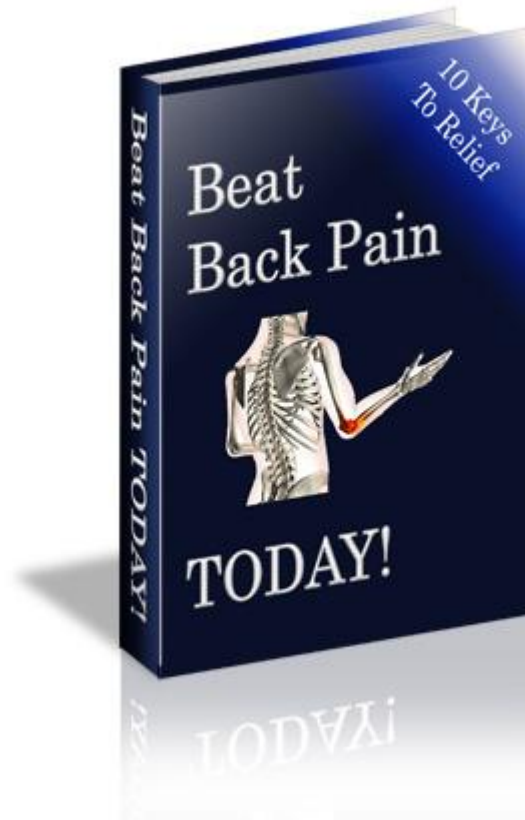


Beat Back Pain TODAY!



By

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Table Of Contents

Introduction	Page 3
What Causes Back Problems?	Page 4
10 Keys To Beating Back Pain	Page 6
What To Do As A Last Resort	Page 14

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Introduction

According to the ACA (American Chiropractor Association):

- One-half of all working Americans admit to having back pain symptoms each year.
- Back pain is one of the most common reasons for missed work. In fact, back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections.
- Most cases of back pain are mechanical or non-organic—meaning they are not caused by serious conditions, such as inflammatory [arthritis](#), infection, fracture or cancer.
- Americans spend at least \$50 billion each year on back pain—and that's just for the more easily identified costs.
- Experts estimate that as many as 80% of the population will experience a back problem at some time in our lives.

But if you're reading this report, none of that really matters to you. Statistics are meaningless if YOU'RE the one suffering from back pain.

This report is going to focus on two areas.

1. What causes back problems.
2. How to treat them NATURALLY without having risky surgery.

It is my hope that after you are done reading this report, you will be on your way to being pain free for the rest of your life.

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What Causes Back Pain?

Maybe the question should be, what DOESN'T cause back pain? The back is a complex set up muscles and bones and even the slightest movement, such as picking up a pencil from the floor, can cause a twinge, spasm or something quite more serious.

However, having said that, here are the most common causes of back problems. You may actually have a combination of these factors working against you. One is not exclusive of the other.

Poor Posture – Without even getting into the more serious causes, this one alone, if corrected, can alleviate many of the back problems that adults have. Quite simply, many people just do not know how to properly sit in a chair or stand, especially when they are working. This cause is more common than people realize.

Obesity – You're probably thinking, how can obesity cause back problems? The answer is simple. The more weight that people carry, the more stress on the body...especially the back. This is why, in many cases, thinner people are less prone to back problems from stress than those who are obese.

Psychological Stress – The mind can wreck havoc with your whole body, not just your back. This is why people who are under a lot of psychological stress are more prone to having any kind of health issue than those who are more carefree. Your back tends to give way easily under this kind of stress.

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Injuries/Accidents – These are probably the most common problems. Sports injuries are especially common and sometimes the resulting problems don't show up until many years later.

Arthritis – This problem affects 80% of the people over the age of 55. Why does arthritis cause back problems? Well, the spine is made up of a number of bones called vertebrae. Arthritis occurs when the cartilage in the joints is worn down, either from aging, injury or abuse. This is what leads to back pain.

Genetics – Some people are more genetically prone to back problems for no apparent reason. If your parents suffered from back problems, there is a chance you may as well.

So, as you can see, there are a number of factors involved in back pain. You may have one or several of these. Many professional football players, especially heavy linemen, suffer from several of these after they retire and age (injury, obesity, arthritis). This is why you hear of so many of these people literally confined to wheel chairs later in their lives.

The question is, what can we do about back pain, regardless of the cause?

That's coming up in our next chapter.

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10 Keys To Beating Back Pain

Now that we know what causes back pain, what can we do to treat it or even prevent it? That's where my 10 keys come in.

Let's begin.

Lifting

Outside of sports, more back injuries are sustained simply because people don't know how to properly lift objects. By developing proper lifting techniques, you can help prevent back injury and also prevent further damage being done to whatever is wrong with your back to begin with.

Here are my tips:

- Never lift something unless you have to. The less you lift, the better.
- Don't lift anything without knowing what's in it first and how much it weighs. The surprise factor alone can cause undo stress on your back.
- Map out a path for carrying the object BEFORE you actually lift it so that you know where you're going.
- Ask for help if you need it. There is nothing wrong with admitting you can't do something yourself. Too many people are way too macho about things like this.
- Use a wheelbarrow or something similar to transport the object if you have to.

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- Stand square to the object and as close to it as you can. Never reach and bend over to grab it. Also stand with your feet apart in order to get good balance and stand solidly on the floor
- Bend from the knees NEVER the waist. This is the BIGGEST mistake people make.
- Lift using the power of your legs, not your arms.
- Never twist your body to the side when lifting.

Carrying

Once you've lifted the object, the next problem area is carrying. This can also lead to back problems if not done correctly.

My tips for carrying objects:

- Wear shoes that prevent against slipping. You want something with good traction.
- At all times, hold the object firmly. More accidents happen because a person is holding something loosely and then when it starts to slip, they hurt themselves trying to gain control of it again.
- Keep the object very close to your body, NOT away from you.
- Look ahead at all times...never from side to side or try to turn around to talk to somebody who check out the noise behind you. This is a ticket to disaster.
- If you have to switch an object from one hand to another, don't do it by swinging it around from hand to

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hand but by putting it down FIRST...and then pick it back up with the other hand.

- Step to rest when you have to. You don't have to carry the object in one constant trip.
- Use a wagon or similar object when you can and if you can. Again, you don't have to be a macho man when carrying things.

Moving Heavy Objects

This is very dangerous and where many injuries and back problems come from.

Here are my tips for moving heavy objects.

- Don't move what you don't have to
- Get help when you can
- Stand squarely to the object
- Maintain a firm grip on the object at all times
- Bend your knees to give you power
- Use your legs to push or pull
- Never jerk an object to get it moving. Apply even pressure

Sitting

As I said, poor posture is a very common cause of back problems. Sitting is at the top of this list.

Here are my tips for sitting properly:

- Sit comfortably in a chair and make sure you feel fully supported. You don't want to feel like you could fall off.

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- Adjust the chair for your comfort. Most office chairs ARE adjustable so you don't have to just accept whatever is thrown at you.
- Make sure you distribute your weight evenly.
- Don't sit twisted or leaning to one side or the other.
- Your feet should touch the floor. If not, use a cushion or platform.
- Don't sit with a wallet in your back pocket. Why? Because believe it or not, it can actually force your sacrum out of alignment or force you to sit at an awkward angle to relieve the pressure.
- Don't sit for long periods of time. Get up from time to time and move around. If not, you may notice that your back tends to stiffen up. This is from the non movement.

Standing

I'm specifically talking about standing for long periods of time. Just like sitting for long periods of time is bad, so is standing for long periods of time.

Here are my standing tips:

- Change position frequently shifting weight from one leg to another.
- Relieve the pressure on your on leg by putting it on a step stool or standing ballet style.
- Stand on a rubber mat or carpet.

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- Wear comfortable shoes and avoid high heels.
- Stand up straight. This is CRITICAL. Too many people slouch when they stand, which is a major contributor to back pain.

Sleeping Or Lying Down

This is another problem area when it comes to back problems because people don't know how to sleep and many times sleep on improper surfaces.

Here are my tips for sleeping or lying down.

- Change position frequently, shifting from left to right.
- Get professional advice as to whether you need a soft or firm mattress. Everybody's needs are different.
- If you need a firm mattress and don't have one and can't afford one, firming it up is easy. Just put a board under it.
- Don't use your tummy muscles to sit up from a lying down position.
- To get out of bed, roll to the side, pull your knees up, swing your legs over the edge and push up with both arms.

Kneeling Or Bending

This is another common cause of back problems.

Here are my tips for kneeling or bending:

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- Bend your hips and knees...NOT your back...EVER!
- Pay careful attention to your back when kneeling or bending for any signs of pulling or grab.
- In place of bending, consider using a device suitable for the action you're trying to perform. In other words, bend as little as possible as seldom as possible.

Reaching

Reaching can also cause back problems if not done properly.

Here are my tips for reaching:

- Make sure you are on a firm floor
- Do NOT over-reach
- Use steps or scaffold when working at heights to avoid reaching too much
- Get as close to your work as possible
- Use long handles to avoid straining
- Keep both feet planted firmly on the step stool or ladder. Don't EVER over-reach so that you have to balance yourself on one foot.

Tools

Having the proper tools for the job you're doing can do wonders for easing the strain on your back.

Here are my tool tips:

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- Use tools that are as light as possible for the job.
- Hold the tool handle close to your body, NOT away from you.
- Never over-reach with a tool.
- If you can get an attachment for your tool that will make it longer so that you don't have to reach, do it.

Driving

Finally, we have driving. You can't imagine all the problems that people cause because of bad driving habits and/or auto accidents when not properly prepared for a road trip.

Here are my VERY crucial driving tips:

- ALWAYS wear your seatbelt. This ONE thing alone can prevent many of the back injuries people sustain in auto accidents.
- Use whatever accessories you need (cushions, etc.) to make your driving position as comfortable as possible.
- Make sure you adjust the seat to the most comfortable position for YOU. If you share a car with somebody else in the family, you may have to do this each time you drive. Don't get lazy.
- Make sure your lower back is supported squarely by the car seat.
- Don't sit with a wallet in your back pocket. Put it on the seat next to you or in the glove compartment if you have to.

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- On long trips, stop regularly to stretch.
- Use your mirrors to full advantage to avoid twisting in your seat.
- Use a car wash to get your car washed. This is not a job that somebody wants to do if they're trying to avoid back problems.

There you have it. My 10 keys to both avoiding back problems and not aggravating the one that you might already have.

These tips SHOULD keep you pain free as long as you're not at the point where the pain is intolerable.

If it is, read the next chapter.

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What To Do As A Last Resort

The tips I have you SHOULD alleviate any minor back problems that you have.

But what if you're way beyond that stage?

Well, there is a natural treatment and exercise plan that SHOULD take care of your back if that's the case.

You can check out what they have to offer here:

[Bullet Proof Back](#)

While 80% of adults DO suffer from back pain, there is no need for you to have to suffer any longer.

The above site SHOULD do the trick.

To YOUR Health

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