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Sciatica - discover these 5 amazing tips and be pain free now!

Sciatica, you know that pain that runs down your leg. The pain that drives you crazy and stops you enjoying so many activities. It nags away and even makes you feel tired and grumpy.

For more information on Sciatica issues just visit [Sciatica - http://www.back-pain-advisor.com/sciatica.html](http://www.back-pain-advisor.com/sciatica.html)

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Imagine waking up without **sciatica**. Being able to do all your daily tasks without that 'real pain in the butt'. Just think of all the things you could do again.

Relationships can be very difficult for obese people to enjoy when they are overweight. Sex can 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.

Tip 1 - in the first 48 hours use ice. If you use ice in the first 48 hours, the majority of *sciatica* will disappear before it starts. Put ice on the area for 10 minutes, rest for 10 minutes and then repeat the process two more times. Ice is only effective for the first 48 hours, so don't delay using it. This is the first amazing tip of [sciatica](#) home treatment and one most people fail to use...

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)

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.

SCIATICA. Gridhrasi in Ayurveda, is a Vata roga, characterized by Sharp Shocking pain radiating from the Hip unto Thigh, Calf or the Toes in one or both the Legs. Numbness, Weakness, Tingling sensation & Discomfort along the path of the Sciatic Nerve are the results of Compression, Irritation & Inflammation of the Sciatic Nerve.

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.

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.

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.

In the later & complicated stages of Sciatica, the gait of the affected person resembles that of an Eagle's walk & the inflamed nerve appears like Eagle's beak, hence the term Gridhrasi.

"We are aimed at Redefining Ayurveda by propagating the ancient traditions of Ayurveda to the modern world, and practicing the Genuine, Shastroktha & Purest form of AYURVEDA from the past 9 years. Today, we are known for conceptualising ayurvedic cures to diseases like sciatica, slip disc, arthritis, spondilitis, herniated disc, degenerative disc etc. which never had a solution other than surgery. For my work in the field of ayurveda I was awarded KRRUSHI RATNA AWARD, AYURVEDA TAPASWI AWARD, VAIDYA RATNA AWARD." Says Dr. Kranthi Vardhan Chief Physician & Managing Director, The Kerala Ayurvedic Care, 3-6-101/1, st no: 19, bashheerbagh, Hyderabad-29. For details contact Cell: 98666 66055, 92461 66636 & 66101140 on all days from 8am to 8pm strictly with a prior appointment.

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.

External Therapies: includes the famous Panchakarma & Rejuvenation therapies. Abhyangam, Nadi Swedam, Elakizhi, Pizhichil, Kati vasthi, Matra vasthi and other Ayurvedic procedures are performed accordingly for a period of 7/14/21/28 days thus treating the underlying cause of the disease without any side effects.

Majority of these patients give a history of lifting heavy weights on their head or back, adopting improper spinal postures while sitting or bending forward, riding two wheelers on bumpy roads, female patients standing for a longer time in kitchens - these all contribute to the unbearable & excruciating pain called Sciatica.

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.

Ayurveda believes that *Sciatica*/Gridhrasi is caused by the aggravation of vayu. Sometimes the vitiation of kapha along with vata brings on the attack. At times constipation precipitates or aggravates an attack of sciatica. Ayurveda prescribes the perfect prescription for Gridhrasi. It includes:

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.

Wouldn't it be great if you could just make it all disappear? No more sciatica, no more back pain... There is some good news ahead 5 amazing sciatica home treatment tips. Follow these and your **sciatica** will ease and disappear quickly.

The most common causes are Lumbar herniated disc, Lumbar Spinal Stenosis, Degenerative disc disease, Aging, Osteoporosis, Spondilitis, Pelvic Infections, Tumors, Diabetic neuropathies etc.

Dietary Regimen: Pulses, beans, and fried foods should be prohibited. Curds and other sour substances should be avoided. Saffron, in small quantities, should be mixed with milk and given to the patient to drink. Life style Regimen: Gentle exercise of the leg is advised. Exposure to damp and cold should be avoided. Swimming in warm water is a good exercise for legs. The patient should use a hard bed and wear a lumbo-sacral belt. Yogic exercises like Halasana, Shalabhasana, and Bhujangasana may be undertaken after pain has subsided to prevent recurrence of **sciatica**. Internal Medications: include many types of Ayurvedic preparations like Thailams, Grithams, Gutika, Pills, Lehyams, Churnams, Asavaaristams & Kashayas are prescribed by a qualified Doctor after a thorough examination of the patient.

Tip 3 - Balance your Pelvis. When you pelvis twists, the Piriformis muscle tightens, the lower spinal joints stiffen and sciatica occurs. Re-balance the pelvis and tension eases quickly. You can check if your pelvis is okay by lying down. Place a hand under each side of the pelvis at belt height. See if there is one side that is easier to slide your hand under. If so then you pelvis is out of balance. This is only one test, for the other 3 see the links below.

Tip 4 - Keep moving. You do not need to move fast but you need to move. If you rest and do not move at all, muscles will tighten quicker. This is why you may pain is worse in the morning after a nights sleep. Movement helps to keep the pelvis moving, the spinal joints eased and the muscles relaxed.

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.

Tip 2 - Stretch your Piriformis muscle. A tight Piriformis muscle is the most common cause of sciatica, disc injuries for example only cause less than 4%. For the best stretches see the links below.

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.

Tip 5 - If pain persists... seek help. There are many ways to release your sciatica, most of these can be done at home and are highly effective. The big piece of advice is ... don't wait too long and never wait too late.

Sciatica home treatment is easy if you know what to target, how to target the areas and how to effectively eliminate your pain. Sciatica is a common condition, but you have the tools to make it disappear quickly. It eases the quicker you do something, apply the tips above and the visit the links below and **sciatica** can disappear quickly. All you need to do is follow some simple tips for [sciatica](#) home treatment.

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.

Chiropractor, Tampa: Low Back Pain and Sciatica. Sciatica refers to pain that comes from the sciatic nerve. It is usually experienced in the legs or buttock but can also affect the feet. The origin of sciatica is from irritation to the nerve roots that exit from the lumbar spine and sacroiliac area. Occasionally it can be caused by a muscle that is pressing against the nerves. The leading cause of missing work is due to low back pain. Not only do employees suffer and miss out on income, or eat up their sick days, but employers also suffer. Missing you valuable employees can be a huge inconvenience, leading to loss of revenue. Then when the employee gets back to work, they are often put on light duty, which can also mean loss of revenue and productivity. Chiropractors should always be consulted first when low back pain and sciatica occurs. Going to the medical doctor fro this condition makes no sense as a first resort. Getting pain killers and muscle relaxers is fine, but only if the individual is going to the chiropractor. The chiropractic physician is the only health car provider that is trained to detect and eliminate the cause of low back pain. A vast majority of the time the cause of low back pain is a misalignment of a joint that irritates a nerve. This condition is called a subluxation. Dr. Steve Edelson of Tampa, Florida is a chiropractic physician with 12 years of experience in treating low back pain and sciatica, and he says,"I have personally suffered from severe low back pain. I know what it is like to have this condition. This makes me more determined to find the cause of the problem and correct it for my patients. I would never suggest that people go to a medical doctor before going to a chiropractor." For more information visit these web sites: BLOG or DR STEVE. You may contact Dr. Edelson at (813)495-0526. See the Press Release. See the Forum Post POST THREAD. For the latest Press release, Click Here.

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!

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.

Do you know if you are likely to suffer from sciatica or back pain? Take this simple sciatica test and see... If you have sciatica, would you like to know which stretches are best? Learn the simple and highly effective ways to get rid of **sciatica** once and for all.

Terry O'Brien

www.BackTrouble.co.UK.

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