make a huge difference to your life.

Dedicated To Restoring Your Health,

Dr Krister Harm
Doctor of Chiropractic