

## Back Pain and Backers

Did you know when pain acts out that your backers will kick in? The backers are your emotions. The devilish radicals of our human makeup can lead us to consequences we ordinarily would not accept. Sometimes the radicals are angels that work as guiders to back our every step.

Back pain and emotions go hand in hand, since when one experiences pain it causes threat to the emotions. When the emotions are threatened, "Look out Henry," John Doe is in the house. Back pain has symptoms, which include depression, irritation and hopelessness, which starts with back pain and ends with emotions. The person will often accept the proposal that the emotions deliver, leaving them to believe that no help is present. In most back pain instances however, help is sitting in front of you.

The rule of thumb is to listen, learn, and take action. When you learn all you can about your condition, you can move to accept its symptoms and take action to resolve your problem. In fact, the information you gain can work in your favor, since you may learn strategies that relieve your pain without costing you a fortune.

Most back conditions are treated with Rest, Ice Packs, Compression, and Elevation. (R.I.C.E.) Remember this rule and apply it as needed. Unless your back is broken, most back conditions are treated with basic common sense and non-costly remedies. Take action!

Tell John Doe to move it on over, since Henry is taking control. The emotions are lethal injections if you allow them to take over your life.

Fact: About 33% of the patients who visit common medical practitioners do not receive relief from back pain.

Fact: Chiropractors specialize in back pain. Chiropractors overall has lowered back pain up to a percentage higher than ordinary physicians have. Acupuncture and massage therapy has helped more patients than standard medical treatment.

FACT: Back surgeries can lead to further complications.

Physical therapy is a great way to minimize back pain. In the worst case scenarios people have trained in weights and aerobics, thus reducing pain.

Back pain is relieved when one uses practical reason. Aspirin for instance can

relieve most states of back pain with the exceptions of severe aching. Practical reasoning should tell you that the muscles are stressed, which basic stretch workouts can resolve the problem. Stretch those muscles!

Understanding your condition is the first step to taking action. In addition, when you know your condition you can relax. Pushing the muscles is overexertion that leads to back pain. If you are weight training and notice pain in the back, change your actions and perform other types of workouts.

Discomfiture (Oh no, not John Doe again) can cause a person to feel pity, instead of taking action. Don't let John Doe out of the bag, rather get into the grove and stretch, relax, and rest.

Fact: Ecotrin is a painkiller that is sold over the counter. If you have back pain and take this medicine four times daily with a meal, you can reduce back pain. Take Ecotrin if you have overexerted the muscles to relieve pain.

Fact: Over the counter medications, such as Ecotrin will reduce pain caused from sprains and osteoarthritis.

Over the counter meds, such as Ecotrin has proven to reduce inflammation and swelling, which is the leading cause of pain.

Fact: If you take, Ecotrin prior to working out, you can reduce the odds of back pain.

Do not take over the counter medications if you have acute back conditions. The remedies are designed for short-term relief. Overusing the remedies can damage the kidneys and cause ulcers to develop.

Fact: Tylenol is linked to liver damage, yet if you use Tylenol in short-term regimens to relieve pain, the painkiller works alongside the central nerves to reduce pain.