



## Low Back Pain Treatment Without Using Any Anti-Inflammatory Medications & Surgery

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Lower back pain can have causes that aren't due to underlying disease. Examples include overdoing such as working out or lifting too much, prolonged sitting and sleeping in an uncomfortable position, laying down, wearing a poorly suitable backpack. If someone deal with back pain, it can make feel dejected. Whether it's persistent low back pain or spasms, an aching neck, or sciatic nerve pain shooting down legs, chronic back pain can minor from work and favorite activities.

Demonstrate that low back pain can be treated successfully without using any anti-inflammatory medication & surgery. Research on patients with low back pain, has been treated with auricular acupuncture commonly practiced technique involving the stimulation of specific points on the ear.

Pain radiating along the sciatic nerve, which is runs down one or both legs from the lower back. It's typically caused when a herniated disc or bone spur in the spine presses on the nerve. Pain originates in the spine and releases down the back of the leg. Sciatica typically touches only one side of the body. Medication for pain and exercise are common behaviors. Pain originates in the spine and radiates down the back of the leg. Sciatica typically affects only one side of the body.

Research in current years about how to treat back pain, too many patients still receive pointless and frequently unnecessary treatment. As an alternative of being urged to continue to work and stay energetic, which has been shown to be active, patients often are expressed to take break, referred surgery, and arranged anesthetics, including opioids.

Fortuitously, there are many substitute treatments for back pain, several easy ways to do at home and affordable, with no doctor's treatment essential.

### Research Methods to Treat Back Pain Without Surgery

#### Anti-inflammatory Diet

The nutrients taken and how can stop and converse a health conditions, including some types of back pain. Inflammation is your body's natural response to protect itself from harm and is a known cause of back pain. Studies have recommended that an anti-inflammatory diet can be just as effective at treating back pain as nonsteroidal anti-inflammatory drugs (NSAIDs). Nourishments that fight irritation include: Bright colored fruits and vegetables, such as carrots, beets, sweet potatoes, oranges, blueberries, strawberries, and tomatoes. Fatty fish, such as sardines, & salmon.

Including spinach Green leafy vegetables, kale, collards, and broccoli. Healthy fats, avocado, olive oil, and canola oil, nuts, including, almonds and walnuts, seeds, chia, sunflower, and pumpkin. Be sure to avoid foods that can promote inflammation, including fast food, processed foods, and foods that are high in saturated fat and refined carbohydrates.

Calcium is along with vitamin D can relieve back pain caused by circumstances that affect bone mass and strength, such as osteoporosis. salmon with the bones.

#### Achieve a Healthy Weight

More people in the U.S. are overweight and obese. Extra weight can significantly strain your back muscles and spine. Losing weight can be help control your back pain, prevent the condition from getting worse.

#### Acupuncture

Acupuncture in which tiny needles are injected into the body to stimulate specific points, or energy channels, and is thought by some patients and doctors to relieve back pain.

#### Mindfulness

Mindfulness and meditation are well-known therapies to relieve stress and anxiety. Some research suggests mindfulness might decrease the intensity of low back pain and progress back function in the short term.

#### Practice yoga

Yoga can suggestively reduce symptoms effectively. Exercises can provide additional support to the lower back, improving posture and reducing strain on the spine. Aerobic exercise can increase blood flow and nutrients to the tissues in the back, speeding up healing and reducing stiffness that can lead to back pain.

#### Conclusion

The patients had been admitted to hospital at great cost, the majority showed satisfaction with their acupuncture treatment, having felt improvement after few sessions, giving good evaluations, and recommending their treatment, showing how auricular acupuncture is a good and safe method for low back pain.

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