

IS IT POSSIBLE FOR A DIY FOR NECK AND PAIN RELIEF?

I am mad as hell and frustrated about all the nonsense going around back pain, so I want to put an end to it. 80% of Americans can get back pain at some point in their lifetime according to WEBMD. Has it ever or is it happening to you right now? It makes a person work less and prevents you from contributing to all the household chores. Worse is turning away your kids/ grandkids because you are not able to play with them. I have seen the devastation of neck and back pain firsthand in my clinic.

For neck pain patients there is a sharp pain while bending the neck, shaving, brushing, washing face etc. or while turning the head making it impossible for driving, and for back pain patients, they cannot even sit down as the pain is unbearable. Low back pain patients describe it as a sharp stabbing type of pain. 80% is an alarming rate and there are so many myths going around such as back pain is the worst thing a living person has and it is incurable. If untreated, yes but if you have precise diagnosis- it is one of the easiest things to get rid of and have the back when you were a teenager! Sounds too good to be true, well just try the exercises I am telling you to and you be the judge.



Hi my name is J. Peruvungal, I am a N.Y licensed Physical Therapist with a doctorate degree who went nuts to find out about the root cause of neck and back pain. I don't believe in masking the pain with painkillers as this is not a permanent solution and will ultimately lead one to stomach ulcers. I don't believe in throwing something in the wall hope and pray it will stick, I have always believed in finding the true cause of pain in order to treat it for long term results. I found out about the root cause of pain for treating it effectively. I even have a U.S patent for [low back pain table \(U.S 7,648,473\)](#).

The cause of most back pain is not sprain/strain like most people think! Back muscles are well developed for a person to stand up and to sprain them while picking up a paper clip is a hard thing for me to believe. Then what is the explanation for the common back pain? Robin Mckenzie has the following explanation-Sit to stand, sneezing, and coughing increases pain while walking briskly actually decreases it until it is prolonged. Let's rule out couple of things. If the cause was muscle then one would increase the pain as they walk more since the muscles are being used. If there was anything wrong with the bone then standing and walking would increase the pain since it is weight bearing. What if it is the joints in the back? then walking and weight bearing should increase the pain. We are only left with the disc.

Most people would not accept it until it is too late but it makes perfect sense, think about it, if something in between the back bone (which is stacked one on top of each other with disc in between them as a shock absorber) is pushed out, how anyone can straighten out. With some walking disc may go into right place therefore easing the pain. Acute disc injuries are easy to self-correct and gives rapid result if you have precise diagnosis. Is it possible to develop back pain without lifting anything? Yes it is possible think



about it, when we are going to work, we are sitting which means spine is in flexion, at work we are sitting, on the way home we are sitting, at home we are sitting on the couch to relax and at night spine is in neutral, do we ever go into extension? With all that flexion, is it possible for the disc to start to push out posteriorly (back) over time? Lifting could be an

excuse for back pain.

A [lumbar roll](#) is so effective in treating back pain if used properly because it gets the spine in normal alignment thereby relieving not only low back but mid and neck pain as well. Not all the [lumbar rolls](#) will do the trick, density has to be right for it to force the lumbar spine to be in neutral. It's true that the [lumbar rolls](#) sold at Healing Touch are not the most comfortable but it should arrest the pain immediately. Back pain is something that is very scary but it is easily self-correctable. When someone try to bend the neck, the disc in between the vertebrae bone is pushed out-pushing the nerve which causes pain, Is it any wonder why someone gets pain when they try to bend the neck? It is the same for low back also. Now, we know the cause of pain and if the disc is in the right place it should relieve the pain. The question is, is it possible to keep it in the right place so healing would take place and wouldn't allow it to go out of place? Find out everything about the causes, myths, and most importantly treatment of keeping the disc in right place for

more permanent solution to the problem at great length with picture illustrations and specific exercises for the treatment of back and neck pain.

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neck, treat your own back, 7 steps to a pain-free life, and rapidly reversible low back pain.

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