



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



Empower your Body, Mind & Soul

BACK PAIN

Featured by Dr. Eugene Grosvenor



What is Back Pain?

Back pain affects nearly 80 percent of adults in the US and it is also the most common reason for hospitalization. For many years, it was assumed that back pain was usually the result of spinal degeneration or injury. In recent times, simple muscle strain, deep-seated emotional or stress-related problems also contribute to back pain. Risk factors include a sedentary lifestyle, obesity, improper exercise, high risk occupations, smoking and age.

With a sedentary lifestyle and obesity, weak stomach muscles increase strain on the back and weak muscles increase the load on the spine. During exercise, the misuse or incorrect use of mechanisms over a period of time may increase degenerative disc disease. Jobs which include heavy lifting, awkward twisting, forceful movements or whole body vibrations would also increase one's capacity for back injury. Smoking as a risk factor decreases the blood flow to the bones and discs making them more susceptible to injury.

Prevalence & Statistics

- 80% of all people in the United States will suffer from back pain at some point in their life.
- Back pain is the leading cause of missed work, with more lost work days than the common cold.
- Back pain is most common in people between the ages of 30 and 50.
- 75% of people between the ages of 30 and 50 with back problems are male.
- 10% of people who suffer from back pain have a chronic condition.
- The 10% of people with chronic back pain account for 80% of the cost of treatment and workers compensation.
- The cost of back injuries is over 80 billion dollars a year in the United States, due to absenteeism, medical and other related expenses.
- Back disorders are the number two cause of medical costs to the nation, just behind cardiovascular disorders.
- Surgery is only helpful for 1% of people with back pain.

What are causes of back pain?

1. Bulging discs which can press on nerves causing irritation or pain.
2. Bone spurs as irregular bone growths can press on the spinal cord or nerves.
3. Leg length discrepancy (unequal leg lengths) can cause uneven hip bones/pelvis and the spine tilts to compensate for the irregularity.
4. Poor posture (ergonomics) correlates with back pain with improper walking or sitting for extended periods of time.
5. Referred pain from other parts of the body such the kidneys, bladder, gynecological problems, viral infections, paget's disease, congenital defects, pregnancy and tumors can manifest as back pain.
6. Osteoporosis or bone loss can cause the vertebrae to collapse.
7. Accidents and back injury

HEALTH RECOMMENDATIONS



1. AVOID ANIMAL PROTEIN PRODUCTS and meats since they all contain uric acid. Elevated levels can strain the kidneys and contribute to back pain.
2. AVOID COFFEE since it blocks the receptor sites and facilitates pain.
3. WHEN PAIN ATTACKS, immediately drink at least 2 glasses of water. Dehydration and the accumulation of toxins are frequently associated with back pain.
4. DRINK MINIMUM of 8 GLASSES of WATER DAILY to rid the body of acid buildup and waste.
5. FASTING to redirect the energy for digestion towards mobilizing the immune system and promote more rapid healing. Temporarily, the reduction of toxin intake can lower the overall body toxicity level.
6. RELAX DAILY with daily meditation and prayer to allow the mind and body a period of relaxation.

CONTENTS

What it is?

Causes

Health Tips

Treatment
(Drugs & Herbs)

True/False Q&A

Recipes

Referral



Treatments - Diet, Drugs & Herbs

Drug

Therapy

Anti-inflammatory drugs & Tylenol
COX-2 Inhibitors
Steroids
Muscle Relaxants

HOW DOES ONE PREVENT BACK PAIN?

Back pain can be prevented if one maintains a good posture. Good posture is defined as the posture achieved when the head, shoulders and hips are in a straight line. Walking without heels can also promote correct body alignment and sitting with good back support and knees slighter higher than the hips to reduce pressure. Sleeping on a firm mattress can also prevent back pain by keeping the neck in line with the lower spine. Moderate exercise can improve trunk muscle strength and serve as a means to control obesity and create stronger bones. One should also consider use of safe lifting and bending techniques and maintain sufficient calcium intake.

HOW DOES ONE TREAT BACK PAIN VIA ALTERNATIVE MEDICINE?

When low back pain is not caused by a medical condition, about 90% of people recover within a month without any treatment at all. In spite of this encouraging statistic, back pain is the third most common reason for surgery and costs the country up to \$50 million each year in medical and disability benefits. Non-surgical treatments for low back pain or sciatica may include rest, medication, or manipulative therapy, to name just a few options.

Chiropractors can be used and be effective as long as medically advised. When this treatment is misused or abused, more serious injury can occur.

Acupuncture as a form of conventional medicine can assist in pain relief under a licensed therapist.

Interventions such as prayer, meditations, psychological therapy, imagery, herbal therapy and vitamins can be very effective in improving overall health and relieve pain.

*For I will restore health unto thee,
and I will heal thee of thy wounds,
saith the Lord...Jeremiah 30:17*

In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease. Counsel on Diet and Foods by Ellen G. White.

RECIPES for Back Pain

VEGETABLE EXPRESS

2 lettuce leaves, 1 small wedge cabbage, 4-5 carrots with greens removed, 3 broccoli flowerets, ½ apple seeded.

Method: Bunch up lettuce leaves and push through juicer with cabbage, carrots, broccoli and apple.

GINGER HOPPER

¼ inch slice ginger root, 4-5 carrots with greens removed, ½ apple seeded.

Method: Push ginger through juicer with carrots and apple.

DIGESTIVE SPECIAL

Handful spinach, 4-5 carrots with greens removed

Method: Bunch up spinach and push through juicer with carrots.

POTASSIUM BROTH

Handful parsley, handful spinach, 4-5 carrots with greens removed, 2 stalks celery

Method: Bunch parsley and spinach leaves and push through juicer with carrots and celery.

Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. 1 John 4:7

HAPPY HOLIDAYS TO YOU AND YOUR FAMILY OVER THIS YULETIDE SEASON.

BEST WISHES IN 2002.

HELP IS HERE FOR YOU.....



In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.

Herbal

Therapy

Alfalfa
Burdock
Horsetail
Oat Straw
Slippery Elm
White Willow Bark