



3

## *Root Causes of Persistent Back Pain*

BRYCE HAMILTON | [HOLISTICHABITS.FIT](https://holistichabits.fit)

# 3 Root Causes of Persistent Back Pain

Did you know that according to the NIH, back pain is the second most common cause of disability in US adults? It's crazy, right? And not only that, but it's also a major reason why so many folks end up missing work. Can you believe we're talking about a whopping 149 million lost workdays each year due to chronic persistent back pain? Ouch!

Now, here's the kicker: while some of these cases are indeed caused by injuries, a significant chunk of them aren't. It makes you wonder, doesn't it? Why are so many people out there suffering from back pain without any initial injury?

Well, we've done some digging and discovered the most common reasons behind this back pain epidemic. And hey, we've got your back (pun intended) with some helpful tips on how to fix them. So, let's get into it and put an end to that nagging back pain, shall we?



# Tight Hips

Whenever someone comes to me complaining about back pain, there's almost always a common companion lurking around: tight hips. It's like they're inseparable! The thing is, when those hips are all stiff and inflexible, it puts extra strain on your lower back. But there's a simple solution that can set your hips free: the seated leg crossover hip stretch. You can do it practically anywhere, and trust me, it works wonders.

Picture this: you're sitting at your desk, engrossed in work, and every 30 minutes, you take a quick break to do that stretch. It's like hitting the reset button for your hips. Your body will thank you, and the results? Oh, they're usually pretty great.





# Hip Flexor & Core Imbalance

Tight hip flexors have become incredibly common in our sedentary society. Spending most of our day seated shortens these muscles, leading to tightness. Combine this with a lack of core muscle strength, and you have a recipe for back pain.

But here's the catch: don't turn to sit-ups as a solution. Since your hip flexors are likely tight they can tend to take over, exacerbating the problem. Instead, focus on teaching your body to disengage the hip flexors and activate the core muscles.

To do this, try glute bridges, making sure to relax your hip flexors while engaging your glutes.



# Dietary Inflammation

Our dietary choices have a profound impact on our overall well-being, including the level of inflammation in our bodies. A diet high in inflammatory foods can trigger discomfort in vulnerable joints and areas. Food intolerances play a role here, as they elicit a mild immune reaction with symptoms like digestive issues, skin problems, and brain fog. This immune response leads to increased inflammatory markers and a heightened state of inflammation, resulting in stiffness and amplified pain. To reduce systemic inflammation, avoid gluten, dairy, eggs, corn, soy, processed sugar, alcohol, and processed vegetable oils. Portion control is also important. Remarkably, many individuals find significant pain relief through these dietary changes alone.





# ABOUT

## *Bryce Hamilton*



Bryce Hamilton, Your Holistic Habits Coach

"I even convinced myself that my genetics had determined my body shape, and that was that.

But then, something shifted."

Bryce is a passionate Fitness and Nutrition Coach, an advocate for a powerful mindset, and the visionary behind Holistic Habits Coaching. He wasn't always the confident and motivated individual you see today. Carrying around excess body fat weighed him down, both physically and emotionally. Determined to change, Bryce embarked on a challenging journey, exploring various methods to transform his body and mindset. Through trial and error, he discovered that true strength and leanness go hand in hand. This revelation ignited a deep passion within him, driving Bryce to immerse himself in the world of fitness and nutrition. At Holistic Habits Coaching, Bryce and his team empathize with their clients' struggles, offering guidance rooted in fundamental principles. Their mission? Empowering individuals to create lasting, lifelong transformations. Join them on this extraordinary path to success. And don't forget to ask about the unbeatable Holistic Habits Coaching Guarantee—it's a game-changer!