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# Back Pain Relief Using The DRX9000 - No Inversion Table Hang Ups Here

Have you ever had to endure -- even for just a few moments -- a nagging and often excruciating pain running along the side of your leg? Then you may be feeling the effects of *sciatica*, typically a compression of the sciatic nerve fibers which runs from the lumbar region, through the sciatic foramen, and vertically into the back of the thigh and down your legs towards your feet.

Back Pain Relief Using The DRX9000 - No Inversion Table Hang Ups Here

Muscles get stronger when they're required to do work. Also exercise helps "train" the soft tissues around a joint - the ligaments and tendons - these supporting structures "learn" how to withstand mechanical stresses and loads without becoming injured. Basically, when you exercise - when you do any kind of exercise - your body gets "smarter" and you're less likely to get those annoying back problems.<sup>1</sup>

For some people suffering from *sciatica* or other types of lower back pain, inversion table therapy may offer some relief. Inversion tables are specially designed tables that allow the patient to hang upside down or at an angle in an effort to alleviate back pain. Sometimes, gravity boots are used in conjunction with the inversion table. In a way, inversion therapy is similar to spinal traction or spinal decompression therapy.

Boron can do wonders in 95% or more of the relief of arthritis. This also endows your cartilage and bone with calcium and can be helpful for sciatica if blended with Capra milk.

The pain brought upon by sciatica is usually a cause by considerable factors like compressions on the nerve roots, and inflammation of the disc material. It is possible to gain quick relief from such anti-inflammatory medications, as they help to reduce the swelling or the inflammation, therefore, pressure on the nerve roots also will be resolved.

Nutrition, a health care, plays a vital role in the natural treatments of sciatica mentioned below. These have enzymes and other naturally occurring phyto-nutrients that can boost immune and hormonal systems protecting you from diseases.

Are there risk factors for back pain? And, if there are, what can I do to keep myself healthy and well? Your chiropractor can help answer these questions and more.

The idea behind inversion tables is that your weight is turned upside down (or at least angled) and by having your weight suspended from your lower body you are putting equal and opposite gravity pressure on the joints and spine. Therefore, in effect, you are doing the opposite of what happens naturally -- the constant weighing down on the body by the pull of gravity when you are standing upright. This is intended to reverse or reduce the pressure on the discs between the vertebrae and help reduce the wearing down, or degeneration, of those discs.

You might have a familiarity with terms like chiropractic or osteopathy if you face anything like pain or sciatica problem. Chiropractic is something that throws light on problems related to musculoskeletal system and nervous system and on its impact on the overall health condition. This aspect of health care interestingly denotes the inherent recuperative power of the body curing itself being devoid of any help of drugs or surgery. This natural treatment assumes the fact that if natural intelligence can develop one cell into a complex human being having billions of cells, it is also capable of curing the body provided it is devoid of any disorder in the nervous system.

A related risk factor is weak abdominal muscles. When you were a kid, at some point one of your gym teachers probably told you to "suck in your stomach". Actually, it turns out that was pretty good advice. Your abdominal muscles support the muscles of your lower back. If your abdominals are weak or if you're not using them - letting them hang out and droop instead of keeping them activated - your body weight has to be held up by the muscles of your lower back. They're not designed to do that - they're designed to move your spine around. And eventually, these lower back muscles will give way under the excess strain. The result is a very painful lower back injury.

Zell-Oxygen aids cellular communication making the balance of the immune system better. The Beta-Glucans of this product boost the immune system removing infection, which is an integral substance of any regenerative program. Zell-Oxygen has been widely used.

Always consult with your doctor or medical professional to understand fully your healthcare options and associated risks.

To learn more about back pain causes and possible treatments using inversion therapy and the DRX9000 visit <http://www.drx9000-spinal-decompression.com> - a popular website that specializes in providing information on back pain causes and treatments.

The decision to undergo surgery however depends greatly on the patients decision, with the help and support of the surgeon or with the attending doctor. It is always best to exhaust all forms of sciatica relief treatments before deciding on surgery.

**Conclusion** The typical and often first recommended sciatica pain relief treatment is simply bed rest. But like any other medical conditions, herniated disc symptoms can be manifested in a lot of different ways, depending on the person and his/her lifestyle specifically related to exercise. In most serious conditions where nothing seemed to effectively work regardless of whatever techniques you applied, injections and oral steroids can be an option and should be explored. Implementing an ongoing system of physical strengthening exercises in conjunction with the steroids will see a remarkable improvement in most herniated disc conditions. Oral steroids for a herniated disc help with the pain and the swelling at the same time. If nothing is working and the pain of the herniated disc persists it may be well worth considering surgery as an option.

As the initial sciatica pain sets in, anti-inflammatory medicines may be taken to manage and decrease the pain. Possible medications are ibuprofen drugs such as Nuprin, Motrin, and Advil. COX-2 inhibitors are another option to aid in reducing the pain.

About the Author:

Want further information on herniated discs, symptoms, treatments and sciatica pain relief? Please visit: <http://www.herniated-disc-advice.com> (Visitors receive FREE Ebook on herniated disc exercises)

There are many easy-to-do exercises for your abdominal muscles. The key is to actually do them - and do them after you're finished doing the rest of whatever exercises you've scheduled for that day. How often? Three times a week is plenty. Abdominal routines are quick - no more than 10 minutes. And, remember to use your abdominal muscles throughout the day. Imagine your abdominals are being pulled in and lifted up. This is not a "tightening" - your thought should be "activate". Your body will know what to do, once you've started adding consistent abdominal training to your exercise routine.

Despite an air of controversy revolving around this system, the United States and many other countries have announced it as legal. This traditional, holistic and inexpensive therapy throws immense light on the structure of the body. This can be effective for all patients because it focuses on spinal mechanics, musculoskeletal, neurological, vascular and nutritional relationships.

One primary risk factor relates to exercise. Everyone has heard, "if you don't use it, you lose it". If you're not exercising regularly, your back muscles are deconditioned and much more susceptible to injury - the strains and sprains we're accustomed to calling "back pain".

Serrapeptase can be effective natural treatment for any pain even sciatica and can be a substitution for salicylates, ibuprofen, and even powerful NSAIDs. Actually, being a naturally formed physiologic agent, it can digest any inflammation.

Learning about potential risk factors and taking appropriate action will help ensure a stronger, more flexible, and healthier lower back. By Dr. Ralph Santonastaso

Risk factors for back pain may also be found in your personal and family medical history <sup>2,3</sup> During your initial visit your chiropractor will ask you about accidents and surgeries you've experienced, and discuss any important elements in your family history. For example, surgery to remove an inflamed gallbladder or appendix or to repair a hernia may result in weakened abdominal muscles. A motor vehicle accident or a fall from a height may have caused injuries that healed with soft tissue scarring.

Livingston Chiropractic & Rehabilitation Center 65 East Northfield Road Livingston NJ 07039 <http://www.livingstonchiroandrehab.com>

An alternative type of spinal therapy uses a device call the DRX9000. This device is somewhat of a computerized traction table that uses a pull-and-release motion to separate the spine. This oscillating motion is important because it essentially counteracts the body's natural inclination to tighten up when being pulled. According to the developers of the machine, this allows the patient to be subjected to a much more effective spinal decompression treatment.

Oral steroids for sciatica are also administered in more severe cases. These prescriptions provide pain relief. But take note that such medications can only be used for shorter periods of time only. Oral steroids for herniated disc include Medrol Dose Pak, methylprednisolone, and Predisone.

Other non-invasive mode of treatment is the cervical traction in which, it lifts off the pressure on the nerve roots. However, this is not guaranteed to work perfectly well for everybody and is completely reliant on the health condition and age of the patient suffering from the herniated disc. This is however a reasonably simple method to implement. A home traction kit device may be conveniently used by patients who respond positively to this form of treatment, to help them cope with the pain associated with a herniated disc.

Capra Mineral Whey is very effective and it is entirely natural, mineral-rich, goat's milk whey powder. Many people drink goat's milk and it resembles human milk in composition. Pesticides, herbicides, antibiotics, or growth hormones are kept aloof from such goats. It possesses over 20 natural minerals helpful for weak and painful joints. It also relieves and cures the digestive and intestinal tract and boosts natural immune system.

At times, pain in the lower back and gluteal region suggests *sciatica* and it does not suggest the root of the pain but just denotes a group of symptoms. Tiredness increases *sciatica* and it becomes terrible in the evening but improves in the morning. Sciatica can give birth to numbness in the affected parts of the body and it can also create problems with controlling the leg.

About the Author:

For effective result do some simple and best exercises to relieve sciatic nerve pain. Search for cause of Mid Back Pain and tips to cure.

Although traditional western doctors are sometimes reluctant to recommend inversion tables or inversion therapy for back pain, there are claims that it can be effective. The reasoning or principle behind the treatment is simple. Much of the back problems people have are the result of aging -- in other words -- living a long time with gravity constantly pulling down.

Sciatica is something that refers to symptoms having pain either caused by general compression or irritation of one of five nerve roots giving birth to sciatic nerve, or by compression or irritation of the sciatic nerve. Either compression of lumbar nerves L4 or L5 or sacral nerves S1, S2 or S3, or rarely, compression of the sciatic nerve creates *sciatica*.

To avoid the need for ongoing usage of the oral steroids for *sciatica*, exercises and physical therapies are beneficial and will provide a long term rehabilitation and hopefully a cure for the herniated disc problem. At the start of the program, the physical therapist may apply some modalities like ice or heat compress or ultrasound to decrease muscle spasm.

The pain from sciatica can be varied: dull or sharp, tingling or burning, numb or accompanied by sporadic shocks of pain from the lumbar area going down the back of the thigh towards the feet. Any movement affecting the lower back such as sitting or even standing up can be painful.

Non-surgical natural sciatica treatment must lessen your pain and protect you from sciatica symptoms. It has many forms like over-the-counter pain relievers, prescription non-steroidal anti-inflammatory drugs, warm and chilly packs, spinal injections, chiropractic care, physical therapy, and natural remedy supplements.

Aside from the oral steroids for sciatica, non-surgical treatments are also widely practiced, like physical therapies and exercises, chiropractic manipulation; cervical traction; activity modification, osteopathic medicine, bracing, medications and injections. Medical professionals who can diagnose above treatments are psychiatrists, family practitioner, osteopathic physician, spine surgeons, neurosurgeons, and neurologists- do not trust the judgment of anyone else. Physical therapists and chiropractors may also administer the non-surgical treatments as mentioned in the first part of this paragraph. The oral steroids for herniated disc should only be given by a healthcare professional, and needs to be accurately assessed before commencing.

<http://www.gardenstatepainrelief.com/1>

<sup>1</sup>Jones MA, et al. Recurrent non-specific low-back pain in adolescents: the role of exercise. *Ergonomics* 50(10):1680-1688, 2007 <sup>2</sup>Cherniack M, et al. Clinical and psychological correlates of lumbar motion abnormalities in low back disorders. *Spine J* 1(4):290-298, 2001 <sup>3</sup>Plouvier S, et al. Biomechanical strains and low back disorders. *Occup Environ Med* 2007 (in press)

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