

# Spine Aligner

**How to Get Rid of Low Back Pain Guide**



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## Introduction

Dear Friend,

In this E-book I'm going to fill you in on ways to naturally relieve your back pain.

These techniques have been proven time and again to produce powerful results.

In fact, this is information that many other practitioners typically charge for. but, I'm more than certain that, once you discover and apply these solutions for your aching back, you too will become one of my happy and satisfied clients.

Are you over the age of 30 and experiencing back pain every day? Do you find yourself wondering when and why this aching pain started, and how you can get it to stop? If so, you are not alone.

Millions of people suffer from excruciating back pain every day with little or no hope for a cure. While some of these conditions are serious and need special medical care, most back pain can be relieved with a few simple behavioral modifications.

The following pages will cover these topics:

- Common culprits that lead to back pain
- Simple, effective solutions for these culprits
- Drinking water for back pain relief
- Weight loss
- Walking
- Heat

But before we dive into it, I want to let you know you can easily obtain even more health and fitness advice from me, one of the top experts on a regular basis **via email** by visiting my web site at: [Spine Aligner](#)

So, sit back, relax, and allow me fill you in on these helpful tips to alleviate your aching back...

## 5 Common Culprits of Back Pain

### 1. **Excessive Sitting:** Do you sit for long periods of time?

Sitting is hard to avoid these days. We commute through traffic in our cars, we sit for hours at our desks, and then we commute back home in our cars. Most of the population sits for at least 8 hours a day. All of this sitting could be taking a toll on your back. Get up and take a walk around your office or walk around the block on your break.

**It is important to get up at least once every 2 hours to avoid adverse effects on your back.**

If you are in your car all day, make sure to make a stop every 2 hours to stretch your muscles. Sit properly while driving, driving can be hard on the back, causing aches and pains of many kinds. Keep your daily commute as short as possible. When driving for long periods of time, take frequent breaks to give your back a rest.

Keep your seat close to the steering column to ensure that you can depress both pedals the full amount while your knees are still bent, and your back is against

the back of the seat. Always keep your back against the seat to ensure that your back has the full support it needs.

When you recline the seat, don't recline it more than about 5 degrees. When you sit, your hips and knees should be in alignment. If they aren't, then adjust the seat or buy a cushion. If you spend a lot of time on the phone, stand for at least 10 minutes every hour while you talk. Pay attention to the length of time you spend sitting each day, make sure that you are not sitting for long stretches at a time.

**2. Back Injuries:** Do you practice proper lifting techniques?

Since most back injuries occur during an attempt to move a large or heavy object, it is very important to practice proper lifting techniques.

**The proper way to lift an object is to first bend your knees, grasp onto the object, and then straighten your knees while keeping your back straight.**

Make sure that you are not bending over at your waist, as this will put unnecessary strain on your back. Practice proper lifting techniques even when the

object that you are lifting does not seem very heavy—this will protect your back from injury.

**3. Lack of Back Strength:** Do you have weak back muscles?

Weak unconditioned back muscles account for many an aching back. If you don't exercise regularly, whether in the traditional way or by being active in sports or other physically demanding activities, then chances are good that your back pain is a direct result of weak muscles.

**4. Poor Posture:** Do you slouch?

Your mom was right when she told you not to slouch! Having poor posture is another classic reason that people suffer from back pain.

**While sitting keep your head and shoulders erect with your feet on the ground, make sure that your lower back is supported, and that the chair is not pressing into the backs of your knees.**

Be aware of your posture throughout the day to avoid slouching. If you continuously find yourself slouching place a mirror at your eye level while sitting properly, and periodically check to see if you are aligned with it or not.

**5. Stiff Muscles:** Do you stretch regularly? Do you find it hard to touch your toes? Do your legs and lower back feel stiff and unmovable at the end of the day?

**Limbering up your tight muscles is a great way to relieve back pain.**

Make it a habit to reach down towards your toes to stretch out your hamstrings. You should hold this for at least 30 seconds. For another good stretch, sit on the floor with your legs straight out in front of you. Lean forward at your waist, keeping your back straight, and reach toward your toes. Exhale and reach even further.



**Protect your back against unwanted pain by regularly strengthening your stabilizing back muscles.**

You can strengthen these muscles by doing the following exercise right in your own home.

**The Superman Pose:** *Lie on your stomach with your arms and legs stretched out on the floor (as if you were Superman flying through the air). Exhale as you raise your right arm up until it is even with your shoulder and simultaneously lift your left leg up off of the matt. Hold this position as long as you can. Repeat on the other side.* For a more advanced pose, start on your hands and knees, rather than on your stomach.

**Wall Slide Routine** - This type of exercise will enhance your back, leg, and thigh muscles, in order to better support your body. This is actually very simple to do, all you got to do is to *start by positioning yourself in a way that your back would be leaning against a wall. When you do this, make sure that your feet would be apart, and they are parallel from each other. After making sure that you are positioned well, slowly slide down your back until your knees would reach a 45-degree angle.*

*Hold your position at this point for a few seconds then slide back up. You should repeat this for about 10 to 16 times to develop your muscles well.*

**Leg Raise** - The leg raise exercise routine will help in enhancing your leg and abdominal muscles. *To do it, you need to be lying down on your back. While your legs are extended, you need to lift one leg off the ground to a certain degree. Raise it as high as you can, and once you attain the maximum height hold it on that position for about 10 to 12 seconds, before bringing it back down and lifting the other leg.* Repetition for this routine should be similar to the wall slide.

**Swimming** - Swimming is considered a beneficial activity in alleviating pain. It is also great in developing most of your body's muscles. It is great for your back, thighs, as well as your shoulders. By doing it a number of times per week, you will attain a more balanced body figure, which will contribute in being free from back pains.

These are some of the exercises that you can do to prevent back pain. Include them on your daily schedule, so that you no longer have to deal with the excruciating pain in your back and attain better health.

## **Stay Fit with Yoga or Pilates**

Yoga is a system for exercising and relaxing that can help reduce muscle tension and build muscle strength. Since emotional tension can contribute to spinal misalignment nearly as much as physical injury, it's important to keep your muscle tension as low as possible. Yoga can help with this. By reducing feelings of anxiety, yoga can help keep your back in alignment.

Pilates is another form of exercise that can help build your core muscles. This can reduce the chances of back injury and help keep your back in alignment.

Both Pilates and Yoga are forms of exercise that can be done at home. In fact, you can watch guided yoga and Pilates programs on television or online.

## Home Remedies for Back Pain Relief

It has been reported that 90% of the adult population suffers from back pain. The only ailment more common than back pain is the common cold. With so many suffering, it is no wonder that chiropractor care and physical therapy are in such demand.

But what about the back pain sufferer that doesn't have the time or desire to seek professional help? The following are home remedies aimed to bring back pain relief in the comfort and privacy of your own home.

### Drink Water

Water is probably not on the top of your list for back pain remedies, but believe it or not it works. Here's how:

- Inadequate hydration interferes with your body's complex biochemical processes that are important for normal health.
- This interference leads to build up of toxic chemicals.

- Without proper hydration, muscles tighten and exert pressure on your spine.

So, you can see how drinking an adequate amount of water each day can relieve your back pain, and also treat the cause of your pain. To avoid muscle-tightening dehydration check out the following tips:

### 5 Hydration Tips

**Tip #1:** Caffeinated beverages—such as coffee, soft drinks or energy drinks— cause your body to lose water. After you enjoy a dose of caffeine replace the lost water by drinking 2 times that amount in water.

**Tip #2:** Add a slice of lemon to your water to spice things up.

**Tip #3:** Always carry water with you throughout your day—keep a bottle in the car, at your workplace and next to your bed.

**Tip #4:** Exercise and hot summer days both increase your body's water requirements—make a mental note to drink before, during and after exercise or while out on a hot day.

**Tip #5:** Make it a habit to begin your day with a large glass of water then drink a glass before each meal and one between meals.

### **Lose Weight**

Add this to your list of reasons you should lose weight: losing an inch or two from your waist can help alleviate your back pain. That being said, not all back pain is caused by excess weight, and skinny people experience back pain too.

So, when does losing weight help to alleviate back pain?

If you are overweight and carry your excess weight in your belly, then chances are high that your weight is causing your back pain. A belly that protrudes puts strain on your lower back. The good news is that losing as little as one pant size can greatly reduce the strain on your back.

Losing weight doesn't have to be difficult. The following tips are for beginners who are ready to begin the weight loss process:

## 5 Weight Loss Tips

### TIP #1: GET MOVING

The first thing you need to do, as a fitness beginner, is to start moving! I mean this literally. Get up and walk out your front door. Now walk down the street. Now turn the corner. Keep going! Do you get the picture? Start introducing your body to fitness by going on walks. These walks will probably start out slow and short, but before you know it, they will be brisk and long. Try to work up a sweat as you tour the neighborhood. Make it a habit to wake up early to go on your walk, or consistently go on a walk before you go to bed. These walks will get you to start burning calories each day, and will also begin to build your cardiovascular endurance.

Walking is a great low-impact exercise that can help strengthen your muscles. Walking can also help you avoid or alleviate some back problems.

- Stand straight while walking.
- Avoid distractions like cell phone usage – distracted walking can lead to slips and falls.

- Take relatively small strides.

**TIP #2: STRETCH**

Once you become a pro at walking, you will need to add something new to your routine. Stretch before and after your walks. Start by reaching down to touch your toes and holding it for 30 seconds. You will feel tightness on the backs of your legs, in your hamstrings. Now place your palm against a wall at chest level and turn your body away from it. As you hold this for 30 seconds you will feel a stretch in your chest. Most inactive people have tight hamstring and chest muscles due to prolonged sitting, so it should be your priority to stretch these muscles out. You will be pleasantly surprised at what this will do for your posture!

**TIP #3: CLEAN YOUR DIET**

Fitness professionals like to claim that 80% of what your body looks like is directly related to what you eat. In other words, if you are eating burgers and fries and visiting the gym every day, you are still going to look



like you are eating burgers and fries! It is time to clean up your diet, so you can continue on your fast track to fitness.

- Rule #1: No more fast food. Fast food is cheap, available, and quick, but it is far from healthy. You are better off avoiding it completely.
- Rule #2: Eat 5 servings of fresh fruits and vegetables every day. Your body needs the nutrients found in these foods, and they will fill you up without empty calories.
- Rule #3: Eat 4-5 small meals a day, rather than 2 large ones. This will keep your metabolism high all day, and turn you into a calorie-burning machine!

#### **TIP#4: HIRE A PROFESSIONAL**

After you have mastered walking, stretching, and have started to clean up your diet, you are ready to call in the professionals. Don't be intimidated or scared of this concept, your local fitness professional is

trained and eager to turn you into a calorie burning, muscle building machine! Meet with your fitness professional and outline your specific goals and desires. The key to getting the most out of your sessions is to attend them consistently. Meet with your fitness professional no fewer than three times a week. Your program will likely consist of both cardiovascular and resistance training.

**TIP #5: FIND A BUDDY**

There is no better motivator to get you to the gym than knowing that someone is there waiting for you. If you find yourself slacking off in your workouts, or skipping the gym, a workout buddy might be just what you need. Find a friend with whom you share similar fitness goals and become workout buddies. Agree to meet three times a week at the gym and encourage each other throughout your workout. You will find that this makes workouts motivating and fun.

## Use Heat

Most people are unsure how to properly use heat as effective therapy for their back pain, or when to use the method. Here is one of the best methods:

### Using Heat for Back Pain Relief

Heat is the correct method to use if your back pain is not new. Also, heat will help if you suffer from osteoarthritis.

The method of using heat works by increasing circulation to assist the body in healing itself. The increased blood flow brings nutrients to your injured muscles and assists in repairing them.

- Use moist heat for the deepest penetration, such as a moist heating pad, shower, hot tub, bath or hot wet towels.
- Do not exceed 30 minutes of heat exposure.
- Allow your body to cool down for at least 60 minutes before re-applying heat.
- Never go to bed with a heating pad or other heating device. Prolonged heat exposure will do more harm than good to your injured muscles.

You don't have to suffer from back pain anymore. Make the decision to change the behaviors that cause your back pain. Exercise regularly, making sure to get at least 30 minutes of continuous activity 3-4 times each week.

To gain the most from these tips, I suggest that you hire an experienced personal trainer who can guide you all the way to your goals.

## How to Align Your Spine at Home

A misaligned spine can cause pain and discomfort throughout the day. Many people with spinal misalignment assume compensatory postures that put pressure on other parts of the body. This means that if your spine is misaligned, you could be at risk for chronic conditions and further injury.

Some people are able to keep their spine in alignment by maintaining good posture, strengthening their muscles, and treating their body right. If you're suffering from spinal misalignment, here are a few things that you can try at home to keep your spine healthy.

### Lift the Right Way

If your spine is currently out of alignment, heavy lifting can cause considerable pain and more damage. It's important to avoid lifting heavy objects

at this time. Instead, use [smart lifting practices](#) and only lift what you can handle without straining.

Use your leg muscles, and whenever possible, bend at your knees. If you're carrying a handbag, alternate which side you're keeping it on. Avoid carrying heavy handbags. If you're carrying a backpack, use both shoulder straps to keep the backpack in place. When lifting a heavy object like a box, keep it close to your chest.

## **Sleep the Smart Way**

Sleep is a time of rejuvenation, but for some people, sleeping is a time when aches and pains become worse. By choosing the right sleeping position and by supporting your body during sleep, you can turn sleeping time into time when you realign your spine.

- Sleep on your spine.
- Place a flat pillow between your legs to keep your spine in alignment with your legs.
- Purchase a supportive pillow and mattress. Firm mattresses are generally best for overall back health.
- Avoid sleeping on your stomach.

## Stay in Alignment While Sitting

When you sit down, maintain proper posture with both feet on the floor. If your chair is too tall for both feet to be on the floor, replace the chair or get an ergonomic footrest. Don't sit for too long! Move around regularly to avoid putting extra pressure on your back. When you stand up after sitting for a long time, stretch your muscles including your shoulders, arms and legs. As you did while driving, keep your back against the back of the chair. If you work at home, invest in an ergonomic work chair with adjustable arms, back, height and more.

## Use the Spine Aligner

The [Spine Aligner](#) is a simple and effective tool that can reduce back pain and help align the muscles of your spine. The Spine Aligner comes with a muscle roller, a massage and pressure point device, and information for corrective exercises and stretches that you can do to keep your spine fully aligned.

## Conclusion

Back pain is a problem that not only causes pain, but also brings inconvenience as most activities to a complete halt until the problem is properly treated.

However, there are simple steps that can be taken to prevent back pain and that is to keep muscles well-conditioned by improving your sitting, standing, stretching postures. Also, keep the back straight by standing straight and not lifting very heavy objects incorrectly. You can also implement changes to your daily life such as sleeping on a firm mattress, wearing low-heeled shoes. Just by applying these small changes, you can expect your back to benefit greatly from them.

Nonetheless, if you are currently suffering from back pain, do not be disheartened as there are many treatments available, which you can explore to alleviate your pain.

Lastly, I wish you the very best of health! Keep a healthy lifestyle, which also comprises of healthy food that is rich in fiber -- that's beneficial in helping you keep a healthy body!