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Obesity and Back Pain a Life Style Choice.

Sadly one of the most common musculoskeletal symptoms experienced by an estimated 8 out of 10 people, chronic low back pain may be caused by a range of diseases (inc. obesity) and disorders affecting the lumbar spine. Low back pain is often accompanied by *sciatica*, a disabling pain from an entangled sciatic nerve, which is typically felt in the thighs as well as lower back and buttocks.

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Sciatica is one type of back pain affecting a large number of people these days. It is characterized by pain in the hip and buttock region and sometime includes referred pain down the leg. This can go down one or both legs into the thigh, calf, ankle and foot. Stretching is often prescribed for back pain and sciatica but rarely provides any lasting relief .

Recent studies by (Fishman L., Ardman C. Back Pain: How to Relieve Low Back Pain and Sciatica) explains how obese patients may incur sciatica and low back pain from a herniated or "slipped" disc. This type of back pain in the lumbo-sacral spine occurs when discs and other spinal structures are damaged from having to adjust to the pressure of extra weight on the back. In addition, when excessive weight is pushed into spaces between bones in the low back area, the patient can experience compressed nerves and even piriformis syndrome. (Deep Pain in Your Buttocks)

5 - General Health: especially your digestion. The bowel and the low back have the same nerve supply, hence if you suffer constipation, gas or wind or any bowel irregularity then you can suffer low back pain or sciatica.

Food addiction can be a very difficult thing to overcome; when someone who eats a lot first cuts back the body can have withdrawal symptoms from sugars and fats, often leading to depression. The extra support around for this week or two can make a world of difference.

Unfortunately this can often led to a self destructive circle leading people to become depressed and complacent with their weight which can lead to more weight gain. Obese people may stop going out doors, therefore they receive less exercise, which leads to weight gain, which lead to less exercise and so forth. This low self-esteem has the ability to manifest itself in a way that makes it increasingly difficult for a person to motivate himself or herself in order to make an improvement in their life.

Eat Healthy - Vitamins and minerals are important for your overall health. So, try to eat as much healthy food as possible to help get rid of stress in your body and get relief from back pain.

There are also other factors, but these are the main causes. So for complete and permanent *sciatica* relief, you need to address all these issues. The muscle and joint imbalances are easy to address with simple targeted techniques. The stress and general health issues are just as easy if you use techniques to address these at the same time.

Potato and celery juice when combined together are said to provide relief from the pain of sciatica. But in order for them to be truly effective a person should be looking to drink at least 10 ounces each day. However if the thought of drinking just potato and celery juice on their own leaves you with a feeling of dread, then why not add some carrot and beetroot juice to the mixture as well. These two juices not only help to fortify the mixture but also make it taste more pleasant as well. If however you are unable to drink this type of juice on a daily basis then you could drink celery tea throughout the day instead.

Also as well as using the kind of sciatica home treatment methods provided above a person who suffers from sciatica should be looking to improve their health overall. In order to do this they must ensure that their diet is good and that they start carrying out some form of exercise as well. Ricky is the owner of <http://www.reliefbackpain.net>. Visit his site today for more information on the best back pain relief products.

Are you looking for a "miracle" sciatica cure? Do you want to use an exercise that takes less than a minute to do and permanently removes your sciatica once and for all? Would you like to be 100% pain free in just 2 minutes from now?

Sciatica relief is simple enough. It takes a daily approach to change the habits your body has that led to your *sciatica*. Statistics show that over 92% of back pain conditions are not caused by physical trauma or physical stress. They are caused by the accumulation of daily general and emotional stresses.

People, who are overweight, or worse obese, face many consequences, which have the ability to become a daily nightmare. For some it is their lifestyle choices, which has led them to become obese, others perhaps have gathered the extra weight through no fault of their own.

In some obese patients, the spine can become tilted and suffer additional stress. Over time, this can deprive the back of proper support and an unnatural curvature of the spine may develop.

At least 80% of us will experience some form of Back Pain in our lives and more than 1 in 4 people will become clinically obese in their lifetime, don't let it be you!

The Good News is that complete and permanent *sciatica* relief is possible. It also does not take months to achieve, but it does take consistent effort. Not a large effort but a daily routine of teaching your body to work better. Why?

Back pain is caused by numerous reasons, primarily muscle imbalances from injury, diet, obesity, posture, exercise and more. Back pain treatments vary depending on the diagnosis of your pain and can vary from a passive mobilization, to drugs all the way to surgery .

Terry O'Brien

www.BackTrouble.co.UK.

There are various back pain relief measures both natural and pharmaceutical available. Chronic and severe back pain may require temporary medication to allow the acute back pain to settle. However if you take a natural healing approach along with the medication, you should get a better longer lasting result.

No matter how long or how severe your *sciatica* is, it does take time to remove your pain. Not a long time, but time all the same. You need to address the causes and symptoms after all. They have taken time to arrive and they will take time to disappear.

Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991. His newly launched web site The Back Pain Advisor - <http://www.back-pain-advisor.com> - strives to give you valuable and expert advice, tips and information on your back pain issues.

Sounds amazing doesn't it? Is it possible to be pain free in just minutes and never have to worry about your back pain or *sciatica* returning? Imagine being able to do everything you wish without the fear of pain.

Relationships can be very difficult for obese people to enjoy when they are overweight. Sex can be become awkward with couples becoming self-conscious about their bodies. The extra weight in the bedroom can make performing very difficult and excessive sweating is probably not the sexiest thing either. If they don't already have a partner it can be difficult for obese people to find a lover. The fact that they do not go out to social events as often as they should coupled with their low self esteem often results in many people giving up.

Becoming obese is the easiest part but now you have to lose those pounds and this is the hard part. It will be a struggle at first, but you need to stay strong, the health, social and emotional benefits of the new you will be unbelievable. A life of less food and more exercise sounds scary to a lot of people but it doesn't have to be, if you make sure you have good support it will be easier to achieve this goal. Just think how good you will feel when you look into the mirror and walk down the street with your new body and new confidence.

I don't want to seem like I'm putting these others down, but to have complete and permanent *sciatica* relief, you need to address all the causes of your back pain. And the good news is...

However there are ways of treating sciatica without a person having to resort to using medications that their doctor prescribes or which can be brought over the counter at your local drug store. In this article I will be looking at some sciatica home treatment methods that you may want to consider.

To live this overweight and obese life can be difficult, people have to face every new day with the fear of prejudice from others making it hard to live in the world which demands perfection and looks down upon them. It's a sad reality that many people have to face, a reality, which comes at a great personal cost.

Some natural steps for back pain relief are: Lose Weight - Try to stay slim. If you have excess weight on your upper body, it will overload on your back. Practicing yoga or tai chi are natural ways of back pain treatment that can also assist with weight loss.

There are certain other techniques like yoga, exercise, massage acupuncture and chiropractic that prove to be effective back pain treatments for some sufferers. Others prefer to take medication prescribed by their doctor to lessen the irritation of back pain but they are not good for health. Adopting the natural approach to get back pain relief is therefore considered to be the most sensible approach to take if you can find someone skilled enough to do the job.

3 - Joint Disruption: the pelvis and lower back from the sciatic nerve, if their mobility is less then the sciatic nerve becomes irritated. 4 - Stress: yes good old stress. Stress tightens muscles, slows healing and leads to most of the underlying causes of any health problem.

You can also take Vitamin B1 or B Complex supplement with this in order to be able to reap the full benefits that garlic can provide in helping to treat *sciatica* symptoms. The reason why garlic seems to be effective as a sciatica home treatment is that it contains anti oxidant properties and also helps to provide the body with warmth and energy.

Sciatica is a condition rather than a disease which has been caused by other conditions which are affecting the health of a person. There are three primary causes for a person to suffer from sciatica namely a herniated disc, piriformis syndrome or spinal stenosis.

People who are overweight carry a high risk of chronic musculoskeletal pain, specifically low back pain. As well as osteoarthritis and other degenerative conditions, a number of other pain and problems in the low back may be aggravated by obesity. Back pain frequently occurs as a result of the excess weight pulling the pelvis forward which strains the lower back. Recent research from the American Obesity Association indicate that women who are obese or who have a large waist size are especially at risk for lower back pain.

Back pain is a major problem these days for people all over the western world. It has been estimated that at any one time 20% of the population suffer from lower back pain and that doesn't take into account all the other forms like *sciatica*, upper back pain, mid back pain and neck pain. It is a huge interruption in a sufferers day to day life and costs the world billions of dollars in productivity.

Another juice you may want to consider drinking instead of the above is that made from elderberries. Not only can you drink it in a juice format you could also drink it as a tea. This particular food contains properties which help to relax and stimulate the muscles and so can be beneficial in treating the symptoms associated with sciatica.

Persons self image and their self-esteem depends almost entirely on how other people perceive them, or perhaps how other people perceive them. It is very hard to totally ignore the criticism and not care about the opinions of others. With excess weight, of course, the more you weight the harder it will get. People will stare at you no matter where you go, not to mention that snickering and jokes are a real way of helping to lower your self-esteem.

Massage - Massage a common choice for people trying to get relief from back pain. It also acts as great stress reliever. But if you have acute back pain, do consult a skilled back pain therapist before going for a massage.

Sciatica is caused by 5 potential factors: 1 - Muscle Tightness: especially the Piriformis muscle if tight will cause sciatica. 2- Muscle Weakness: most commonly the abdominal muscle group (this is a lack of nerve and blood supply, not lack of doing sit-ups).

Plus eating raw garlic or taking a garlic supplement with other kinds of supplements can also help to relief the aches and pains as well as improve circulation around the body.

If you want to deal with your obesity problem you need to motivate yourself. But even then motivation may not be enough, outside support is mandatory. Other people helping you can make the difference between succeeding and failing; these people also often stop you from eating that extra food you should be avoiding.

It is the last minor activity that can tip the scales and cause your pain. Too remove it again, you need to rebalance the scales with the targeted structural techniques and address the true causes with simple effective techniques. Then you have the "miracle" sciatica cure.

Well I have some good news and some bad news... The Bad News is this is just a dream. You will see countless web sites selling their miracle cure for *sciatica* and back pain, yet the majority of these just don't work. Sure some will help, but you want permanent sciatica relief (more on that soon - the good news).

For more information on Sciatica issues just visit Sciatica - <http://www.back-pain-advisor.com/sciatica.html>

Receive a free e-book on back pain when you subscribe to our newsletter, just click here - Back Pain Adviser - <http://www.back-pain-advisor.com/back-pain-adviser.html>

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