



Healing

BACK PAIN

A New & Revolutionary
Approach to Back Pain,
Without Drugs or
Expensive Therapy

2.0

S O N N Y V A L E

Healing Back Pain

*A New & Revolutionary Approach to
Back Pain, Without Drugs or
Expensive Therapy*

Author: Sonny Vale

© Copyright 2020 - All rights reserved.

The content contained within this book may not be reproduced, duplicated or transmitted without direct written permission from the author or the publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book, either directly or indirectly.

Legal Notice:

This book is copyright protected. This book is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author or publisher.

Disclaimer Notice:

Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date, and reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as a result of the use of information contained within this document, including, but not limited to, — errors, omissions, or inaccuracies.

Free Gift

This book includes a bonus booklet. This giveaway may be for a limited time only. All information on how you can secure your gift right now can be found at the end of this book.

Table of Contents

[Book Description](#)

[Introduction](#)

[How to Crack Your Own Back](#)

[General Rules of Thumb for Cracking Your Own Back](#)

[Method 1: Cracking Your Back Using a Chair](#)

[Method 2: Crack Your Back Lying on the Floor](#)

[Method 3: Crack Your Back While Standing](#)

[Method 4: Sitting on the Floor and Cracking Your Back](#)

[Method 5: Crack Your Upper Back Using a Foam Roller](#)

[General Tips for a Healthy Back](#)

[The Key to a Healthy Back: Proper Posture Every Day!](#)

[Posture: The Low-Hanging Fruit of a Healthy Back](#)

[Posture and Energy](#)

[Posture Reminders](#)

[Poor Posture Consequences](#)

[“Act As If” for Good Posture](#)

[Beware of “Text Neck”](#)

[Computer Use](#)

[Proper Shoes for Proper Posture](#)

[Proper Breathing Supports Proper Posture](#)

[How to Stand Properly](#)

[How to Sit Properly](#)

[Reaching and Bending](#)

[Properly Lifting Objects](#)

[Tips for a Happy and Healthy Back While Sleeping](#)

[Exercises To Ease Your Upper Back pain](#)

[Lower Back Pain Symptoms: A General Reflection of Your Health](#)

[Why Backpain Is Not As Simple As It Seems](#)

[Common Causes of Back Pain](#)

[Basic Walking Tips](#)

[Basic Sitting Tips](#)

[Basic Driver and Passenger Car Tips](#)

[Sit Right](#)

[Back Pain Symptoms & Signs - When You Should See A Doctor](#)

[Yoga for Back Pain Exercises](#)

[Home Remedies for Back Pain](#)

[Cure Pain With Complementary Therapy](#)

[Tips for Healthy Stretching](#)

[Child's Pose Stretch](#)

[Bridging](#)

[Forearm Plank on Knees](#)

[Preventing Back Problems When Traveling](#)

[Preventing Travel Aches and Strains](#)

[Tips for Healthier Travel Days](#)

[Airplane, Train, or Car: These Will Keep Your Back from Aching](#)

[How to Properly Wear a Backpack](#)

[How To Calm The Pain](#)

[Cardiovascular Exercises for Sciatica](#)

[Stretching Exercises for Sciatica](#)

[Strengthening Exercises for Sciatica](#)

[General Body Mechanics For Sciatica](#)

[Conclusion](#)

[Bonus material: Earning – An Introduction to Earning With the Double Your Income Sequence](#)

[Section 1: The Secret of Forming Money Habits \(And How to Enforce Them\)](#)

[Section 2: How to Create New Money Habits](#)

[Section 3: The 14 Habits That Will Double Your Income](#)

[Habit 1: Sleep \(You're Not Doing It Right\)](#)

[Habit 2: Exercise \(It's Not Enough, or It's Too Much\)](#)

[Habit 3: Social Energy \(Here's One to Protect\)](#)

[Habit 4: Self-Investment \(Knowing and Doing\)](#)

[Habit 5: Delegation \(Focus on The Big Picture\)](#)

[Habit 6: Mentoring \(Learning and Teaching\)](#)

[Habit 7: Your 96 minutes \(This is Your Most Valuable Time\)](#)

[Habit 8: Innovation \(Get to The Core of Things\)](#)

[Habit 9: The Win-Win \(Mutually Beneficial Relationships\)](#)

[Habit 10: Speak Up \(Know and Communicate Your Value\)](#)

[Habit 11: Pay Yourself First \(This is Ground-breaking Advice\)](#)

[Habit 12: Side Hustle \(Spend Your Time for Returns\)](#)

[Habit 13: Sunday Review \(3 Hours to Financial Freedom!\)](#)

[Habit 14: Minimalism \(Know How to Spend\)](#)

[Section 4: The Golden Rule of Success Sequencing](#)

[Section 5: These Habits Will Matter Most!](#)

[Section 6: Willpower or Wontpower: You Decide](#)

[Section 7: Regaining Your Faith in Free Will](#)

[Check Out Our Other AMAZING Titles:](#)

[1. Resolving Anxiety and Panic Attacks](#)

[2. Cognitive Behavioral Therapy](#)

[3. Effective Guide On How to Sleep Well Everyday](#)

[YOUR FREE GIFT IS HERE!](#)

Book Description:

Does ongoing back pain keep you up at night, bother you during the day and keep you from doing the things you love most? You need these skills to alleviate your back pain once and for all.

Stop taking pain killers. Stop shrieking in pain when you have to bend down to pick something up! Back pain is debilitating, but it can be cured. By understanding how your back works, how to nurture a healthy posture and by knowing which exercises help most, you'll never suffer in pain again.

In *The Secrets to Ultimate Back Pain Relief*, I share with you some of the most useful modern secrets to ending back pain forever. Every technique I've collected for you is natural, practical and easy to fit into your average day. You can recover from the pain that is holding you hostage right now!

In this book you'll learn:

- How to crack your own back safely and effectively
- To maintain good posture habits that keep your back healthy
- Exercises that relieve upper and lower back pain
- The danger of certain types of back pain
- Healthy stretching and complementary therapies
- To cure sciatica with various treatments

Natural back treatments will help strengthen your muscles, ease spinal tension and over time will make your ongoing pain much less than it is now.

This revolutionary approach is without side effects, which means you can implement it any time, wherever you are! This is the back pain guide you've been waiting for!

**Reclaim your health when you get this back pain guide.
Buy it now and learn how!**

Introduction

I want to thank you for choosing “The secrets to ultimate back pain relief.” In this book, we will show you how to take care of your back pain without any side effects.

The few things we will touch base on are not only how to cure your back using simple methods like cracking your back in more than one way to get some instant relief, to a set of exercises which will help you to not just take away the pain but to strengthen the relevant back muscles to prevent further pain.

We will also be touching topics like posturing, etc., which will show you the reasons for back pain and how to avoid them.

We will also cover topics like how to avoid temporary back pain in a situation where you travel for long periods etc.

Lastly, we will also cover a little bit of Yoga, and some additional home remedies. Also, all of these are suitable for people of all ages right from children to adults so go ahead start reading and heading towards a backache free life.

This book comes with a FREE bonus chapters and gift. Instructions on how you can download this free booklet for free can be found at the bottom page of this book.

How to Crack Your Own Back

Isn't there something so satisfying when you crack your own back? It can even happen accidentally when you simply stand up. Or maybe it happens while dancing, or towel drying after a shower. It almost always feels good. Dr. Ferhan Asghar says, "Cracking your back is very common." If this is you, then you've probably been popping your own back all this time without knowing what's going on when you do it.

The process for cracking your back is simple, and you have several options for how to do it. These options are detailed below. But keep in mind that popping your back might not solve all of your issues, especially if you have persistent back, neck, or shoulder pain. If this is you, seek medical attention to treat your pain. It's also worth repeating: these exercises are not recommended if you have disc problems.

General Rules of Thumb for Cracking Your Own Back

You are looking for the crack to happen once. You're not looking for repetitive cracks.

Exercises should bring relief. If they bring you pain, you need to stop doing them immediately.

Sometimes these exercises are best done midday or later, so you are working with loosened joints, as opposed to when you first awaken and are somewhat stiff. Alternatively, you can try these after a warm shower.

Cracking the back is basically realigning the spine. This can result in audible or non-audible cracks. You may or may not feel the pop. So if you attempt the following options for cracking your back and you don't hear or feel it, it's possible that it was still effective.

Method 1: Cracking Your Back Using a Chair



Select a proper chair – For this exercise, when you sit in the chair, your shoulder blades will fit over the back of the chair. Make sure the back of the chair is solid. It should not be flexible and bending back as you bend back. As an option, you can put a folded towel over the edge of the back of the chair, if that makes it more comfortable when bending backward over it. Sit in the chair like you normally would, and relax.

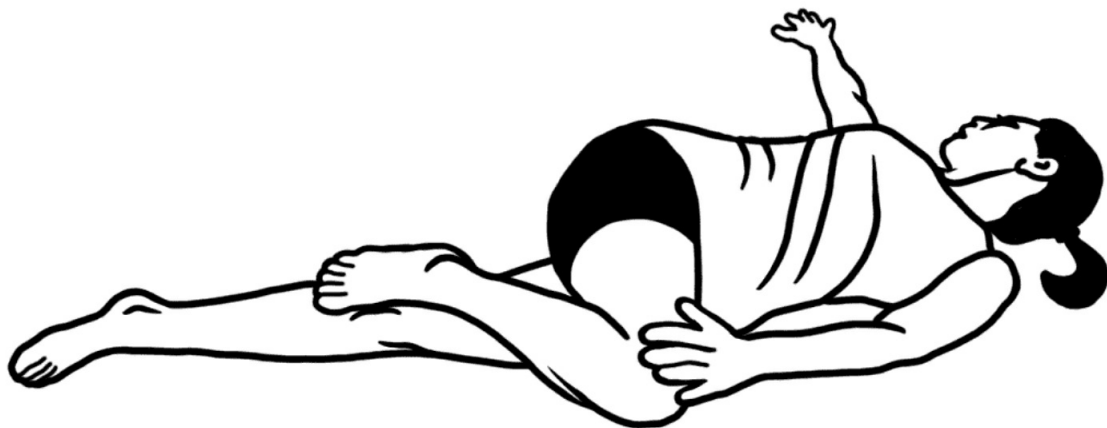
Take a nice inhale and exhale. Start so the back of the chair's edge is about mid-level along your spine. That's a good starting place. Again, make sure you're relaxed because that's key to achieving a successful pop in your back. If you're tense, the crack won't happen and it could just make things worse. One way to ensure you're relaxed is to take a deep breath in before leaning back, and then exhale as you lean back.

Next, slide down in the chair a bit to get at higher levels of your spine.

Repeat the process. Then you're done.

Method 2: Crack Your Back Lying on the Floor

Option #1



Find a large enough area on the floor where it's carpeted, on a rug, or a yoga mat or

other thin, flat cushion. (Do not use a bed.)

Lie down on your side.

Straighten your bottom leg.

Bend the top leg.

Place the foot behind the knee on the bottom leg.

Then flatten your back against the ground, so you get both shoulders on the floor.

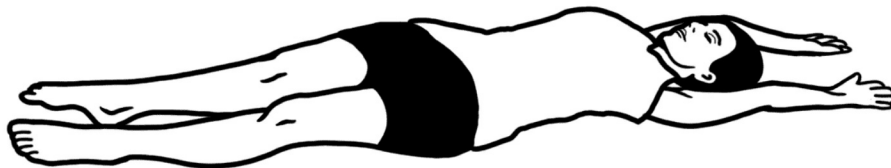
Now take the upper hand (the hand on the same side of your body that you have the bent leg), and stretch it out across the floor, away from your body.

Turn your head to look at that hand (you'll be looking at the hand and looking away from the rest of your body).

Then take the opposite hand and gently push down on the bent knee, pushing it toward the floor. (It's best when you take a breath in and then, as you exhale, push down on the knee.)

To get a crack further up your spine, take the leg that you have out straight (the bottom leg) and bring it up a bit, bending it at the knee.

Option #2



Lie down on your back and stretch your arms up and back on the floor above your head. Imagine you have someone pulling your arms in one direction and your feet in another as you elongate your spine.

Take a deep, slow, full inhale and then exhale. Simply releasing your breath can pop your back.

Then bring your arms to your sides and assume the Shavasana yoga position (aka “corpse pose”).

Take another deep inhale and exhale. Relax and let your body “settle into” the floor.



Option #3

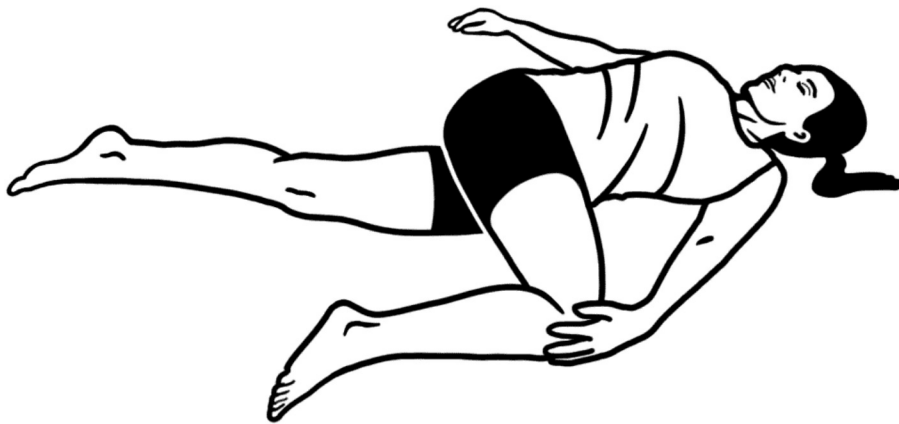


Lie on your back and bring both knees up to your chest.

Hold your knees to your belly for fifteen seconds to help gently stretch your spine and back muscles.

Release and repeat three more times.

Option #4



Lie flat on your back. This is the starting position.

Raise your right leg to your chest while bending it at the knee. Then, with the left hand, push down on the outside of the right knee, pushing it towards the floor on your left side. This will create rotation in your lower back and hips.

Return to the starting position.

Repeat on the other side.

Method 3: Crack Your Back While Standing

If you have fairly good flexibility with your shoulders, then this is a good option for cracking your back when you don't have a good chair handy. You need some range of motion with your arms to perform this stretch (hence the good flexibility with your shoulders) because you need to be able to place both hands on the center of your back behind you.



Standing, make one hand into a proper fist (thumb outside the fist), and place it behind you and on your spine.

Take the other hand and cup the fist while gently pushing the fist in an upward and diagonal motion toward your spine.

If everything is comfortable, move up the spine as far as you can go, and stop when it becomes uncomfortable due to stretching your arms too far behind you.

Method 4: Sitting on the Floor and Cracking Your Back

Sitting on the floor and gently rotating your spine can be a way to crack your back and stretch your spine. You might not hear an audible crack in your spine, but the exercise can still be beneficial due to its stretching of your back.



Bend your left knee and take your left foot outside of the right knee.

Inhale and exhale. Relax.

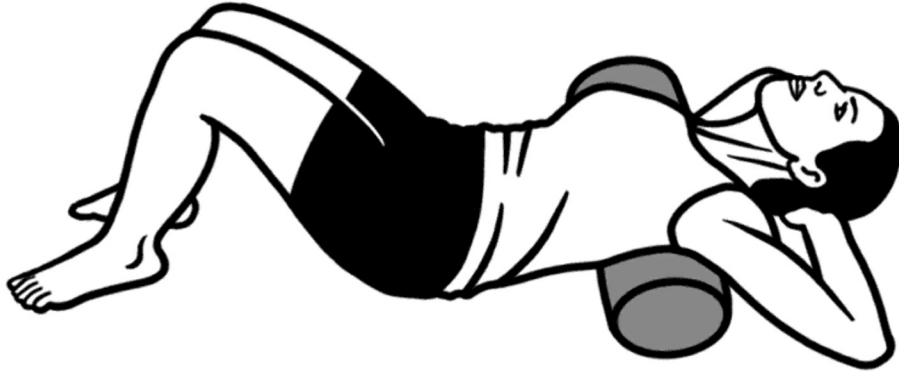
Repeat on the other leg with the other arm.

Method 5: Crack Your Upper Back Using a Foam Roller

Foam rollers are pieces of exercise equipment that you can purchase or find in many gyms or fitness centers. They vary in size, firmness, and smoothness, but they should all work for this method.

Cracking your upper back using a foam roller is effective, but it can be a bit more intense than the methods described above. Be sure you're relaxed while attempting this exercise. Using a foam roller that is six inches in diameter is popular. However, you can try a four-inch if that's all you have.

Note: The National Academy of Sports Medicine does not recommend foam rolling on the lower back as that can hyperextend the back.



Bend your knees and plant the bottom of your feet on the floor. This prevents you from putting extra pressure on your spine.

Arms can be down to your sides, palms down. Or you can clasp your hands and put them behind your head. Your head shouldn't go as far back as to touch the ground.

At this point, leaning back a bit over the foam roller might make your back pop right away, without any rolling motion needed.

However, you can roll on the foam roller for more intensity. Gently roll, so the foam roller is going up and down your back, from the midpoint to the top of your back.

Variation: You can also do this exercise by slightly angling the foam roller and repeating the above steps. (This means the foam roller isn't exactly perpendicular to your back, it's just slightly crooked.) First, angle it slightly one way, and then repeat, angling it slightly in the opposite direction.

General Tips for a Healthy Back

Here are seven tips to help prevent back pain and have a healthy back.

Maintain a healthy diet and weight. This means good nutrition and, for most people, that means limiting carbohydrates. It definitely means not eating processed snack foods like cookies, soda, chips, crackers, cakes, and the like. The problem with these foods is that they are not only nutritionally deficient but also highly inflammatory, which makes it easier for you to injure your body and makes it take it longer to heal.

While you're at it, ensure that your computer workstation is ergonomically correct. Take the time to set this up and you'll notice an immediate improvement.

Maintain proper posture. We'll cover this in depth in the next chapter. Proper posture as your default will go far in protecting your back from injury.

Wear comfortable, low-heeled shoes. Go barefoot when possible to strengthen your feet (for example, while you're home). Strong feet will help make a strong back. And by not wearing shoes with any ridiculous height in heels, your body will be in its natural, healthy, and strong position to prevent injuries.

With our lifestyles becoming more sedentary, the rate of obesity has risen, and back pain has become increasingly problematic. This even includes young children! Exercise is important to a healthy and strong spine. Let's not become a world like the one depicted in the Disney movie, *Wall-E*, where everyone scoots around in chairs because they're too fat and lazy to get up. The consequences are real. Get off your butt and move around. A great way to encourage this (and remind you to do it) is to set an alarm to alert you to get up and move around.

The Key to a Healthy Back: Proper Posture Every Day!

Posture: The Low-Hanging Fruit of a Healthy Back

Good posture will reduce stress on the spine and the ligaments that hold the spinal joints together. This minimizes the likelihood of injury. Therefore, proper posture can protect your back.

Posture and Energy

Your posture speaks a lot about you. People with a slouched posture are more often than not perceived as depressed whereas people with a straight and upright posture are perceived as confident. You may not be aware of it, but there is a correlation between how your mind and body work. It is called embodied cognition and denotes that the body reacts based on the way the mind influences it. A person with low energy will have a slouched posture with a slow walk, whereas someone, who is more positive and confident, will have vigor to them and an erect posture.

Poor Posture Consequences

A poor posture can result in immense strain on your back and can lead to many ill effects like back pain, neck pain and soreness in your body. A bad posture also harms your digestion, as your posture impacts how your organs work. When your abdominal organs are under stress due to your posture, it impacts your digestion. A poor posture also affects your blood circulation. When you sit or stand in an awkward position, it affects your blood flow and can cause other related problems like back pain, blood pressure, and spider

veins.

Posture Reminders

“Act As-If” for Good Posture

Proper posture should also feel natural, so you're not overcompensating. Good posture shows a feeling of “I'm attentive” to whatever is going on with your surroundings. Someone with good posture looks confident. If you were a warrior, you'd be standing tall and strong. If you were a politician on the campaign trail, you'd do well to stand proud. If you were trying to get the attention of someone you fancied, you might stand straight so you appear confident and are noticed. Standing and sitting tall can make you appear more attractive ... and slimmer, too. Keep these mental pictures of high-importance scenarios in mind, even during a routine day, and it will help build the habit of good posture.

Beware of “Text Neck”

If you use your phone all day, be very aware of your head and neck position. Tilting your head down can easily strain your spine. Regularly take a minute to stretch your neck. Even better, bring your arms up in front of your eyes, lifting the phone up. This ensures that you're moving your eyes and not your head. It will feel weird at first because you'll wonder if people are staring at you, but you'll get used to it. Plus, you'll set a good example for others to follow.

Computer Use

When sitting at your workstation, make sure your feet are firmly flat on the floor (or footrest), with your knees level or lower than your hips. Also, make sure that you can use the device without reaching.

When using a telephone of any kind, never pinch the phone between your ear and shoulder. Use a headset or speakerphone to reduce shoulder strain.

Proper Shoes for Proper Posture

For women, high heels might look sexy, but they probably don't feel sexy. Yes, they're fashionable, but they're bad for your posture, and you'll pay the price if you wear them often. Pumps and high heels push the base of your spine forward, which overarches your back. This can change the way your backbone lines up, and it can put pressure on your nerves. This will cause you back pain. Heels also put more weight on your knees. If you must wear heels to work, take them off, if possible, at different times during the day to give your musculoskeletal system a rest. Keep a pair of slippers or flats at work to wear for the majority of the day, and only don the high heels when necessary.

Proper Breathing Supports Proper Posture

When you stand or sit in a slouched position, it clusters your internal organs. Your lungs also get scrunched up and leave less room for your lungs to fill up. This leads to difficulty in breathing or shortness of breath. If you have a right posture, your lungs will open up and have more capacity to fill in and in turn improving your breathing.

How to Stand Properly

Keep your feet about shoulder-width apart.

Position your shoulders gently back and down, with your chest sticking out a bit. If possible, let your arms hang naturally down the sides of the body.

Head and neck should be tall and pulling toward the sky, but not uncomfortably so.

Pull your low abs in, tuck your pelvis a bit, and don't stick your butt out.

Don't lock your knees; keep them slightly bent.

How to Sit Properly

Most of us sit for extended portions of our day. Therefore, it's optimal if you

have a chair with good back support. You can use a rolled-up towel (or a pillow) to place behind your lumbar spine.

Keep your feet flat on the floor. If they don't reach the floor, use a footrest, even if you have to make your own with a box or a stack of books. It's important.

Keep your abs gently pulled in and your shoulders back and down.

Reaching and Bending

When you reach for something above shoulder level, you should stand on a safe, sturdy stool. Straining to reach high objects can hurt your back, neck, and shoulders. Even if you don't feel the damage in the act of reaching, it can cause problems later.

Properly Lifting Objects

When you have to lift items, make sure you don't bend forward. The right way to lift objects is by bending your hips and knees and squatting gently towards the object. Before picking the object up, keep your legs straight and then pick the object. Never pick any heavy object above your chest level.

Sleeping Positions for a Healthy Back

Many people have chronic lower back pain every morning upon waking. Even people who are essentially pain-free during the day can experience routine irritation and stiffness upon waking in the morning. There may be some treatment options by simply changing the way you sleep.

Exercises to Ease Your Upper Back Pain

Upper back pain is the pain which surfaces between your neck and the lower back. Upper back pain may not be as common as its counterpart, low back pain or lumbar back pain, but it can cause intense pain when it does surface.

Most causes for upper back pain include injury to the muscles (myofascial pain) or ligaments attached to the vertebrae and joint dysfunction.

Why Exercise Your Upper Back?

Doing upper back pain exercises can help you in numerous ways. These exercises can greatly reduce the uneasiness caused by back pain ailments and can help prevent recurrence of upper back pain.

Muscle strain is the major cause of pain in the upper back, and upper back pain exercises are particularly helpful in such cases.

Upper back pain exercises, before or after any physical activity, can relax the muscle tissue, leading to reduced tension which helps alleviate strain and damage to the tissue. Furthermore, upper back pain exercises increase the spine's suppleness, which provides for reduced occurrences of upper back pain and helps relieve back pain if you are currently suffering from it.

Exercises for Your Upper Back (Pain)

Here are some exercises specific to upper back pain. Prolonged use of these exercises may lead to permanent relief from upper back pain; use them at your own risk.

There are also some general exercises which alleviate upper back pain. Swimming is one such exercise, as it tends to strengthen the upper back area.

Your physician may also recommend some specific exercises, the purpose

being to increase the strength and suppleness of the upper back.

There are also other methods to a healthy upper back. A change in posture and proper sitting/standing/walking technique goes a long way in preventing a back problem.

When Does Exercise Itself Become the Cause of Back Pain?

In rare cases, exercise may be a cause of upper back pain. Athletes often do not warm up properly and cool down through proper stretching before and after workouts. Such prolonged misuse may lead to severe back pain problems in the future.

A healthy upper and lower back are an asset. Eat a proper diet, exercise regularly, and stay active. Take care of your upper and lower back, and your back will back you in the long run.

Lower Back Pain Symptoms: A General Reflection of Your Health

Lower back pain symptoms are a common medical condition signifying problems of the lower back. It affects the lower part of the body. Pain is felt and travels to the ribs, particularly in the back or in the upper part of the legs.

This pain starts suddenly and could be a result of strain or an injury. Sometimes the pain may not have an anatomical cause.

Risk Groups

You carry a greater risk of suffering from low backache if you:

- Are pregnant
- Have bad posture
- Are over 30 years of age
- Smoke and are overweight
- Have a low pain threshold
- Have arthritis or osteoporosis
- Feel depressed or stressed
- Work in jobs that require heavy lifting

Curing Symptoms

But in spite of all these threats, causes, and symptoms, the good news is that lower backache indications can be treated by employing one of the several treatment options available which promise to cure the pain as efficiently as possible.

Why Back Pain Is Not as Simple As It Seems

On occasion, back pain may be a sign that there is something more serious wrong and, while there is no need for undue concern, it is good to get things checked out by a qualified medical practitioner.

Careful attention should always be given where incontinence of the bowel or bladder is in evidence or where the individual is aware of a steady deterioration in the strength of their legs to the point where walking and standing becomes impaired. These symptoms may be a sign that there is a more serious underlying problem.

On occasion, instances may be such that the pain is so severe that sleep becomes disturbed to the point where it becomes impossible without resorting to increasing amounts of over-the-counter medications.

This is a sign that something needs urgent and qualified attention. Sometimes this lack of restful sleep may bring with it other unwelcome symptoms such as feverishness or sudden weight loss and may also indicate a serious underlying medical condition and, once again, this will require proper investigation.

A very common cause of back pain often occurs after the individual has experienced some sort of accident such as a fall or, say, a car accident where the most obvious explanation is that there is a broken or dislocated bone; this will normally be very easily diagnosed and relatively straightforward treatment can usually be prescribed.

Often, individuals with serious underlying conditions such as myeloma or, particularly in older individuals, osteoporosis, have an increased risk of spinal fracture, and this will, again, need to be tended to without delay if the problem is not to deteriorate.

Finally, there a number of instances where cancer can be the root cause of back pain, particularly, but not limited to, lung, breast, and prostate cancer. It can occur in these cases that cancer has metastasized or spread to the spine and requires urgent attention.

In most cases, back pain is not as serious as the causes mentioned above and will not need medical treatment. Most instances of back pain are non-

progressive and arise from inflammation which responds well to a short course of steroids or careful massage and will normally resolve within a matter of a few weeks.

The key thing to remember with back pain is, if you are at all concerned, seek the attention of a qualified medical practitioner to get an accurate diagnosis and appropriate treatment.

Common Causes of Back Pain

For most of us, back pain can seem like something that is unavoidable. However, you're actually in better control of it than you'd imagine.

There are countless ways to injure your back during the course of a normal day, but here are four of the more common causes.

1. Thinking you are Invincible

What I mean by this is many people will jump into any activity without thinking about the possible consequences. From finishing a few labor-intensive chores around the house to playing a game of basketball or tennis, over time, these types of activities can begin to cause a lot of wear and tear on your back and lead to injury. It's not only important to stretch before doing a strenuous activity but to incorporate some back exercises into your normal workout schedule to strengthen the muscles in your back. Building up your obliques and side abdominal muscles is crucial for the long-term stability of your back. If you don't like weight training, then try yoga or pool exercises. Another idea is to get an inflatable exercise ball you can sit on instead of always using a chair. As a bonus, there are a ton of exercises you can incorporate an exercise ball into.

2. Improper Lifting Techniques

Bending improperly and then lifting is a major cause of back injuries. Instead, follow these few steps to improve your technique.

- A). Bend at the knees and be sure to keep a straight back. Do not bend from your waist.
- B). When lifting, keep whatever object you're lifting in close proximity. The farther away the object you're holding is from you, the more stress you place on your back.
- C). Don't hold the item you're lifting above your armpits or below the knees.

D). Try and avoid moving something that is over twenty-five percent of your actual weight.

E). When lifting, don't turn, twist, or pivot. Instead, keep your feet pointed at what you're lifting, and stay facing it while you lift. Always be sure if you're going to change your direction, to do it with your feet, instead of the waist.

3. Carelessness During Day-to-Day Activities

Personally, I once threw out my back taking a dish out of the lower section of my dishwasher. It's not always lifting or moving the heavy items that will do us in. That is why exercising your back and abdominal muscles is such an important thing. You need to keep the core muscles of your body in shape to help ensure long-term health.

One good simple exercise to incorporate is pulling your navel in towards the spine as you try and imagine you're wearing something tight that is pulling in the sides of the abdominal muscles. You can do this a few minutes a day, and it'll help make a world of difference over time.

4. Driving, Standing & Sitting in General

Tip #1 – Don't Lock Your Knees

Locking your knees when you stand is a terrible thing to do. When locking your knees, you're putting pressure on the joints in your knees, as well as blocking off an artery that supplies blood flow through the body. If you do this for a long time, there is a slight possibility that you could pass out.

Tip #2 – Put your Feet Flat on the Ground

When you sit, your feet should be flat on the ground at all times. If you are wearing heels, remove them when you are in the resting position. If your chair is at a height or if your feet cannot reach the ground, then use a low stool to rest your feet. Avoid sitting with your legs crossed; it hampers your

blood circulation. If you have the option, move around after every 20 mins or so, as it is not advisable to be in one position for long.

Tip #3 – Avoid Standing in One Position for Too Long

It is advisable not to stand in one position for more than 7 to 8 minutes. When you stand, the blood gushes towards the lower end of the body, and it can hamper circulation if you are stationary in one position and eventually cause low blood pressure, which may also result in fainting. It is best to move around after every 7 to 8 minutes, maybe bend your leg a little bit or take a small walk.

Tip #4 – Avoid Leaning Backwards.

When standing, you will want to avoid leaning backward. When you lean backward, you will be putting extra strain on your lower back. When you lean backward, your center of gravity is shifted, causing your spine to compress and pinch nerves.

Basic Walking Tips

Walking is a crucial part of our daily lives. Walking, is in general, our main form of transportation. When you get up in the morning, you walk from the bed to the bathroom, around your home getting ready, to the car to get to work, and then out and about through the course of your day. With all of this walking, it is no wonder that we tend to overexert our bodies. In this chapter, I will be giving you tips on how to improve your walking and how to lessen the impact on your lower back.

Tip #1 – Avoid High Heels and Other Hard Shoes

High heels and hard-soled shoes are more of a fashion statement than a requirement to walk. When wearing these shoes, you are putting stress and pressure on your legs and feet. As a result, it affects your posture, which in turn adds stress to your muscles in the back. If you are required to wear these shoes, try to do it on as limited a basis as possible.

Tip #2 – Watch Your Step

It is very important to judge the height of curbs, stairs, and other obstacles in your path. Putting too much effort into trying to traverse a step, curb, or other obstacles can cause your leg to come up too high and come down hard, causing shock and injury to your body.

If you underestimate the distance or height, you can cause yourself to trip and fall. Be careful not to come down hard on your legs when you walk because you may overestimate the height, or cause your foot to get caught, causing you to fall and hurt yourself.

Tip #3 – Open Doors Wide Enough

Make sure that you open doors wide enough to fit through. You don't want to twist and turn your back to fit through a narrow opening. Doors are designed to fit people through with room to spare. If you are carrying a package or moving something through a doorway, be extra careful, in order to avoid strain on your back.

Tip #4 – Military Stance

One great tip is to walk as if you were in the military. Simply put, it's the best way to walk for the long-term health of your back. You'll want to pivot feet first and then the body. This is the best way to move from a standing position.

By doing this, you are not putting any stress on your body when you move. The weight of your body all moves in uniformity. At the same time, you'll be evenly distributing your weight to all pressure points at the same time.

Basic Sitting Tips

In this chapter, we will discuss how sitting can affect your lower back. We don't realize that when we slump in our chairs, we are putting pressure on our lower backs as well as our shoulders. The softness and hardness of the chairs we sit on also affect our backs. Read the tips that I present to you in this chapter and apply them to your life.

Tip #1 – Sitting in the Chair

When you sit in a chair, make sure your back is upright and your shoulders are aligned. Place your weight on both your hips evenly. Make sure the backrest supports your back without slouching. Do not twist your waist if you have to turn; instead, get up and turn your entire body.

Tip #2 – Sit with Spine Firmly Supported

When you choose your chair, you want to make sure that you choose one that firmly supports your spine. You don't want to have a chair back that is so loose that it causes you to lean backwards or one that is too rigid and doesn't allow for any movement at all. Before deciding on a permanent chair, you'll want to try some out on a trial basis to see how they affect you.

Tip #3 - Avoid Sitting in the Same Position for Extended Periods

As explained earlier, do not sit in the same position for more than 20 minutes. If you are at a desk job, try to walk a bit, or maybe stand for a while after every 20 mins. Don't turn suddenly or jerk your body if you have to turn.

Tip #4 – Avoid Chairs That Have Rollers

Avoid chairs that swivel or have rollers on them. Depending on your environment this can be a safety issue. Chairs with rollers can easily get caught on a rug or topple over if leaned back on or pushed in the wrong way.

In this chapter, we reviewed several different things to consider when sitting. Since this is an activity that most of us do on a daily basis, in front of the television and computer, it is very important that you choose the right chair for each situation. Don't jump into the next big trend in chairs or get one that fits your grandmother. You'll want to take your time and test out a few different options when it comes to choosing the one that is just right for you.

Basic Driver and Passenger Tips

Tip #1 – Get in and Out of Your Car with Your Back Straight

When you enter your car or exit your car do it with a straight back. You don't want to squeeze yourself in or try to get in or out at odd angles. The right way to get into your car is to place your right hand on the hood of the car and your left on the door. Move your body into the car at a fifteen-degree angle so as to mimic the angle of the seat. Once your head clears the lip, gradually move your feet into the car, plant them firmly on the ground, and close the door.

Once this is completed, make sure that you fasten your seat belt and adjust your mirrors. Make sure that your entire body is aligned with the operations specs of the car for optimal vision and comfort. Also, make sure you can comfortably reach the gas and brake pedals while seeing clearly in every possible direction.

Tip #2 – Adjust the Car Seat

The seat should be positioned close enough to the steering wheel for the driver to be able to reach both the gas and brake. When you sit on the driver's seat, your prime concern should be comfort and a position that is apt from the safety point of view. Pull the seat forward or push it back according to the length of your legs every time you get into a new car. Adjust the mirrors as per your convenience, so you have an eye over things at the back of your car too.

Tip #3 – Fasten Your Seat Belts

Fastening your seat belt is not only the law, but it is a good way to ensure that

your body stays in a fixed but movable position. When you wear your seat belt, the belt allows you to move around in the chair but also allows you to keep a standard posture. If you don't wear your seat belt, you'll begin to lean to one side or lean forward in your seat. This is not a desirable position.

Tip #4 – Get Out and Stretch

When you're on long trips, get out of the car every few hours to stretch and loosen up your muscles. Just like sitting at work or standing, as we discussed previously, the same applies when you're riding in a car. You don't want to be sitting in the same position for hours on end. Not only will your muscles begin to ache, but your concentration will begin to waver.

Tip #5 – Carry A Small Pillow

As a co-passenger, it is advisable to carry a neck pillow with you while on drives. There will be times when you will want a nap, especially on a long drive and a neck pillow will only make it easy for you to rest while in a sitting position, without hurting your neck.

Tip #6 – Make Sure Your Driver Is Awake

As a passenger in the car, it is your job to keep the driver awake. To do this, you need to be comfortable as well. When sitting in the passenger seat of the car, make sure that your knees are bent, not stretched out. If you're short in stature, you may need to bring along a small box or something that can be placed on the floor to rest your feet upon.

Tip #7 – Plan Your Route Before You Go

Make sure that you plan your trip before you go. Make sure to travel roads

that are smooth and that do not jar the car, causing unwanted pressure or strain on your back. Watch traffic conditions to ensure that you're not sitting in traffic jams for hours on end.

Sit Right

In today's culture, everyone's constantly plugged into some device, be it a computer, laptop, tablet, or smartphone. Sedentary lifestyles inevitably result in clocking thousands of hours with our bodies resembling a human question mark—our heads jutting forward, our shoulders rounding, and our stomachs getting closer to our knees.





Get a Deep Tissue Massage



Evidence suggests that massage is one of the most promising drug-free and surgery-free methods for treating low back pain.

The Evidence

After receiving one massage a week for ten weeks, one out of three patients with chronic low back pain improved and were pain-free, compared to one out of twenty-five patients who were given the “usual care.” Usual care applies to any doctor-recommended treatment, including painkillers, anti-inflammatory drugs, muscle relaxants, or physical therapy. The massage ultimately helped the study participants with low back pain even after six

months, allowing them to remain active and productive.

Deep Tissue Massage Is Statistically Better for Low Back Pain Relief than Therapeutic Massage

A small Polish study featuring twenty-six patients indicated that deep tissue massage is “statistically” more beneficial at treating low back pain as compared with therapeutic massage, although “further research is needed to verify the results,” the researchers noted in their 2012 *Studies in Health Technology and Informatics* article.

The results showed that participants with low back pain who received deep tissue massage experienced significantly more relief than the group who received therapeutic massage.

So How Does Deep Tissue Massage Break Up the Chronic Pain Cycle?

Breaking chronic pain’s vicious cycle of pain and muscle spasms is not an easy task. The cycle goes like this: pain causes muscle tension, which leads to decreased circulation and range of motion, all of which increase pain. This brings about even more tension, and even less circulation, inducing more pain, and the cycle continues.

The body’s natural reaction to any contracted area with poor circulation is to lay down connective tissue (also known as collagen fibers, the building blocks of scar tissue). Despite the healing nature of this process, the body inevitably “glues” the muscles and their connective tissue coverings into a shortened state. This tightness can leave you feeling stiff, restricted, tired, and sore.

These tight muscles can often develop trigger points, which are hyperirritable spots that refer to pain and tingling to other places in the body. These trigger points can press on nerves, causing numbness and tingling, and even more pain.

Can Deep Tissue Massage Help with Herniated Discs?

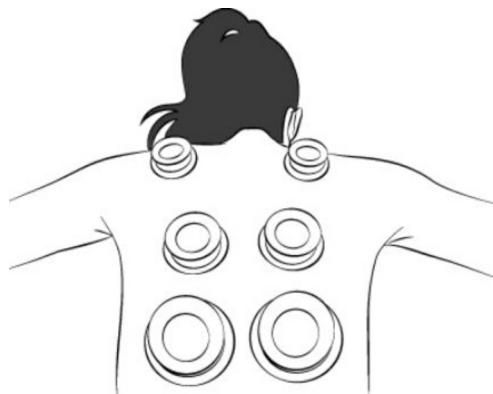
Massage Can Reduce Low Back Pain, So Falling Asleep Can Be as Easy as 1-2-Zzzzz!

There's no doubt that massage helps you relax, but did you know that it can improve your sleep?

A 2007 randomized study by the Touch Research Institute evaluated the effects of massage therapy versus relaxation therapy on chronic low back pain. Treatment effects were evaluated for reducing pain, depression, anxiety, and sleep disturbances, for improving trunk range of motion, and for reducing job absenteeism and increasing job productivity.

After a thirty-minute massage twice a week for five weeks, the study participants in the massage therapy group reported experiencing less pain, depression, anxiety, sleep disturbance, and improved range of motion.

In summary, getting a massage at least twice a week can yield positive results for low back pain sufferers and improve their overall quality of life.



Back Pain Symptoms & Signs – When You Should

See A Doctor

There is a wide range of different ways to injure the back. Here I'll go over some of the symptoms of back pain to watch out for. These symptoms can often range from mild to excruciating in intensity.

Symptoms May Include:

1. Pain that begins to radiate from the lower back down to your buttocks and into your thighs, calves, and even toes.
2. Sharp pain in a specific area of the body such as the upper back, neck, or lower back. Can often occur after improperly lifting a heavy item, or overexerting yourself physically. Upper back pain is sometimes also a sign of an impending heart attack or other major condition.
4. Unable to stand up straight without experiencing muscle spasms or pain in the lower area of the back.
5. Constant stiffness or aches along the spine, from the tailbone up to the base of your neck.

Call A Doctor About Your Back Pain If:

1. Your pain begins to increase if you bend forward from the waist or while coughing. It may be a sign that you've herniated a disc.
2. You experience tingling, weakness, or numbness in the legs, arms, or groin. This could mean you've possibly damaged your spinal cord. Immediately seek medical attention.
3. You experience pain that goes down from the back, into the back of your leg. In this case, you could be suffering sciatica.

5. You begin losing control of your bladder or bowels while experiencing back pain. Immediately seek medical attention.
6. Some other areas of concern include dramatic weight loss, a history of previous trauma, a history of previous cancer, pain lasting for more than a month, pain that does not subside after you've rested, and nighttime pain.

Yoga Exercises for Back Pain

These moves will help strengthen your core and back. It is recommended to do functional training such as shown down below on an average of two to three times each week for between twenty and thirty minutes at a time.

The great thing about these exercises is that they can be performed just about anywhere. Just be careful to pay close attention to your form during each exercise. Remember, it only works if you do it properly. Form is the key! Also, try to repeat each of the exercises between two and four times in order to reap the back-strengthening benefits.

Warm-Up:

Decompression Breathing

Breathing in some extra oxygen can really make a world of difference, especially when you're lengthening your body. This move will help show you how to breathe deeply better, and also how to keep your spine strong and long all the time.

First, stand with toes touching and keep your heels apart slightly. Shift your weight onto your heel, then unlock the knees while gently pulling both of your heels toward one another. Be sure to stand up tall, keep your arms stretched high overhead, and your fingertips pressed together. When you inhale, also lift your rib cage away from your hips. When exhaling, begin to tighten your core to support your lengthened spine. Keep repeating these breathing techniques until you're feeling supported and tall.

Yoga Exercises for Back Pain:

These exercises are all easy to find on sites like YouTube. You don't need to incorporate all of them into your routine but you should do a little research on each and determine which ones would best suit your particular set of circumstances.

- A.) Neck stretch
- B.) Roll on back
- C.) Knee hug
- D.) Reclining twist
- E.) Bound reclining twist
- F.) Cat cow
- G.) Cat pose press
- H.) Tail wag
- I.) Hip rolls
- J.) Triangle pose
- K.) Lunge
- L.) Active lunge
- M.) Lunge hip opener
- N.) Sitting forward bend
- O.) Serpent partial lift
- P.) Elbow serpent
- Q.) Sitting twist
- R.) Corpse pose

Ten Back Pain Stretches & Exercises

Stretch #1: Extension

Begin by lying face down with both feet fully extended behind you. Next, lift up your head. Follow this up by arching your back and supporting the upper portion of your body with only your arms. Keep your elbows locked straight and keep your hands at your side in order to better accentuate your stretch.

Stretch #2: Rotation Stretch

This is intended to stretch all the muscles that help rotate the back. To accomplish this, sit comfortably while turning only your shoulders in one direction while holding the position. Using an exercise ball is a great tool to enable you to do this stretch effectively and comfortably.

Stretch #3: The Sideways Bend

This stretch can also be done in the seated position. To begin, clasp both hands together then extend them overhead. Keep the arms extended and bend your entire upper body over to one side while holding the stretch. Next, repeat this stretch in the other direction. Again, using an exercise ball is a great tool to enable you to do this stretch effectively and comfortably.

Stretch #4: The Hamstring Stretch

These stretches are crucial to any proper back-stretching regimen. Correct posture depends both on how flexible your back is and on the muscles linking your other extremities with your back.

There are many ways to perform this particular type of stretch. A simple way that I prefer to use is sitting with a leg extended, while the other leg is kept folded inward. Next, reach down slowly to touch your toes on the extended leg. Switch legs and repeat the process.

Exercise #1: The Ab Crunch

Your abdominal muscles are an often overlooked, yet incredibly important group of muscles to focus on when working to alleviate back pain. Begin by placing both feet on something like an exercise ball (I prefer the exercise ball because it really helps to hone the workout without ever straining my back). Next, place hands behind your head and perform a sit-up. That's all there is to it.

Exercise #2: The Exercise Ball Crunch

Using the exercise ball helps to accentuate the effectiveness of your crunch

on the abdominal muscles. Start by laying with your back firmly on the ball and your feet on the floor. Next, using only your abs, lift both your shoulders and head. When both of these are lifted, hold the position instead of going back down.

Exercise #3: Planks

These can be done either with the exercise ball or without. Lie down face-first, then push your body up, balancing with only the toes and forearms (if you're using the ball, then do this on your shins instead of toes). The key part of doing a plank properly is holding the torso as rigid as possible without your butt sticking up in the air.

Exercise #4: The Press

Doing a bench press can help exercise both the shoulders and upper back. First, lie down on something that supports your back (a bench or exercise ball both work). Don't concentrate on the weight you're pressing; instead, the important thing here is your control and form. Press upwards while at the same time contracting the ab muscles and keeping your back supported.

Exercise #5: Dumbbell Row

For this exercise, I suggest using an exercise ball. It's not necessary, but I prefer it for the support it provides while doing the exercise. Also, as with the press exercise, don't concentrate on the weight you're pressing; instead, the important thing here is the control of your movement and form.

First, lie front-down on your ball. Hold a pair of weights straight down without your arms locked. Next, bend your elbows and pull up both weights until your elbows have become level with your torso. Be sure to keep the shoulders relaxed. Lower the weights and repeat for between one to three sets consisting of between ten to sixteen reps.

Exercise 6: Bicycle

This exercise should always be gradually started. Lie on your back and fold both arms behind the head. Next, bring one of your elbows to your opposite knee. Relax, then bring the other elbow to the opposite knee. As you begin to get used to the process, speed up until you begin to resemble the motion of a bicycle being peddled.

Home Remedies for Back Pain

Ice:

Simply applying ice wrapped in a protective covering (to prevent ice burn) or a cold pack is still among the best pain-relieving treatments available. When applying ice, do not do so for more than twenty minutes and only apply a maximum of ten times during the course of an entire day.

Icing is most effective on minor injuries such a muscle pulls or back strains. Ice calms down inflamed and swollen tissue.

Heat:

Apply heat for between fifteen and twenty minutes. Moist heat is superior to dry heat. When using heating pads, do not set on high. Always use low or medium settings. Also, do not fall asleep while using a heating pad in order to avoid burning yourself accidentally.

Heat is most effective for chronic pain or stress-related back pain. Heat is good for soothing your central nervous system and provides relief from fear and stress, which play a factor in many chronic back pain issues.

Massage:

This is a major way to help treat back pain. Many studies have shown the impact that having a routine massage can make, depending on the type of back pain you're experiencing. Each type of pain requires different techniques, so it's important to do a little research on what kind of massage would work best for your set of particular issues.

Acupuncture:

Studies on this technique are mixed, but personally, I know people who swear by it. The majority of research I've seen suggests that acupuncture provides some beneficial relief, with only a small chance of any negative side effects. Personally, having needles stuck in my back doesn't sound appealing, but what works for me is bound to be slightly different than what might work for you. I would always seek out a well-trained professional for the best chance of success with the method.

Diet:

You are the things you eat. There are a good number of foods that help reduce inflammation; and on the flip side, also foods that increase it. When suffering from back pain, it's important to choose foods wisely.

Eating a diet revolving around plant-based foods, like chia seeds and flax, is your best chance to keep inflammation at bay, especially when you eat these combined with fish like mackerel, salmon, herring, tuna, black cod, and trout. Other foods to consider are vegetables like spinach, kale, broccoli, beets, and carrots. Protein like chicken, beans, turkey, and cocoa are important. Spices like cinnamon, basil, ginger, garlic, rosemary, oregano, turmeric, and cumin are great for seasoning. Be sure to drink water, or true teas and herbal teas like white, oolong, and green tea.

Some of the foods to avoid include fast foods, saturated fats, and processed foods. These foods all help to increase inflammation. This means you should try to also avoid pasta, white bread, rice, and snacks or drinks high in sugar, alcohol, and caffeine.

Aromatherapy:

Important:

1. Helichrysum – Expensive but valued as an antispasmodic, anti-inflammatory, and analgesic. Great for quick pain relief and supporting your nervous system.
2. Chamomile – Chamomile is one of the most commonly used essential oils. It has anti-inflammatory properties that help relieve pain. Has properties that can help improve arthritis pain.
3. Lavender – An anti-inflammatory. One of the most popular essential oils. Great for relaxation and pain relief. It also has sedative and anti-microbial properties. It also cures spasms, muscle tension, allergies, headaches, and joint pain.
4. Sweet marjoram – A sedative. Good for relieving stiffness, spasms, muscle pain, osteoarthritis, and rheumatism.
5. Eucalyptus – An anti-inflammatory and analgesic. Good for nerve pain and muscle pain. Should only be used in small doses.
6. Rosemary – An antispasmodic and analgesic. Good for headaches, back pain, and muscles pain.
7. Peppermint – Good for nerve pain and joint and muscle pain.
8. Sandalwood – A sedative. Good for sedating the nervous system, which helps to alleviate nerve pain and muscle spasms.
9. Clary Sage – An anti-inflammatory and antispasmodic. Helps at easing muscle tension and spasms. Use only in small doses.
10. Juniper – An antispasmodic. Good for relieving muscles and joint aches, spasms and nerve pain.
11. Yarrow – An analgesic. A strong restorative and pain reliever that is great for joint aches, muscle soreness, and pain.
12. Ginger – Good for improving mobility and easing back pain. Good for rheumatic and arthritic pain. Also good for sprains and muscle pain.
13. Frankincense - An anti-inflammatory. Helps at alleviating stress and also serves as a gentle sedative.
14. Vetiver – Good for muscular pain and general backaches.
15. Wintergreen – Good for nerve pain, headaches, and arthritis.

While it's possible to use these oils individually, it can also be good to blend as many as three oils together. Before applying, dilute first with something like jojoba oil, sweet almond oil, or olive oil.

You can apply the mixtures in a variety of settings such as soaking in a bathtub, getting a relaxing massage, or using with a hot/cold compress. I would try different oils and different applications to find the ones that best suit your needs.

Herbal:

Here are a few common remedies for pain relief.

1. Capsaicin – Made from hot chili peppers, this is a topical ointment that can be used to help relieve pain. It's slow-acting and can take some time for the effects to be noticed. You can also use capsaicin topical patches on areas with pain. Avoid using near the mouth, nostrils, eyes, and genitals.
2. Feverfew – Used in the treatment of arthritis and body aches. Avoid if pregnant.
3. Turmeric – Used in relieving inflammation and pain. Try to limit your dosage and do not use if suffering from gallbladder disease.
4. Devil's Claw – Good for lower back issues and arthritis. Do not take if pregnant or if you suffer from ulcers or gallstones.
5. Valerian Root – For muscle cramps and spasms.
6. St. John's Wort – Good for sciatica and arthritis.
7. Kava Kava – Good for neuropathic pain and tension headaches.

Medications:

Many people will often resort to trying pain relievers before seeing a physician or pursuing other avenues of back pain prevention. It's important to remember everything you've tried including what worked and what didn't.

It's also crucial to keep track of what you're taking, as certain medications don't interact well with other medications.

Some back pain relief medications include:

1. Acetaminophen – Commonly found in Tylenol. Safe in normal doses. Helps with pain relief.
2. NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) – Commonly found in ibuprofen (ex. Advil, Motrin), and also found in naproxen (ex. Aleve). Great for the treatment of pain affecting muscles and bones. Better than acetaminophen for back pain relief.
3. Narcotic Painkillers – Prescribed by a doctor, and include oxycodone, codeine, morphine, and hydrocodone. These come with many side effects, like possible constipation, confusion, sedation, nausea, urinary retention, and allergic reactions. These can also quickly become habit-forming. Good only as prescribed for short-term use.
4. Muscle Relaxers – Commonly found in carisoprodol (ex. Vanadom, Soma) and cyclobenzaprine (ex. Flexeril). These focus on the muscles instead of your central nervous system. Only use under close doctor's supervision as they can become habit-forming.
5. Adjuvant Medication - Not normally prescribed for pain relief, they're usually prescribed along with other types of drugs to be used in combination for back pain relief. It is often used in relieving neuropathic pain. These can include beta blockers, anticonvulsants, and antidepressants.
6. Anesthetics – Work by blocking affected nerves that surround the spinal cord. Can come in over the counter topical creams, or in local anesthetics, like lidocaine and novocaine, that need to be administered.
7. Steroids – Used to treat back pain brought on by inflammation. Should not be used for longer than a couple of weeks as they can cause long-term complications.

Water Therapy:

1. Use water shoes. They will help provide more traction on the floor of the

pool.

2. Water can be either chest or waist high.
3. Use a flotation vest or belt for deep water.
4. Slow movements offer less resistance, as compared to faster movement.
5. Don't keep pushing through if feeling any pain.
6. Webbed gloves made for water or inflated balls can help to increase resistance.
7. Keep hydrated. Even though you're in a pool, your body still needs water.

6 Pool Exercises:

1. Side and Forward Lunges – Do this near a pool wall in order to support yourself. For forward lunges take a huge step forward and for side lunges take a huge step to your side. Don't let your forward knee go past your toes. Begin with three sets of ten lunge steps.
2. Water Walking / Water Jogging – In waist- or chest-high water, walk fifteen to twenty steps forward, followed by the same backward. Over time, build up speed until jogging. Then alternate between walking for half a minute and jogging half a minute. Continue at least five minutes.
3. One-Leg Balance – Keep standing on just one leg while raising your other knee up to hip level. Hold for around thirty seconds and then switch legs. Try two sets of five on both legs.
4. Sidestepping – Face towards the pool wall. Then take a sideways step using your body as well as your toes, facing the wall. Take around twenty steps in one set direction and then switch to the other direction. Go twice in both directions.
5. Hip kickers – Stand at the pool wall with one side of your body there for support. Then move your one leg forward keeping your knee straight, as if you were kicking. Then begin again at your starting position. Next, move that same leg to your side, and again return to your starting position. Finally, move the same leg, but this time behind you. Repeat for three sets of ten and then change the leg.

6. Arm Raises – Use webbed gloves or a set of arm paddles to add resistance and keep arms held at your side. Then bend both elbows to ninety degrees. Next, raise and then lower both your elbows and your arms down towards the surface of the water, while still keeping the elbows at the bent ninety- degree angle. Do three sets of ten.

There are many other fields of study and therapies for helping to relieve back pain. Beyond the obvious of losing weight and getting better sleep, here is one more alternative to consider.

Talk Therapy:

Still a new field, but some studies suggest that Cognitive Behavioral Therapy (CBT) can have long-term positive effects on those suffering chronic lower back pain. If you want an alternative option to normal medicine, this may be an avenue to research further.

How Stress Can Cause Back Pain Without Any Physical Injury

Backache from Stress?

Yes, it's more than possible.

Exercises, however, have been found to be far more effective than they are often given any credit for by would-be back pain sufferers. Most people feel that visiting their doctor or taking some painkillers will help rid them of back pain.

But that is only a short-term solution. Displaced muscles of the back primarily cause the back pain. This can happen from being in the same posture for long periods of time (e.g., sleeping or driving long distances), or due to a sudden movement of the body that causes stress on the back muscles (incorrectly lifting some weight). So correct postures are paramount.

Remember, our back is one of the most precious parts of our body. It is

difficult to imagine how a human body can stand straight without the strength of back muscles. The back is invisible to us most of the time and is only “remembered” when it starts to hurt.

But that is no excuse to ignore it when it is not hurting yet. As stated before, four in every five people will experience back pain in their lives. Taking up the right exercises to strengthen your back muscles, or learning and practicing the right postures is one way to ensure that you are not one of the four who suffer from it.

Cure Pain with Complementary Therapy

Alternative medicine treatment, also known as complementary therapy, is quickly becoming an accepted method of attempting to ease pain and problems throughout the body. Back pain has a broad assortment of complementary treatments which reportedly alleviate pain.

Complementary therapies have been in existence much longer than the medication we in the West use today. Nevertheless, there is still discomfort about the usage of these medicines. The following alternative medicines are all thought to have medicinal benefits for easing or avoiding back pain.

Trigger Point

Trigger-point therapy works on the theory that the body contains trigger points for pain in the muscles, joined with the autonomic nervous system. Usually, the trigger point will be centered on knotting areas in the muscles. The points can spread pain to additional areas of the body.

Treatment involves injection of a small amount of local anesthetic into the trigger point. This allegedly scrambles the electrical signals which relay pain sensations. It typically takes a few sessions before the therapy is fully effective.

Herbs

Certain herbs, such as chamomile, have a calming effect on muscle tissue. Other herbs possess natural anti-inflammatory properties, like bromelain, which is derived from pineapple. If one takes these herbs in a high enough dose, they can help alleviate back pain, it is believed.

Aromatherapy

It is reported that essential oils can help alleviate pain. This is said to be because a lot of oils like thyme, rosemary, horse balm, and sage contain natural compounds like thymol which can help muscles relax.

To receive full benefits, one needs to mix the proper proportion of oils, rubbing them into the affected area following bathing. This is so the pores will open and the muscles will be fully relaxed.

Meditation

Meditation purifies your mind and body from pain and tension. The meditation should be done from thirty minutes to one hour each day. Lie on your back with pillows placed under knees and thighs, so that stress on your back is minimized.

During the time you're meditating, strive to keep a clear mind, letting all thoughts flow through your mind without judgment or grasping at them. There is no conclusive evidence showing that alternative therapies do work, although, on the other hand, there is no proof that they do not work, either.

Should you decide to try complementary therapy to lessen your back pain, remember to consult with your medical doctor first, as such therapies may have adverse interactions with other treatments or conditions.

Stretches for Your Back

Stretching is healthy and can help protect your back. Maintaining flexibility

and strength will go far in helping you avoid back strains and injuries.

Tips for Healthy Stretching

Daily stretches (when not part of an exercise routine) are perhaps best done a few minutes after showering, if possible. After a shower, your body is warm and your muscles are relaxed, which can be helpful. Unless you took a cold shower, of course!

You can do any of the stretches below, if they're comfortable for you, multiple times a day.

You never want to bounce or force any motion while stretching aggressively.

Child's Pose Stretch

This great stretch can help relax your spine and hips.

Kneel on the floor (on a padded surface) with your knees shoulder-width apart and the soles of your feet under your butt.

Bend forward from your waist, toward the floor. Walk your fingers forward as far as you can go while trying to touch your nose (or forehead) to the floor. Your arms will be stretched out in front of you on the floor.

Breathe in and out deeply.

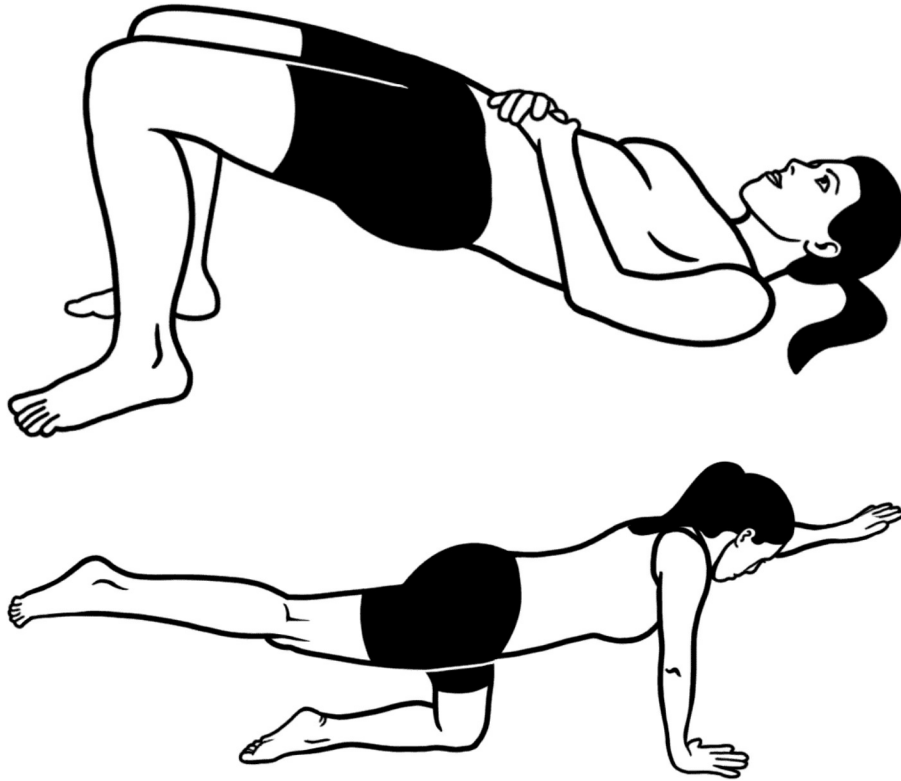
Hold the position for fifteen seconds initially and work your way up to thirty seconds each time.

Exercises for a Strong Back

Exercising is essential for preventing back injuries and staying strong. It also keeps you moving, which prevents sitting or standing too much in one place. The following exercises are meant to get you started with things you can do at home. They're not designed to build massive bodybuilder back muscles ... no, that happens with a regular strength-training program. If you don't already have one going, then I strongly recommend starting one. Even if you

don't have access to a gym, anything involving calisthenics or progressive calisthenics can be beneficial. The advantage of these is that you can do them anywhere.

Bridging

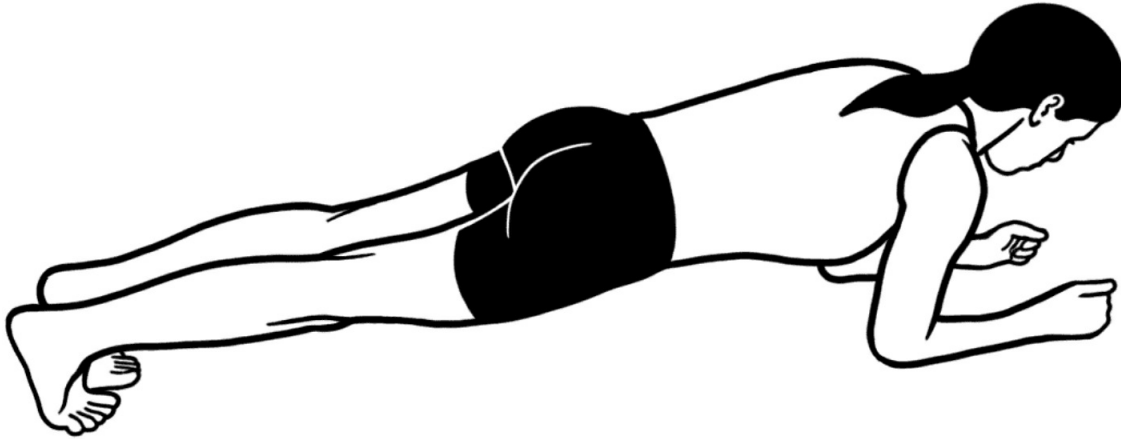


Repeat on the other side.

Perform six to eight per side. Move slowly and steadily, holding the arm and leg out momentarily before switching.

Forearm Plank on Knees

This exercise strengthens the core muscles and supports lengthening the spine and better posture.



Lie on the floor with your forearms flat on the floor and make sure your elbows are aligned under the shoulders.

Engage the core and raise your body up off the floor. Do this while keeping the forearms on the floor and your body in a straight line from your head to your knees.

Keep your abdominals engaged (flexed) and try not to let your hips rise or drop.

Hold this forearm plank for ten seconds to start, trying to progress to a sixty-second hold. Eventually, work your way to a two-minute hold.

Preventing Back Problems When Traveling

Preventing Travel Aches and Strains

Traveling can be rough on the body. Traveling long hours in a car, train, or airplane can leave you stressed, tired, stiff, and sore. People often fail to take their travel day into consideration when working toward having a healthy back.

Tips for Healthier Travel Days

Take time for a warm-up and cooldown before and after travel. Think of traveling like a major athletic event, like running a 10K race. Throw in one or more squats to the floor, if you're capable. Do a couple of gentle side bends as well. Finally, reach up to the sky and then try to go down and touch your toes, or go as far as you can. Do these things routinely before and after travel when you'll be sitting for extended period.

Airplane, Train, or Car: These Will Keep Your Back from Aching

Your spine has a normal "S" curve shape. If you're sitting for prolonged period of time, you can use a pillow or a rolled-up jacket or towel to help support that curve when you sit in your seat. Simply tuck the pillow, etc., behind your back, just above the waistline. Then, tuck another pillow (or rolled-up item) across the gap between your neck and the headrest. I've even used a partially blown-up beach ball for this while flying on an airplane. Tip: If the seat bottom is old and sagging, use folded blankets, clothes, or towels to raise your butt a little.

While you are seated, from time to time, try to vary your position to improve circulation and avoid cramps. Massage your legs, calves, and arms. Move your legs up and down. Tighten your calf muscles, count to three, and then release. Repeat this with your thigh muscles, and finally, your butt muscles. Take your shoes off and prop your legs up on a book or a bag under your seat if you can.

On airplanes and trains, when possible, get up out of your seat and walk. Many airlines prefer passengers to stay seated, but I get up and walk about the cabin once the seat belt sign is turned off. One way to ensure I do this is that I drink a lot of water while flying. The benefits are staying hydrated and using the bathroom, so I'm moving more.

When flying, check all heavy bags if possible. Lugging them around the airport is a sure way to hurt yourself before you even get on the plane. If you cannot check your bag, then consider a trolley to push the bags to your gate, so you're not carrying them the whole way. Or, choose carry-on bags that roll. Be especially careful when lifting bags overhead to put them in the overhead bins on an airplane. Tip: While lifting your bags, stand directly in front of the overhead compartment, so the spine is not twisted or "out of position." Every moderate to heavy lift (in your life) should be performed with the same attention to good form that you would use if you were in the gym.

How to Properly Wear a Backpack

Always use both straps on a backpack. Wearing a backpack by one strap causes an uneven shift of weight to one side, leading to asymmetrical tension in the neck and back, possible muscle spasms, and lower back pain.

A backpack without a rigid frame and load-bearing belt should not hang more than four inches below the waistline. It should also not be packed with excessive weight, or it may cause you to lean forward when walking, which in turn can cause back, shoulder, and neck strain.

A backpack with individualized compartments helps in positioning the contents most effectively and distributing the load more evenly.

Wide, padded straps are important. Narrow or non-padded straps can dig into your shoulders.

The 9-Exercise Routine

This first, shorter routine, consists of nine exercises and is ideal as a daily workout. The second, longer routine, is more thorough for when you are feeling particularly sore or tight and tense as a result of desk work or other stresses. Ideally, you would perform this routine every day, and the longer one at least once a week.

How much better will I get?

This is not for me to say. I am an independent researcher rather than a trained health-care professional, and my symptoms and experience will differ from yours. Caffeine intake, sleep, nutrition, rest, and recovery are all contributing factors to the balance of your body. Make regular visits to your doctor or physician to check on progress. I would also recommend investing in a blood analysis from a company such as WellnessFX.

That said, I was in so much pain that I was unable to sleep or concentrate,

and spending every spare moment and dollar looking for a way to get better. This is what saved me.

1. The Full Waist Release



Movement: Inhale to prepare, then exhale to lift head and right foot (knees together). Sense a deeper contraction in the waist. Now slowly lower head and foot and sense release when rested. Slowly means between five to seven seconds. Three seconds is too fast.

Repeat three times, then on your right side.

2. The Oyster



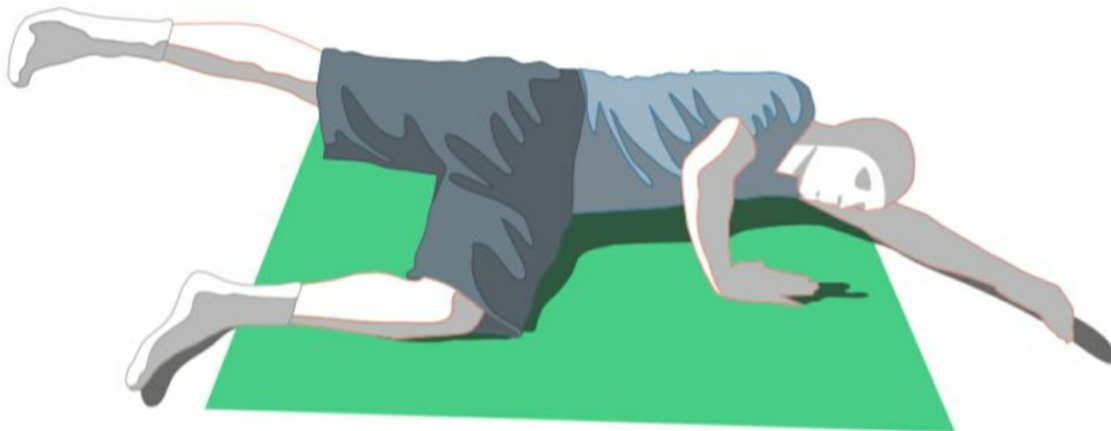
Start

Position: Still lying on your left side with knees bent and your feet together.

Movement: Inhale to lift your right knee away from your left. Sense how your hip opens out and the back of your hip/buttock contracts. Exhaling, slowly lower and sense the release when rested.

Repeat three times, then on your right side

3. The Side-Lying Abduction



Start

Position: Still lying on your left side, keep your left leg bent and straighten your right leg, neither in front or behind your body.

Movement: Inhale to prepare, then exhale to lift your straight right leg a few

inches or enough to sense the outside of your hip/leg contract. Also, sense if your waist contracts again. Slowly lower. Sense the release.

Repeat three times, then on your right side.

4. Side-Lying Abduction Release



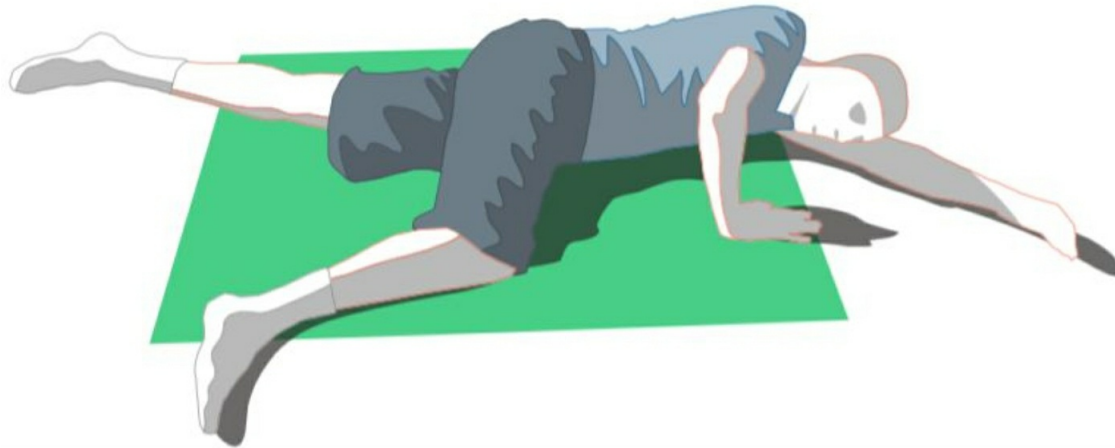
Start

Position: Lie on your left side with your right leg bent and your left leg straight, neither in front of or behind your body. Rest your head on a pillow or underneath your arm. Place your right-hand palm down in front of you, arm bent.

Movement: Inhale to prepare, then exhale to lift your straight left leg enough to sense your inner thigh and right waist contract. It's important to keep the leg straight. Slowly lower your leg to sense the release in your right waist and inner-thigh area. You can also lift your head to an easy limit as you lift your leg to deepen the contraction in your waist and inner thigh.

Repeat three times, then on your right side.

5. The Hip-Flexor Release



Start

Position: Lie on your back, knees bent, hip-width apart, arms resting by your sides.

Movement: Inhale to prepare, then exhale to lift your right foot a few inches from the floor. Sense how your right hip contracts and the weight transfers to your left foot. Slowly lower your foot and sense your right hip relax when your foot is rested. Also, do you feel weight placed equally on your feet? You can palpate the hip area with your thumb to get a better feeling of what's going on.

Repeat three times on both legs.

6. The Back of Buttocks Release

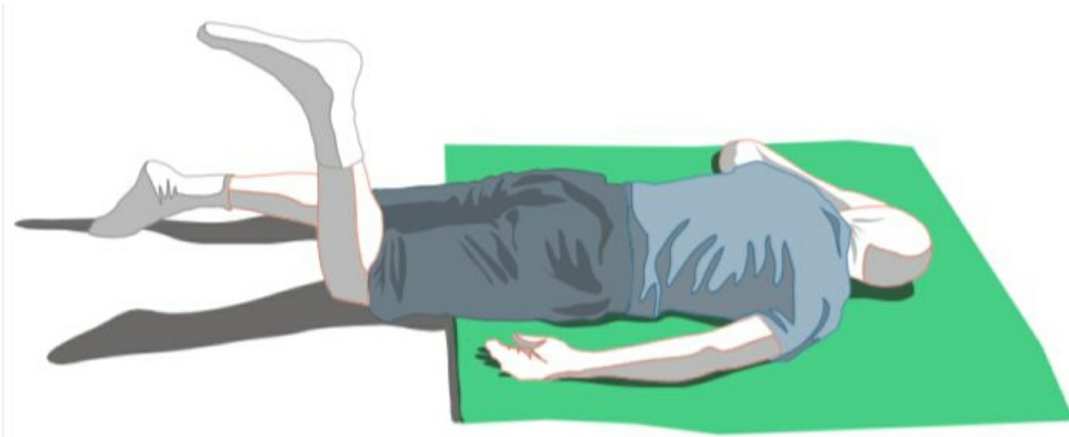


Start

Position: Lie on your front, with your head turned to the left. Place your left hand by your face and straighten your right arm along your right side.

Movement: As you inhale, lift your straight right leg enough to sense your hamstring/buttock contract and the left side of your lower back tighten. Your right leg must stay straight. Exhale to slowly lower your leg. Sense the release in your back and right leg when rested.

Repeat three times, then very slowly turn head and repeat for your left leg and right side of your back.



8.

Quad & Abs Release



Start

Position: Lie on your back, right leg bent and your left leg straight.

Movement: Inhale to prepare, then exhale to lift your straight left leg (toes point to the ceiling). Don't lift so high that you feel your hamstrings stretch.

Instead, you should be sensing the contraction in your quads and abdominals. Inhale to slowly lower your straight left leg. When rested, sense the release in the front of your thighs and abdominals.

Repeat three times on each leg.

9. The Cross-Leg Twist



Movement: As you inhale, slowly lower knees to the right as you turn your head to the left (sense your left side lengthening, keeping it at an easy limit). As you exhale, tighten left waist to center knees and head. When rested, sense if left waist releases.

Repeat three times on each side.

The 15-Exercise Routine

1. Arch and Flatten



Start

Position: Lie on back, knees bent, feet hip-width apart, arms resting by sides.

Movement: Inhale to arch lower back (pelvis tilts forward). Sense back contract; exhale to slowly flatten back so belly contracts. Slowly means between five and seven seconds. Three seconds is too fast.

Repeat five times.

2. Pelvis to Rib Cage



Movement: Inhale to prepare, then exhale to lift your straight left leg (toes

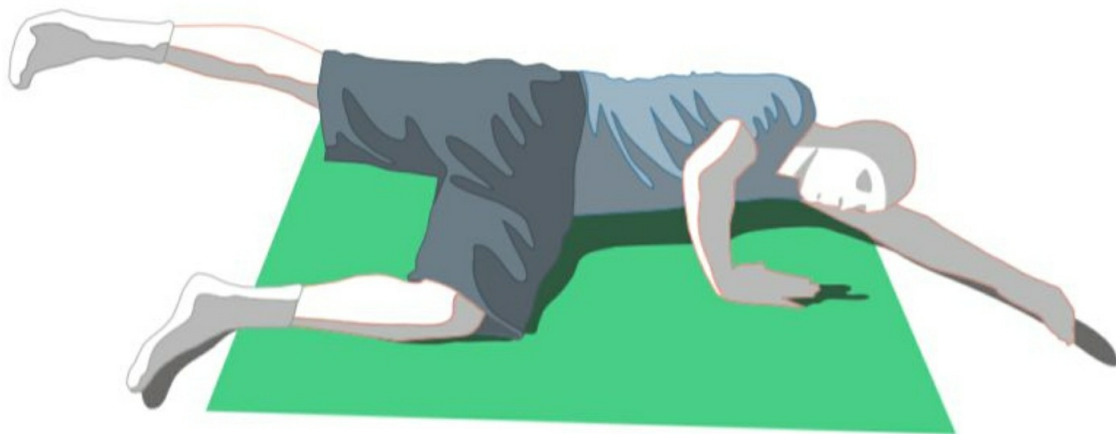
point to the ceiling). Don't lift so high that you feel your hamstrings stretch. Instead, you should be sensing the contraction in your quads and abdominals. Inhale to slowly lower your straight left leg. When rested, sense the release in the front of your thigh and abdominals.

Start Position: Lying on left side, legs bent at a right angle, ankles under knees. Rest head on a pillow or underneath your arm.

Movement: Inhale to prepare, then exhale to lift right foot (knees stay together). Sense side of pelvis compress towards rib cage and hip/waist contracting. Breathing freely, slowly lower right foot back onto left foot. Sense release of right side. If it helps for sensing, place webbing of thumb/forefinger between ribs/pelvis. This applies to all side-bending movements.

Repeat three times.

3. Side-Lying Abduction Part 1



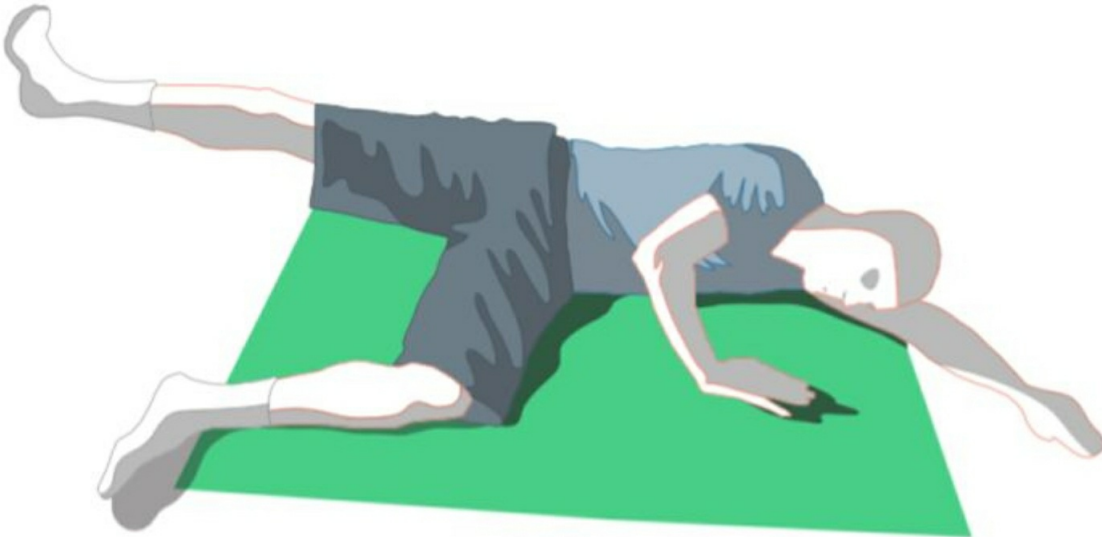
Start

Position: Still lying on your left side, keep your left leg bent and straighten your right leg, neither in front or behind your body.

Movement: Inhale to prepare, then exhale to lift your straight right leg a few inches or enough to sense the outside of your hip/leg contract. Also, sense if your waist contracts again. Slowly lower. Sense the release.

Repeat three times.

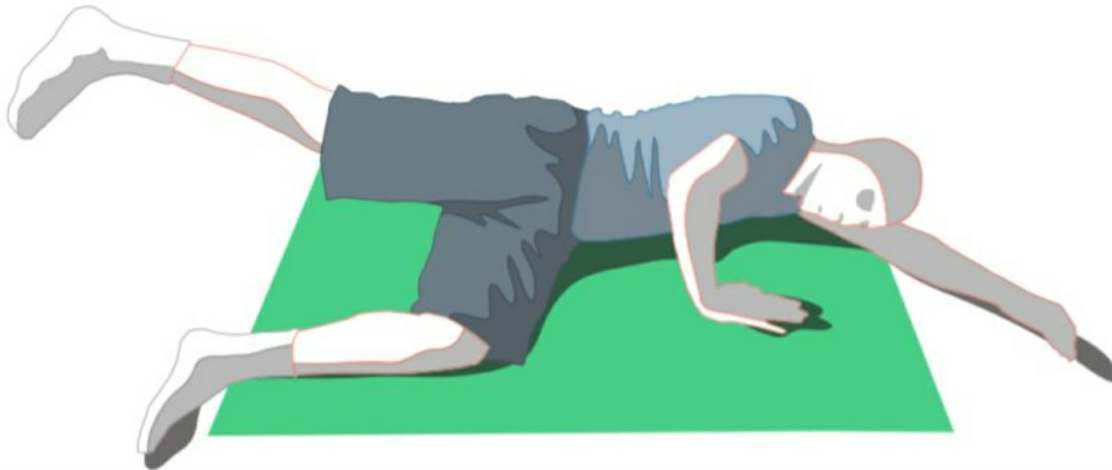
Side-Lying Abduction Part 2



Movement: Lift straight leg and turn toes outwards to open hip. Sense back of hip/buttock contract along with the waist. Slowly lower and release rotation, so the leg is straight again. Sense release.

Repeat three times.

Side-Lying Abduction Part 3



Movement: Lift straight leg, turning toes inwards. Sense hip turning in and waist contracting again. Slowly lower and release rotation. Sense release.

Repeat three times.

4. The Oyster



Start

Position: Still lying on your left side with knees bent and your feet together.

Movement: Inhale to lift your right knee away from your left. Sense how your hip opens out and the back of your hip/buttock contracts. Exhaling, slowly lower and sense the release when rested.

Repeat three times, then on your right side

5. The Full Waist Release



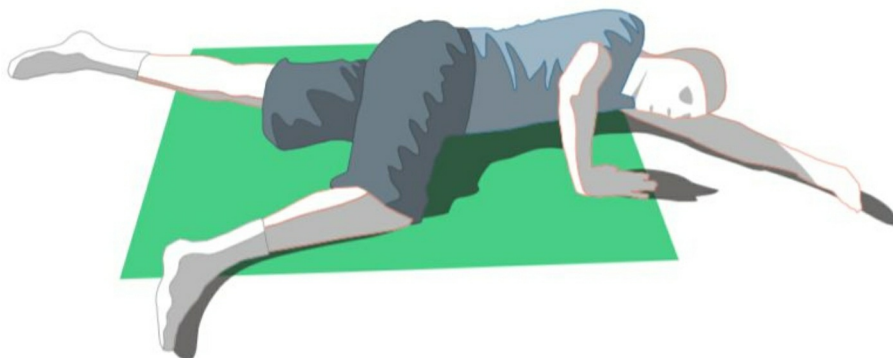
Movement: Inhale deeply and then exhale. Lift your head and your right foot while exhaling. Keep the knees together when lifting the foot. You will feel a deep contraction in your waist. Slowly lower your head and foot in the resting position. You will sense a feeling of release at the resting position.

Repeat three times.

Lie on back with your arms and legs straight. Sense if your right side has lengthened and relaxed. The goal now is to achieve a similar release and relaxation on your left side.

Repeat exercises 1 - 5 for the other side of your body, this time lying on your right side.

6. The Side-Lying Abduction



Start Position: Lie on your left side with your right leg bent and your left leg straight, neither in front or behind your body. Rest your head on a pillow or underneath your arm. Place your right-hand palm down in front of you, arm bent.

Movement: Inhale to prepare, then exhale to lift your straight left leg enough to sense your inner thigh and right waist contract. It's important to keep the leg straight. Slowly lower your leg to sense the release in your right waist and inner-thigh area. You can also lift your head to an easy limit as you lift your leg to deepen the contraction in your waist and inner thigh.

Repeat three times.

Lie on your back again. Sense if your right waist feels longer and your legs feel lighter. Repeat lying on right side with right leg straight and left leg bent.

7. The Hip-Flexor Release



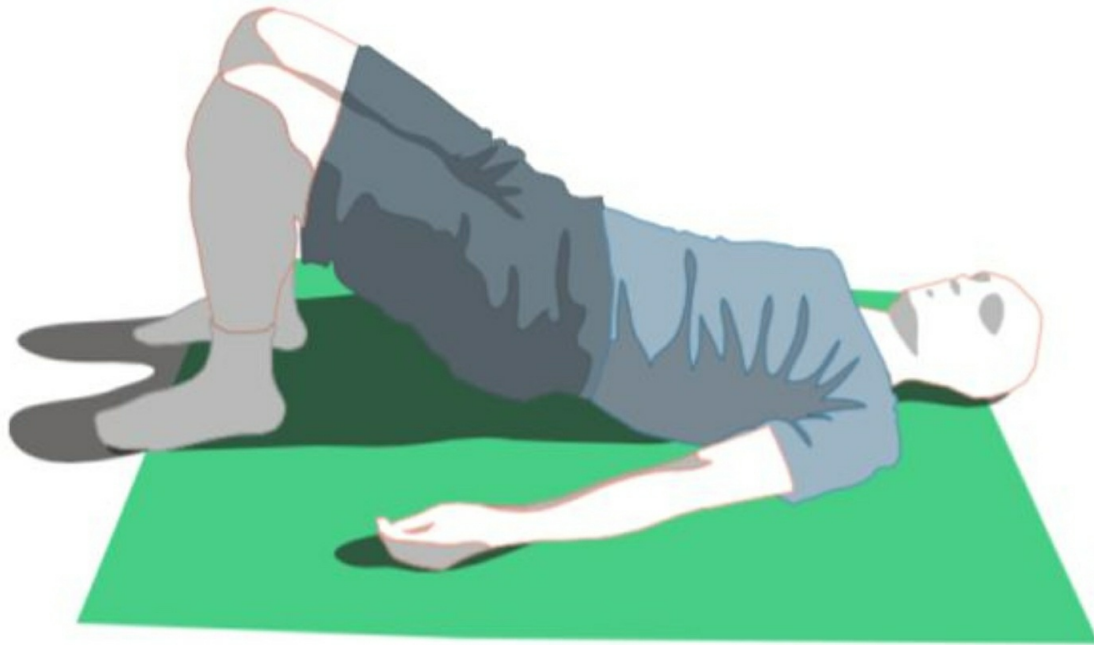
Start

Position: Lie on your back, knees bent, hip-width apart, arms resting by your sides.

Movement: Inhale to prepare, then exhale to lift your right foot a few inches from the floor. Sense how your right hip contracts and the weight transfers to your left foot. Slowly lower your foot and sense your right hip relax when your foot is rested. Also, do you feel weight placed equally on your feet? You can palpate the hip area with your thumb to feel more.

Repeat three times on both legs.

8. The Hip-Extensor Release



Start

Position: Lie on your back, knees bent, hip-width apart, arms resting by your sides.

Movement: Inhale to prepare, then exhale to lift your buttocks from the floor by pressing the soles of your feet downwards. Go far enough to sense your buttocks, hamstrings, and calves contract. Slowly lower and sense the release when rested.

Repeat three times.

Straighten legs and sense if your legs/hips feel more relaxed.

9. Back of Buttocks Release

Movement: Inhale to prepare, then exhale to lift your straight left leg (toes pointed to the ceiling). Don't lift so high that you feel your hamstrings stretch. Instead, you should be sensing the contraction in your quads and abdominals. Inhale to slowly lower your straight left leg. When rested, sense the release in the front of your thigh and abdominals.

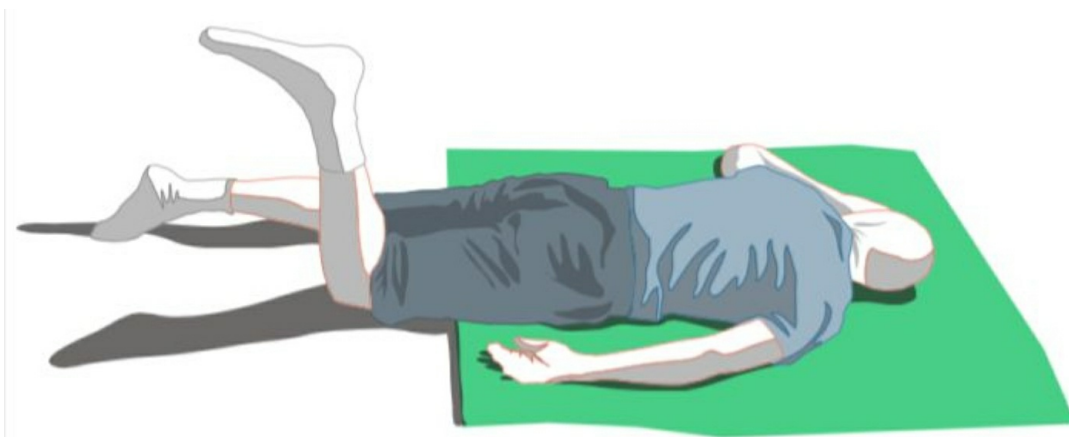


Start

Position: Lie on your front, with your head turned to the left. Place your left hand by your face and straighten your right arm along your right side.

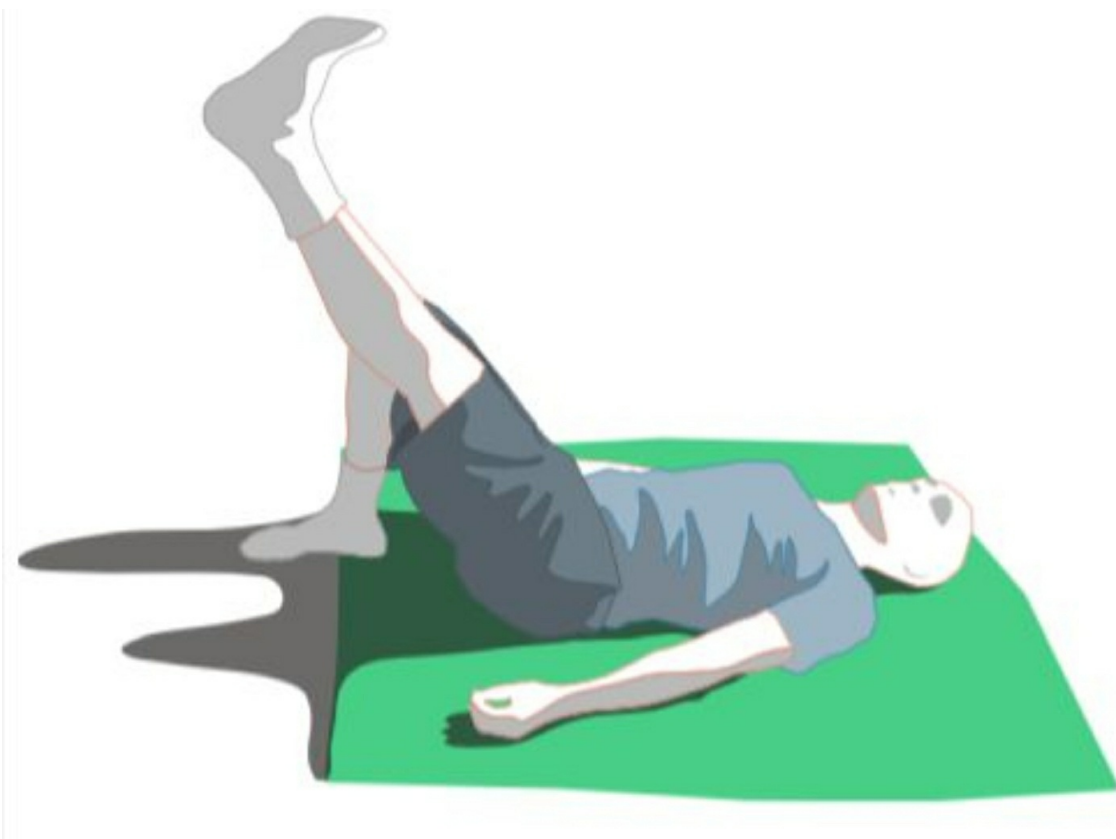
Movement: As you inhale, lift your straight right leg enough to sense your hamstring/ buttock contract and the left side of your lower back tighten. Your right leg must stay straight. Exhale to slowly lower your leg. Sense the release in your back and right leg when rested.

Repeat three times, then very slowly turn head and repeat for your left leg and right side of your back.



10.

Quad & Abs Release



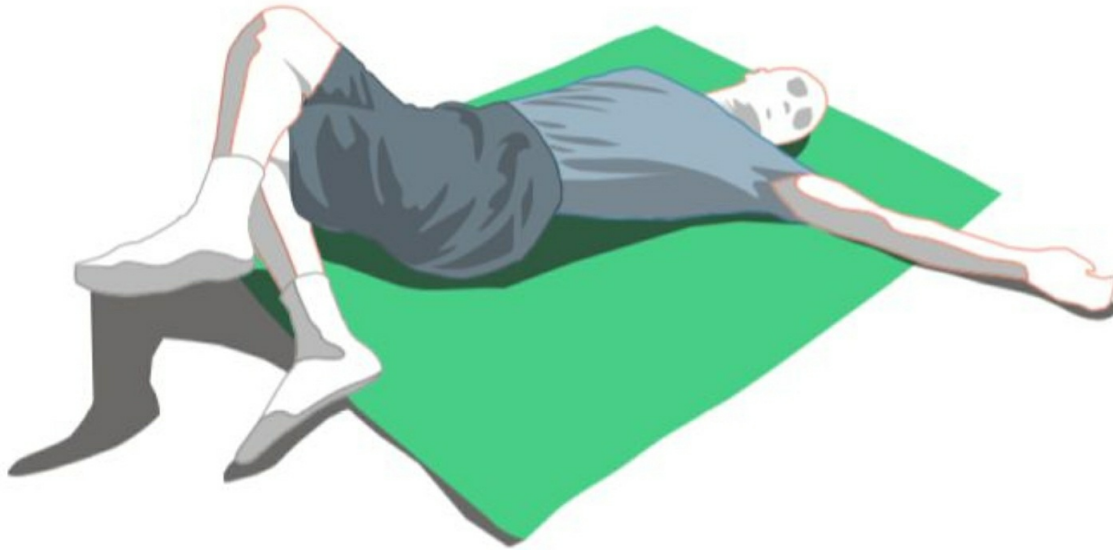
Start

Position: Lie on your back, right leg bent and your left leg straight.

Movement: Inhale to prepare, then exhale to lift your straight left leg (toes pointed to the ceiling). Don't lift so high that you feel your hamstrings stretch. Instead, you should be sensing the contraction in your quads and abdominals. Inhale to slowly lower your straight left leg. When rested, sense the release in the front of your thigh and abdominals.

Repeat three times on each leg.

11. The Cross-Leg Twist



Movement: As you inhale, slowly lower knees to the right as you turn your head to the left (sense left side lengthen, keeping it at an easy limit). As you exhale, tighten left waist to center knees and head. When rested, sense if left waist releases.

Repeat three times on each side.

12. The Single Inversion



Movement: Turn the sole of your left foot inwards to face your right leg (as your left knee drops out). Continue this movement by scooping up the sole of your left foot (imagine scooping up some ice cream with the sole of your foot). You should scoop up enough to place your left foot on your right leg, probably just above the knee. The right side of your back should feel

lengthened and your pelvis lifted. Slowly take your left foot off your right leg (sensing how your left hip/leg contracts). Once your foot is down, slowly straighten left leg. When rested, sense the release in your left and right hip.

13. The Single Eversion

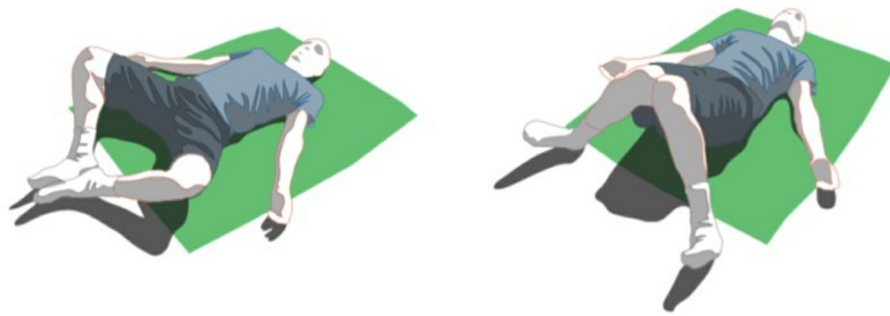


Start Position: Lie on back with your legs and arms straight. Focus on left hip/leg first.

Movement: Slowly bend your left leg and allow your left foot to slide away from right leg as your left knee slowly lowers towards your right leg. Notice how the left side of your back now lengthens and the left side of your pelvis lifts. This can be increased by turning the sole of your left foot out more (eversion). Slowly bring the sole of your foot to the floor and straighten your leg slowly. When rested, sense the release in your right hip.

Repeat: Alternate between inversion and eversion three times. When you've completed left leg, sense if it feels more relaxed/lengthened than right. Repeat for your right leg.

14. The Double Inversion and Eversion



Movement: Invert both your feet; bring soles together and slide your heels towards your buttocks. Sense how you are bowlegged and arched in the back. Slowly straighten legs and move both feet into an everted position. Your knees will move inwards to a knock-kneed position, and this time your back will flatten.

Repeat three times.

15. Skiing



Movement: Keeping your legs close together, invert your left foot while everting the right. Your knees will lower slowly to the left and you should look to the right for a counterbalance. Straighten legs slowly and return to the central starting position. Now move in the opposite direction, inverting right foot and everting left as your knees lower to the right and your head turns to the left. Go to an easy limit each time and notice how you lengthen the side you are looking to with each repetition.

Repeat: x3

Finish with your arms/legs straight for a final internal scan and sense of changes. Well done!

Sciatica:

Sciatica is the pain that comes from the sciatic nerve of the body. The sciatic nerve is a branch of your spinal cord that begins at your lower back and goes through the hips and extends to each leg. Sciatica effects don't usually affect both legs. Sciatica is a result of a herniated disk, narrowing of the spinal cord or compressing of a nerve, which causes inflammation. This leads to a feeling of numbness or pain in the affected leg.

Get a Proper Diagnosis

To get the most effective treatment for the pain caused by the irritation of the nerve, you must first get an accurate diagnosis as to why it is irritated. This is where I find the biggest misconception for patients and even with other members of the medical team. Many people feel that once it is determined that they have sciatica, the treatment should be the same for everyone. What worked for their family, friend or neighbor should work for them. If only it were that easy.

For example, if the reason for your sciatica is because the disc is bulging onto the nerve, it should be treated differently than if the reason is a tight piriformis muscle. This is why I highly recommend going to a physical therapist or any other medical professional that is experienced with treating sciatica and who can help you to find the underlying problem.

Who gets Sciatica?

Other groups, besides those that sit for long periods, in the high-risk category are:

- Runners, due to the repeated high-impact stress on the discs and low back.
- People who lift heavy objects in their daily activities and create repeated pressure on the discs

Remember that one of my primary goals with this book is to educate and empower you so you can know the difference between what to do and what not to do. I also want you to be aware of the signals for when your situation can be managed with self-care or requires more emergent treatment.

Red Flags: Reasons to Seek Urgent Medical Treatment

As you begin to understand more about sciatica and how to care for your body to decrease pain and discomfort, it's also important to know when you should seek urgent medical attention.

Here are some red flag indicators that you need to watch out for:

- Saddle paresthesia: You might describe it as pins and needles in your buttocks or groin or “saddle” area. It is often described as numbness or tingling.
- Altered gait pattern: Changes in the way you walk or your balance can indicate more serious problems, especially if your movements are jerky or hard to control.
- Localized swelling: Specific local swelling in the back or down the leg
- Pain, redness, or discoloration of the foot: May indicate that the blood flow is also being restricted
- Fever: May indicate some type of infection
- Having significant night sweats: This is another area of concern and may indicate a more significant issue.

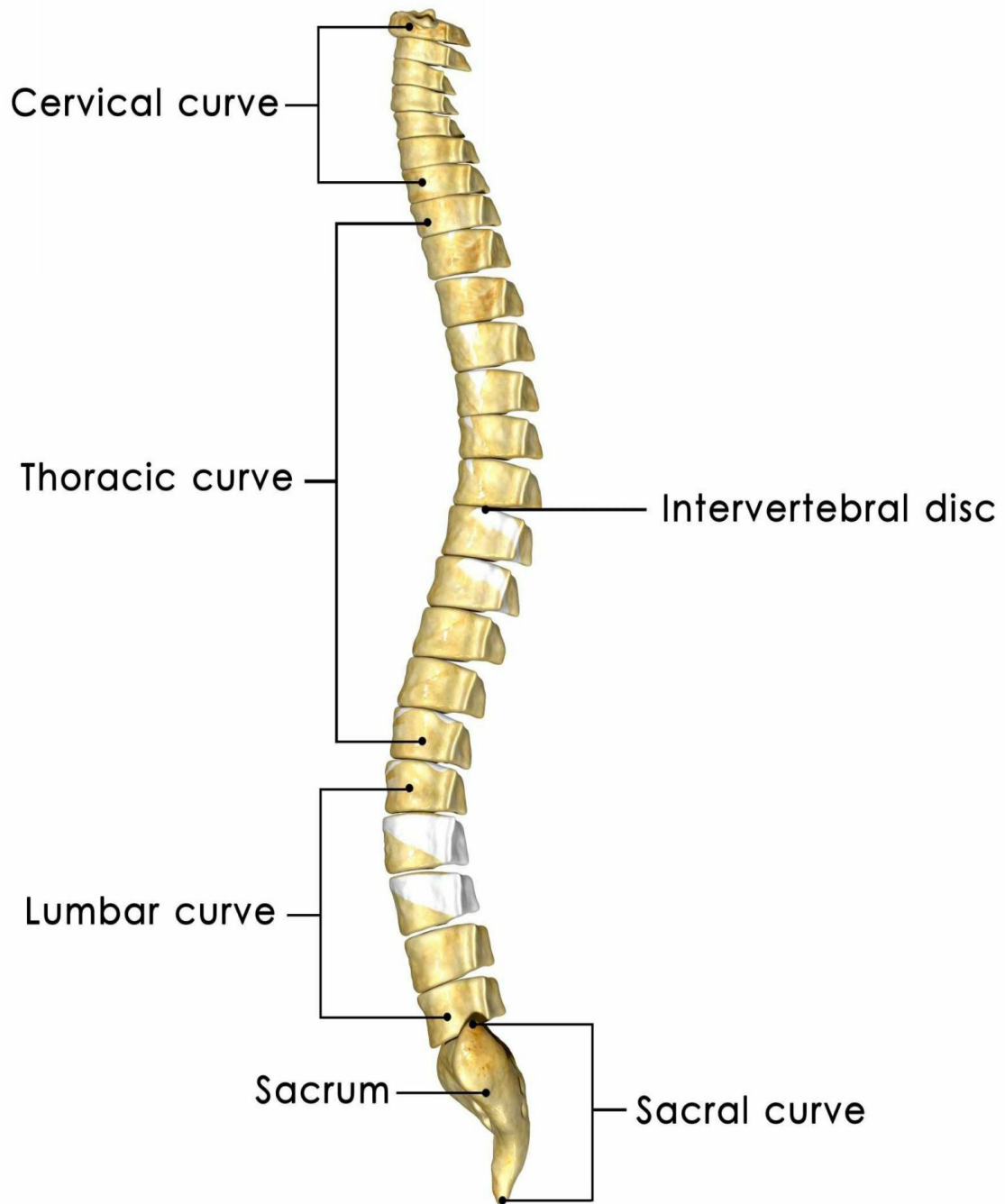
If you are having any of these red flag symptoms, please let your doctor know as soon as possible. It could be that there is significant pressure on your sciatic nerve that may require further imaging or evaluation.

Anatomy of the Spine

Getting proper treatment begins with education. In my experience, the first few appointments in a clinical setting are the most important because you will learn what is causing your sciatica and develop a treatment plan. I have found that if you have a good understanding of what is going on in your back, you are more likely to follow recommendations and suggestions for improvement.

In order to explain the deals of sciatica, I will start with some basic anatomy of the back and then move into more specifics.

General anatomy of the spine



Between each vertebra, some nerves extend off the spinal cord in each direction. These nerves travel on a very specific path through the body and are responsible for controlling pain, sensation, muscle response, and reflexes in those areas.

The path for each nerve has been mapped, and we can tell which nerve may

be having a problem according to the area where you are experiencing pain, weakness, or other symptoms. The nerves that exist in the area of the neck go down in specific patterns to the arms. The nerves of the mid-back wrap around toward the ribs. The nerves of the low back extend down to the legs.

We label the nerves by stating the level of the vertebrae above and below where the nerve exits.

At each level of the lumbar spine, there is a nerve that exits. These nerves branch out and extend down to different areas in our legs and feet. Each nerve has a specific pattern and is responsible for control of specific muscles as well as control of specific reflexes.

By knowing these patterns we can often determine the exact nerve that is having problems by identifying the area of pain muscle weakness, and reflexes involved.

As each nerve exits the spine, it must first go through a small hole called the neural foramen. These areas are important because if for any reason, the hole of the neural foramen is smaller than normal, it can cause pain and weakness anywhere along the path that nerve travels.

There are several different causes for a smaller than normal neural foramen, the most common of which is osteoarthritis. As the body develops wear and tear over time, osteoarthritis sets in and lays down small uneven calcium or bone deposits on the inside of the hole and makes it smaller over time.

What is a Disc?

A disc is a pad between each vertebra in our spine. The disc is there to cushion weight and shear forces on the back while maintaining a space between the vertebrae so the nerves have an area to exit. Without a disc, the two vertebrae would be rubbing on each other, and there would be no room for motions like rotation and bending, as well as no room for the nerves to exit.

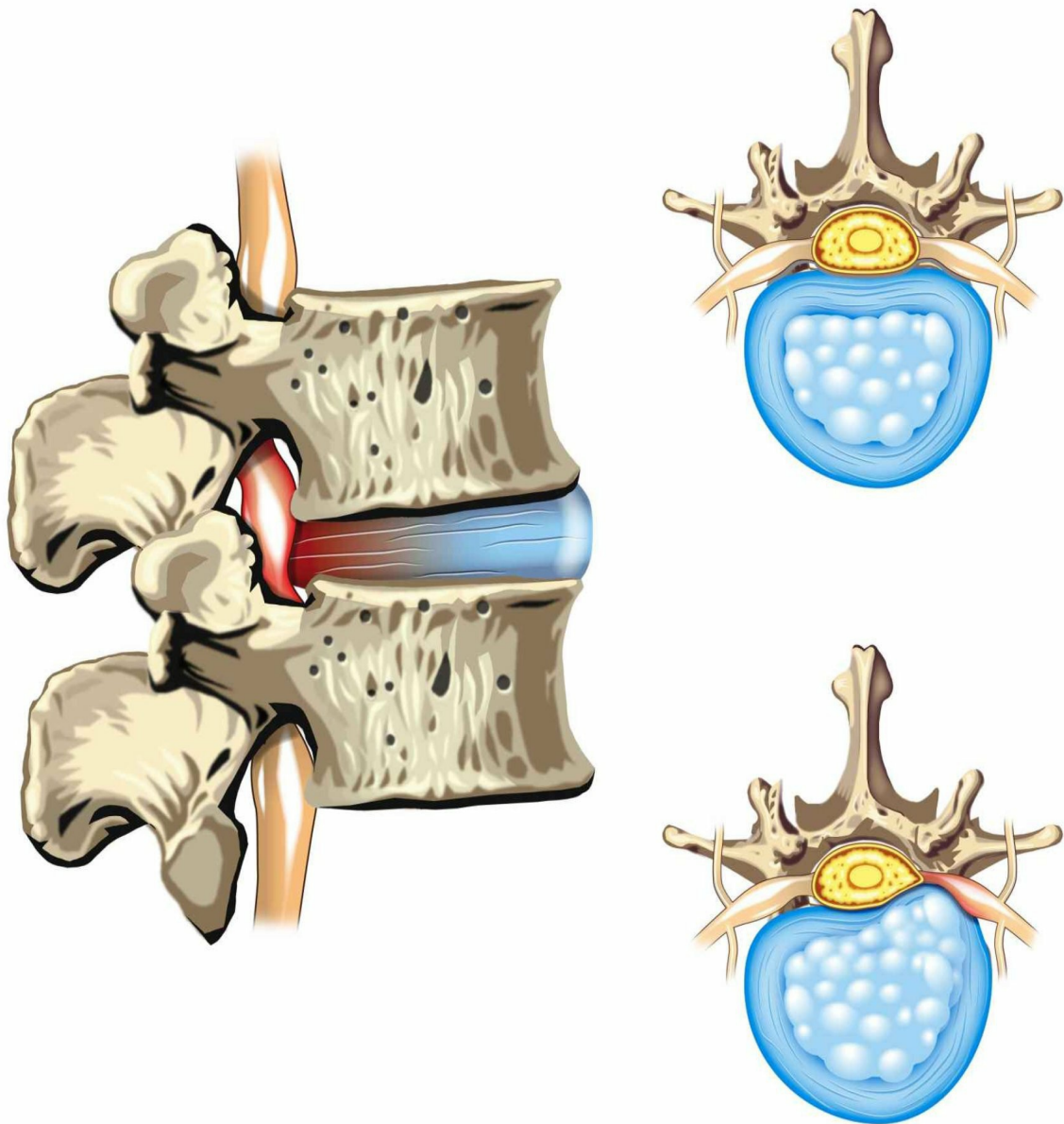
What does a Disc Look Like?

A disc is often referred to as looking like a jelly donut, or a water balloon filled with gel. It has thick gel in the middle, called the nucleus pulposus, and a casing around that gel to prevent it from getting out. The outer casing is actually made up of several layers of interwoven fibers shaped into rings surrounding the gel.

A disc bulge (also known to medical staff as a disc protrusion) means the gel in the middle has not yet leaked out, but the disc itself is pushing out in one area. Disc bulges are often the result of wear and tear over time that finally pushed out a little too far and irritated the nerve.

Most of the time, the disc will bulge more to one side than another, and that is why most people have symptoms down one leg. However, at times, there can be a central disc bulge that puts pressure directly back toward the middle, and that can cause symptoms down both legs.

A herniated disc means that there have been more breakdowns of the outer rings and the gel has leaked out of the disc (usually toward the nerve roots). Since the gel in the middle is called “nucleus pulposus,” a herniated disc is often referred to as an HNP or “herniated nucleus pulposus” (medical staff may also refer to it as a disc extrusion). Disc herniations are oftentimes more painful at the onset because the gel that has leaked out causes the surrounding nerves to create a large inflammatory response.



How do Disc Bulges Happen?

Disc herniations usually happen in two very different ways, traumatic and non-traumatic.

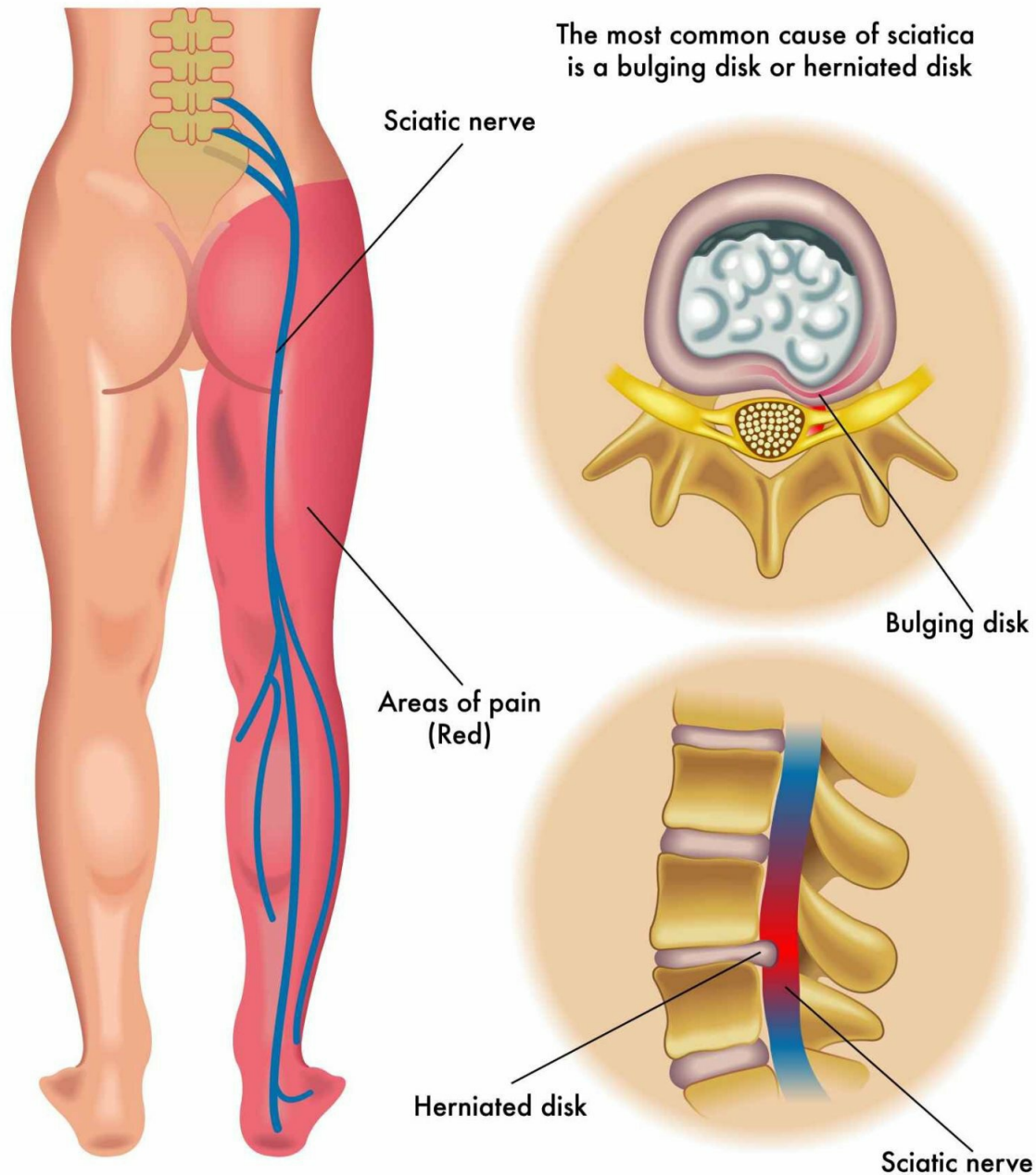
The first type is due to some traumatic event to the low back, usually lifting

something much too heavy. The best example I have of this type of injury involved a competitive powerlifter who was squatting close to one thousand pounds when he heard a large pop and had a traumatic herniation of the L5-S1 disc.

Anatomy of Sciatica

Sciatica is caused by irritation, compression, or inflammation of the sciatic nerve. The sciatic nerve itself is created when the nerve roots exiting the back at the L4-L5 and L5-S1 levels combine together (in some people the L3-L4 nerve root can also combine with the others when creating the sciatic nerve).

SCIATICA



The nerve roots that create the sciatic nerve are at the lowest levels of the spine, and therefore they often have the most pressure on them throughout the day. If you can imagine the weight of your body as gravity pulls down throughout the day, the weight is going to continue to amplify until it gets to the bottom.

After the nerve routes exit and come together to create the sciatic nerve, it

travels down and out toward the buttock. There it goes directly under the gluteal muscles, the hamstring muscles, and the piriformis muscle. These are the target muscles I cover, in detail, in a future chapter regarding stretching and strengthening.

After passing through the muscles, the nerve travels down the back of the thigh, down to the calf, and eventually to the foot. As the nerve goes down its path, it branches off at several points, including branches that go both to the front and the back of the foot.

No matter where the nerve is pinched or compressed, whether it be at the nerve root or as it goes under a muscle, you can feel the symptoms throughout the line the nerve follows. In some instances, the symptoms can be felt all the way to the foot. Because the sciatic nerve controls sensation, muscle function, and reflexes in the back of the legs down to the foot, you can see problems in one or a combination of those areas.

Pain sensations from the sciatic nerve are often felt in the low back, buttock, and back part of the thigh where the hamstring muscle is. Many times, it can be confused with a hamstring strain as both create pain in the same area.

How Symptoms Progress

The first symptoms you may experience with light compression or irritation are often pain and tingling. As the compression gets worse, you can start experiencing a decrease in strength and poor reflexes at the Achilles tendon or hamstring tendon on the side that is affected.

It is important to remember that sciatica just refers to the irritation or compression of the sciatic nerve, and does not indicate the cause of the compression. As we have already discussed, there can be many reasons for sciatica, and it is important to get it diagnosed accurately because the treatment for each underlying problem should be individualized.

Remember that if the reason for your pain is because the disc is bulging onto the nerve, it should be treated differently than if the reason is a tight piriformis muscle. This is why I highly recommend going to an experienced physical therapist or other medical professional that has worked with this

issue in the past and can help you to find the underlying problem or problems.

That being said, I find that, with the vast majority of the cases that I treat, the problem is because of compression on the nerve root as it exits the spine from some form of disc bulge or disc herniation.

MRI and X-ray

X-ray

X-rays are easy to do and can be very valuable in initial diagnosis. X-rays can show arthritic changes of the vertebrae, along with bony abnormalities or compression and other types of fractures. This is an important first step when someone is complaining of severe back pain, but because an X-ray only shows bones, you cannot clearly see the discs or the nerves. This means that, with an X-ray alone, you cannot always determine the cause of the pain.

MRIs are more costly and difficult to do. They differ from an X-ray in that they can show soft tissues such as discs, nerves, and muscles. This can provide additional information beyond what is shown in the X-ray and allow your medical team to make a more definitive diagnosis. With an MRI you can usually see if there is a disc bulge or herniation and whether or not the nerve is getting compressed as it exits the spine.

Do I need an MRI?

On the favorable side, MRIs provide the best way to see what is going on in your back. You can see the discs and nerves and how much a nerve may be compressed.

On the unfavorable side, MRIs often show problems that are unrelated to the current areas of pain. Patients can get sidetracked and even depressed by the findings.

Many times, people find that there is more deterioration than they were expecting. This can be disconcerting; however, it doesn't necessarily explain

why the current problem exists.

As an example, anyone over the age of thirty should expect to see some signs of degeneration. The average person may experience no pain, yet still see signs of small to moderate disc bulges, degenerative diseases, etc. However, this may not be the exact cause of sciatica.

It is important to use the MRI as part of the exam and make sure it correlates to the clinical exam to determine the cause of your problems so you can treat the real issue while not getting sidetracked.

Generally speaking, a comprehensive clinical exam should be enough to begin treating your symptoms and place you on a home rehab program.

However, as we discussed previously, you should seek the advice of a physician if any of these red flags occur:

- Foot drop
- Saddle paresthesia
- Bilateral numbness and tingling
- Altered gait pattern
- Bowel or bladder incontinence
- Numbness in the saddle area (buttocks, groin, etc.)
- Localized swelling
- Pain, redness, or discoloration of the foot
- Significant night sweats

How to Calm the Pain

In the beginning, sciatica often comes as a flare-up, where the pain is sometimes unbearable. It is important that, before you start on an exercise routine, you work on finding ways to decrease or calm the pain. The following are the most effective ways that I have found to calm the pain.

- Relative Rest
- Ice or Heat
- Medication

If you have a more long-term or chronic problem, relative rest means taking time away from those things that are specifically aggravating the pain but finding other ways of being active.

Listen to your body!

Recently, I was working with a forty-five-year-old man who has on and off back pain. It usually comes when he is working more than normal and goes away after a couple of days. He came in because he had a flare-up about four weeks ago that is not going away. He stated that he was leaning forward over the hood of a car on a project that he had been working on with his son over the past year.

After about twenty minutes, his back started to hurt and he remembers telling himself that he should probably stop, but he kept going for two more hours. When he woke up the next day, he couldn't get out of bed without severe pain.

We worked together once a week for two months to calm the pain and slowly return to where he was prior to the onset of pain.

If he had listened to his body and gotten out of the position earlier, he might have avoided the flare-up altogether.

I hear examples like this each and every day. It comes down to the fact that you know your body better than anyone else and in order to decrease the risk of a flare-up, you need to listen to those warning signs.

Common triggers

Although some common positions and activities can cause increased pain, everyone is different, and it is important for you to know your own triggers.

Common triggers include:

- Bending
- Lifting
- Twisting
- Travel
- Driving
- Sitting longer than 30 minutes
- Back bending or arching your back

Here is a helpful hint for you. Use a journal and start writing down when you experience pain as well as what you did most recently. This will help you begin to identify the most common trigger for you.

Ice vs. Heat

When to ice

The first twenty-four to seventy-two hours that you have an acute flare-up are the best time to ice. Ice helps to decrease the irritation and inflammation around the nerve and can reduce the intensity of the flare-up.

How to use ice

Use a good cold pack or make your own. Cold packs are made of a gel that does not completely freeze solid in the freezer but is just as cold. When it is placed on your back, it will conform to your body. You can find them by searching “cold packs” online at your favorite online retailer. I would

recommend the larger size because it always feels best to have the cold spread throughout the back.

When to use heat

If you have chronic or long-lasting pain, then heat is going to be your best bet. Chronic pain causes constant spasms and tightness in the muscles and is most often not associated with acute inflammation.

How to use heat

The best way to use heat is twenty to thirty minutes at a time in the area of your muscle spasm or tension. I recommend allowing at least an hour before reapplying the heat.

The most effective way of relaxing muscles with heat is using what is called “moist heat.” This is the type of heat that I use in the clinic. I have a mudpack that is soaked in hot water and placed under multiple layers of towels, so, as the heat radiates out, it also brings some moisture with it. These mudpacks are available for purchase from retailers but are difficult to use in the home because they must be kept moist at all times. If they dry out, they cannot be used again.

Dry heat is more commonly used in the home. Plug-in heating pads and microwaveable hot packs are examples of dry heat. Dry heat does a similar job as moist heat and is much easier to set up in your home.

Medications

I am not a physician and do not prescribe medications, but I am familiar with the medications that are commonly used for back pain and sciatica. You should have an informed discussion with your doctor about which medications are most appropriate for you.

I have found by working closely with the physicians in my area that using the right medications in combination with the strategies in this book can decrease the pain faster and more effectively.

Here are some common categories of medications and the reasons they are typically used.

Once again, I am not a physician, and this is not meant to be a detailed overview of medications but rather a general idea of why they are used most often for back pain so that you can have an informed discussion with your doctor.

NSAIDs

Non-Steroidal Anti-Inflammatory Drugs or “NSAIDs” are a common first-line medication for sciatic pain. This includes medications like Ibuprofen, Advil, Aleve, Naproxen, and many others. They work by both decreasing the pain and decreasing the irritation and inflammation in the area. When used correctly, they can help tremendously, but they need to be taken correctly.

Oftentimes, NSAIDs need to build up in the system to be effective. If they are just taken once in a while when you have pain, they may not be able to decrease the inflammation as effectively as if they are taken more regularly. It is important to follow the recommendations of your doctor in how to use them.

Be careful to watch out for common side effects that happen with NSAIDs including stomach irritation and ulcers; that is why they should always be taken with food. Long-term use of NSAIDs can also cause liver problems, so following up with your doctor is important.

Steroid Medications or Injections

Unlike the Non-Steroidal Anti-Inflammatory Drugs (NSAIDs), there are also steroid medications that can be used to decrease inflammation and irritation. These are not the anabolic steroids that you hear about with sports, but rather medications like cortisone which you may have heard associated with injections to painful shoulders and hips.

Steroid medications can be very effective but are also more dangerous and

can only be used under the supervision of a doctor. Many times, if a person has an acute flare-up of pain, a doctor may try a short course of steroid pills (usually three to five days) to calm the pain. Steroids are usually not used for long- term use for back pain as they can have some serious side effects.

Another way of using steroids is by placing a small dose of the steroid directly around the area that is inflamed or irritated by using what is called an epidural steroid injection. These injections are done by a specially trained physician, usually in a pain management practice.

Many times, I will work with the physician who will administer an epidural steroid injection for short- term pain relief and then have the patient start physical therapy for stretching and strengthening to help with long-term relief.

Nerve Pain Medications

The most common medication that I see used to help with nerve pain is Gabapentin (aka Neurontin). It is often used with symptoms that are radiating down the leg including pain, numbness, or burning.

Although they can be effective with pain, they also have some significant side effects including drowsiness and feeling like you are in a fog. These medications should only be used under the supervision of a doctor.

Muscle Relaxers

Muscle relaxers are commonly used as part of the first line of medications given to someone with sciatica. They work differently than other medications that decrease pain or inflammation. Instead, they are used specifically to decrease muscle tension.

Opioid Medications (Narcotics)

Opioids are probably the most common pain medications given to people with sciatica. Unfortunately, in my opinion, they are the most dangerous due to their addictive nature. Common types of opioid medications include Vicodin, Oxycodone, Dilaudid, morphine, and many others.

These medications are purely pain relievers. They do not help to decrease the inflammation of the nerve. They can be very effective but are also very addictive. Prescription pain medication addiction is a huge problem in the United States, so the use of opioid medications is highly regulated.

If you start on a regimen of opioid medication, make sure that you have a support system and a plan to get off them. You should never be taking them without the supervision of your doctor.

Traction

Traction is one of the best tools for short-term relief. You can use traction to decrease pressure and pain on the sciatic nerve. It relieves pressure on the low back through positioning, use of body weight, assistance from another person, or using a traction machine.

How does Traction Help?

Traction helps by decreasing the pressure on the nerve for a short time. It allows the nerve to have a small window of relief.

Unfortunately, traction does not provide long-term relief. I hate to say it, but traction is only a very short-term solution. Once you stand back up after doing traction, your body weight starts to slowly place pressure back onto the same place it was previously. There is no evidence that traction will help reduce a disc herniation or create a vacuum effect to bring the disc back in.

Why should I do Traction if it Won't Cure the Problem?

I recommend traction not because it will cure the problem, but because it can provide some much-needed short-term pain relief which allows you to do some of the other things that can help in the long run including exercise, changing your posture, demonstrating proper lifting mechanics, and other strategies we will review in detail the upcoming chapters. I see people each day that don't know where to start because the pain is so bad. Immediate relief becomes the goal in some cases. If I can show them a simple way of doing traction to help take the edge off the pain for a short time, for those patients, it is well worth it.

I have found that traction is most effective by allowing the muscles around the area a small window where they can relax a little instead of being tense all day. This can allow you to have a short time of decreased pain.

Traction in a Clinic

When you go to a physical therapist or chiropractor, they will often have traction units that they use in the clinic to focus on a specific area. Most will have a cervical traction unit for the neck and a lumbar traction unit for the low back.

The traction units can be big and use pulleys and motors or small enough to fit in a suitcase for travel. My experience has been that almost all traction units deliver similar results. My recommendation is that you do not overpay for traction sessions based on claims that they have the only unit that will work for you. I often cringe when I hear people being sold on a traction plan where they pay high fees.

Self-Traction

Self-traction is a way of providing traction or decompression to your low back without use of a machine or therapist to help you. It is finding positions that allow you to use your own body weight to create the desired effect.



To do this, all you need is to find a countertop or table that you can use to rest your weight on.

First, you want to bring yourself up, so you are leaning on the counter. Then, rest your weight on your belly and elbows on the counter. Slowly allow your knees to bend underneath you and start to take the weight of your body on your elbows and stomach.

Next, take a deep breath and relax into the position, allowing yourself to “slump.” This is probably the only time, as a physical therapist, I will tell people to slump. It is important that you are in the most relaxed position you can be in. Make sure that your knees are bent and your feet are underneath you and not behind you.

If your feet are behind you, then it will cause your back to go into slight extension which will cause increased pressure on the area of the sciatic nerve. By having your feet underneath you, it creates a small amount of flexion or forward bending of the lumbar spine which is the “open packed” or most open position of the lumbar spine, allowing it to get the best decompression of the area.

It is also important that you do not lift your feet off the ground. If you do that, then all of the muscles around your abdomen will have to tense up to hold your body weight and, with the muscles tense, you will not be able to allow the low back to relax and get the desired decompression.

You should hold the position for ten to fifteen seconds. That is all you need to get some light decompression of the area. You can hold longer than that without causing problems, but oftentimes you have already got what you needed after the first ten to fifteen seconds.

The great thing about self-traction is that it is easy to do, and can be done as often as you want. When you are in the first couple of days of an acute flare-up when the pain is at its worst, I would recommend doing some type of self-traction every hour, or multiple times an hour. If you're a few weeks out of the initial flare-up, then doing traction three to four times a day is more typical.

Assisted Traction:

Assisted traction refers to having someone help you with things you can't do on your own.

Here are some examples of assisted traction:

1. Stand between two dining chairs with your hands on the top of the chairbacks. Take your weight onto your arms, allowing your knees and hips to bend underneath you. Just like with the counter-traction position, it is important that you don't take all the weight off your feet, causing the muscles to tense up. Think about taking fifty percent of the weight off your legs and onto your arms.
2. Sitting in a chair with armrests, place your hands on the armrests and push down through your arms to take about fifty percent of the weight off your body and onto your arms.
3. Lying down on a bed with your knees bent, grip onto the headboard and pull your upper body away from your lower body.
4. Lying over a gym ball

Again, find one or two of these positions that work for you and stick with them. Do them several times throughout the day to stay ahead of the pinch.

Cardiovascular Exercises for Sciatica

Maintaining cardiovascular health may be the single most important thing you can do to speed up your recovery. Unfortunately, it is usually the first thing that most people stop, and with good reason, as it usually hurts too much to continue.

How does cardio help?

Regular cardio has been shown to decrease stress. Stress causes increased muscle tension, which can make your symptoms worse.

Many studies show that cardio can help with weight loss. The less weight you have, the less compression and pressure there is against your nerve.

Low-impact cardio

There is a continuum of cardiovascular exercises that range from low impact to high impact. The challenge will be finding the one you can stick with. Then, you can progress when it is appropriate.

The lowest-impact forms of cardio include water aerobics and water therapy. Water aerobics decreases pressure on your disc due to the water buoyancy and provides a safe method of getting in your cardio.

The next step up is using a stationary or recumbent bike (recumbent bikes are the type of stationary bike with a seat that is behind the pedals instead of on top, and has a backrest). Then, move to an elliptical and walking. Higher-impact cardio includes exercises like jogging or step aerobics.

It is important to find the starting place that is right for you. Most people start on a recumbent bike. Start with little to no resistance and just work on getting up to a good pace. The recumbent bike is a good place to begin because it puts your body in good posture with low stress on the back. Some patients prefer to start directly on the elliptical. This is a good place to start for people who have a history of exercising.

Most of my patients will start on the recumbent bike, with little to no resistance, for twenty minutes. Some people will need to start in a water therapy class because the pain is too intense, even for the recumbent bike. Others may be able to transition quickly to the elliptical trainer. I recommend trying both the recumbent bike and the elliptical to see which feels best to you. The main thing is to find an exercise that you can be consistent with, and one that does not cause increased pain.

How often should I do cardio?

The goal is to get a good cardio workout for thirty minutes, three to four times a week. If the pain is too much in the early phases, then you may have to decrease that time to ten to fifteen minutes. However, if that is the case, then you should try for four to five days a week.

Remember that cardio is the single best option to begin your recovery process.

Stretching Exercises for Sciatica

How Stretching Helps Sciatica

Stretching the muscles of the low back and hips can decrease the tension and pressure around the nerve, as well as decrease muscle tension and spasm.

The four best stretches for sciatica

- single knee to chest
- hamstring stretch
- lumbar rotation
- single knee to chest
- hamstring stretch
- piriformis stretch
- lumbar rotation

Which Stretches Should be Avoided?

How to Stretch Properly

Take your time with stretches and relax into them. Stretching is meant to help decrease muscle tension and stretch the muscle over time. However, if you are tense or straining into the stretch, you are defeating the purpose.

You should not feel sharp pain or other symptoms except a muscle stretch. You should be familiar with what a muscle stretch feels like. If you feel sharp pain or nerve symptoms and you continue to stretch, you might be causing more irritation and making the situation worse.

How Often to Stretch

Stretching should be done every day. I suggest doing your stretches in the morning after a light warm-up and again in the evening when you return from work.

If you do a stretch right and hold it for fifteen to thirty seconds, you do not need to do many repetitions. Once or twice is enough. After the second time, you really don't get much more benefit out of the stretch.

Strengthening Exercises for Sciatica

Strengthening

The purpose of strengthening is to create a strong core group of muscles around the low back to help decrease the amount of pressure and stress in the area. I often explain this to patients by showing them the difference between a soda can and soup can. A soda can have thin walls and is easy to crush with pressure from the top, whereas a soup can have strong, thick walls and can handle pressure without squishing down.

If you can create a strong, thick group of muscles around your lumbar spine, then you can decrease the pressure on the discs and the pressure on the sciatic nerve.

Lumbar Stabilization

The purpose of lumbar stabilization is to help promote a stable spine for all of your body positions moving forward. Having a large arch or flat back are potential problems. A poor body position can close off the holes where nerves exit the spine. A flat back places pressure on the front of the disc and increases irritation.

Core strengthening

Strengthening your core is important because it sets a good foundation for your entire body. Focus on core muscles that protect your abs and low back. The muscles of your stomach and low back include the internal and external obliques, rectus abdominis, transverse abdominis, erector spinae, multifidus, and latissimus dorsi. The core muscles also include the hips (gluteals and piriformis), and leg muscles (quads and hamstrings).

Be sure there is no pain. I often hear the term “no pain, no gain,” but that is not the case when recovering from sciatica. There may be some muscle soreness after starting a new exercise, but oftentimes, pain is your body’s way of warning you that you are irritating the nerve more with the activity you are doing. If you feel pain, use another exercise.

Focus on your hold time with each exercise. Try and do the exercises slowly and hold for five seconds at the most intense point of the exercise. You will get your muscles working together as a group as well as firing all the way through the movement for increased benefits.

Start in a protected position

Begin each exercise with your back in a protected position. Your low back should not be extended or curved. It should stay in a neutral and protected position. Once you have mastered this, you can add new movements and progressions including a gym ball and additional external weights.

The four best strengthening exercises for sciatica

- Abdominal crunches
- Supine Marching
- 4-point leg extension
- Squat

General Body Mechanics for Sciatica

You may have heard people talk about “neutral spine positions” or “proper body mechanics.” Learning what these terms mean and how they apply to

your body are among the most important things you can learn.

Decreased Margin of Error

If you are already in pain, then you do not have a lot of margin of error in doing things the wrong way. The risk for injury is greatly increased, and it becomes relatively easy to instigate a flare-up as well.

If there is a disc bulge or narrowing of the hole where the nerve exits, the nerve itself just does not have the same amount of room to move around that it had before. When your back was doing well, you may have been able to get away with doing some things that did not cause any pain. However, once the nerve is irritated, your margin of error is less, and you have to be more careful until the pain decreases.

Basic Principles of Body Mechanics

Keep the center of your gravity low. This is achieved by maintaining a straight back (or natural curvature) and bending your knees during lifting, doing squats, and picking up objects from a lower surface.

Maintain a straight line of gravity. This is the line that vertically passes through your base of support. Maintaining a straight back and lifting objects closer to the body maintains the vertical line.

Body Alignment

It is important to keep good body alignment when carrying out all of your daily activities. This allows your muscles and all the discs throughout your back to work together to absorb the work as a whole instead of placing too much stress on any one part.

When the muscles, bones, joints, and ligaments are not properly aligned, they put a great amount of stress and tension on themselves, resulting in muscle fatigue.

Improper posture makes it difficult for these components to maintain balance and coordination of body movements. This is where you tend to see the

breakdowns begin to occur within your body, resulting in pain and pressure.

The spine can be easily stressed during bad posture and become susceptible to compression, constriction of its blood vessels, nerve inflammation, and abnormal curving, resulting in back pain.

Correcting poor posture by changing harmful habits may be the best solution for the pain you are experiencing.

Correct standing posture

Position your feet parallel to each other, keeping them slightly apart. Distribute weight equally to both feet. The balls of your feet should support most of your weight, and not the heels. Slightly bend your knees.

Align your spine. Squeeze in your buttocks as you pull in your abdomen. This position reduces the strain on your back and abdominals. Lift your chest, and slightly bend forward.

Position your head in the midline. Keep your chin parallel to the floor.

Position both hands on the sides, and let them hang freely. Your palms should be facing your thighs.

Your head, shoulders, and hips should be vertically aligned with each other. The shoulders and hips should be on the same level in the horizontal plane. Keep your shoulders relaxed.

Correct sitting posture

Stabilize your pelvis by placing your legs slightly apart and your feet on the ground so that sitting upright will be easier and more comfortable. Use a footrest if your feet do not reach the floor or ground.

Align your knees at the same level or slightly lower than your hips.

Getting out of Bed

Logrolling is a way of getting your body in a position that will protect the spine from twisting when getting up.

Bending

Bending forward for a short time can often help decrease pain, but staying in a bent position for more than a couple minutes usually leads to increased pain and irritation of the nerve.

I often explain it by using the jelly-donut analogy. If you can imagine the disc as a jelly donut with the nerves exiting behind it when you bend forward for too long, it puts all the pressure on the front of the donut and all the jelly pushes toward the back and onto the nerves.

Lifting

Lifting causes increased pressure throughout the back, and especially on the area near the sciatic nerve. When you lift something heavy, it causes increased pressure on the discs from the top down. The pressure builds throughout the spine down to the bottom point where the sciatic nerve exits. This pressure can force the disc to bulge out the sides and irritate the nerve.

To lift properly, make sure that you are bending with your knees and not just at the hips or low back. Bring the item you are lifting as close to your waist as possible. Lift using the big muscles in your legs instead of relying on the smaller muscles of the low back.

Twisting

Twisting when you are standing or lifting something (when your back is loaded) can cause the hole where the nerve exits to shrink as the back is compressed and the vertebra above pivots on the one below. If the nerve is already irritated or close to being irritated, the decreased space caused by twisting can cause the pain to increase or start a flare-up.

Specific Body Mechanics for Activities of Daily Living

Outside of the body mechanics for basic sitting and standing with good posture, there are also some great tips for using good posture during daily living activities. Here are some more posture strategies to keep in mind.

Vacuuming

When performing many of the activities of daily living including vacuuming, the goal with each of the activities is to force the legs and core to absorb most or all of the work. Unfortunately, most people use their back, which continues to place undue stress on the spine and cause further harm or degradation.

Place one foot forward and engage your abs when using a vacuum. You can lean forward onto the forward leg when pushing and lean back slightly onto your back leg when moving back.

Never round your back as you vacuum.

Loading and Unloading your Dishwasher

Always use your hips when bending so less stress is placed on your back. Instead of twisting, point your toes in the direction you are turning so your whole body pivots as opposed to placing the entire load on your back muscles.

Working at a Computer or Driving

Sitting, in general, places a lot of pressure on your spine, so finding the right support is really important. For driving, make sure that your seat is adjusted so that your knees are bent and they remain slightly lower than your hips.

You may also need to create some lumbar support by placing a towel or small pillow to create a slight inward curve to maintain low back support and integrity.

While sitting at a computer, make sure your feet are flat on the floor or resting comfortably on a footrest.

Finding a comfortable chair that supports your back and which allows for good posture can be critical. Avoid any kind of slouching forward or leaning too far forward while working. Keep your shoulders relaxed and practice engaging your core for more postural stability.

Sweeping or Mopping

If you spend much time sweeping or mopping floors, then you may also be

performing more twisting than you realize.

The secret to performing this daily activity safely is to engage your core muscles as opposed to flexing your back and twisting. Think about bending or moving from the hips. Consider placing one foot forward to place more emphasis on the core and leg muscles and as little as possible on the back.

Conclusion

I want to thank you once again for choosing this book, and I hope you found the information shared with you informative.

Because of our sedentary lifestyle, we end up facing back troubles from an early age. If you are facing issues with your back, the precautions and the exercises given in this book will help you overcome the back pain.

These exercises are all easy to follow and will help you keep your back in good health. I am sure you get relief from your back trouble if you follow these tips and exercises properly.

Good luck.

Bonus Material: Earning – An Introduction To Earning With The Double Your Income Sequence

SECTION 1: THE SECRET OF FORMING MONEY HABITS (AND HOW TO ENFORCE THEM)

You are a collection of your favorite habits.

And, you have a niche set of habits that contribute to the money you can earn and keep, during your average month. Understanding the science behind these habits will help you positively influence the energy you spend on making more money.

A habit is a practice that you have used so often, that it has become an internalized, autonomic blueprint – a kind of default program for how to execute a specific action.^[1]

Habits become damaging when they stop being beneficial, and instead, become uncontrollable, unintentional and contrary to your personal goals. Most individuals carry with them the burden of many bad habits, which inadvertently keeps them from forging ahead and achieving their income goals.

According to Charles Duhigg, the reason why we struggle with habits is that they are as unique as we are. There is no quick-fix formula.

In order to effectively change your habits, you need enlightenment on a better process, and, on your stuck behavior. Then you can change your *cue-routine-reward* cycle.^[2]

<p>Cue: a trigger that puts your brain in automatic mode and chooses your habit Routine: A physical, mental or emotional set of actions Reward: What you gain from executing the habit</p>

With fresh ideas and an understanding of how to break bad habit loops, you will adopt powerful new habits that will help you double your income every, single, month.

SECTION 2: HOW TO CREATE NEW MONEY HABITS

New habits are how you will double your income.

This means you need to:

#1: Identify and break bad habits, to free up room for fresh practices

#2: Identity and consciously adopt new habits, until they become automatic

This guide is not about the first step. If you want to learn how to break bad habits, I suggest reading Charles Duhigg's classic, "The Power of Habit."

What you do need to realize, is that a number of your existing habits need to change, to make room for the ones outlined in this guide. You must become consciously aware of your *cue-routine-reward cycle*, and interrupt it to stay on track.

You can do this effectively by replacing your existing rewards, with your new goal to double your income. To create a new habit, follow this simple process.

- **Identify the bad habit that must be replaced**
 - Waking up at 7 am to be at work at 8 am
- **Identify the harm it's causing**
 - Rushing and feeling harassed and irritated when you get to work
- **Understand and replace the reward from your bad habit**
 - Instead of instant gratification from sleeping late, your mood will be elevated, and your energy levels will be high at work
- **Implement the new habit, motivated by a stronger overall reward**
 - Practice waking up at 5 am, arriving at work at 7:30 and easing into your day, to stimulate the positive mindset required for success

According to modern studies, it takes roughly 66 days before a new behavior becomes automatic. [\[3\]](#)

SECTION 3: THE 14 HABITS THAT WILL DOUBLE YOUR INCOME

Here are the habits you need.

Habit 1: SLEEP (You're Not Doing It Right)

Bill Gates, the co-founder of Microsoft, sleeps for 7 hours every night and reads for 1 hour before bedtime.

With over a third of Americans not getting enough regular sleep, most people vastly underestimate the

importance of quality shuteye in their lives.

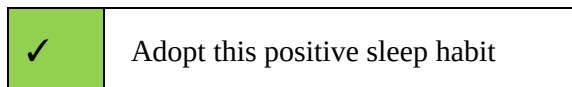
Over or under-sleeping exposes you to increased risk for chronic conditions, mental distress, stroke and heart disease.^[4] According to a 2018 Poll by The National Sleep Foundation, excellent sleepers feel more effective at getting things done the next day.^[5]

The first habit you need to adopt is simple – get high quality, regular sleep.

Set a time every evening to go to sleep and stick to it. You should be in bed an hour before, your phone off and all screens far away from you. Read for an hour. Then, go to sleep for 7.

Wake up promptly, 7 hours later. Not a minute more.

Sticking to this new habit promises you stronger immunity, the improved concentration at work and greater emotional stability overall. Consistency will ensure that your circadian rhythms function well, and you never have trouble with restless sleep or with falling asleep.^[6]



Habit 2: EXERCISE (It's Not Enough, or It's Too Much)

Ex-President Barack Obama works out for 45 minutes a day, six days a week. Thirty minutes or more of aerobic exercise is done daily by 76% of all successful people.^[7]

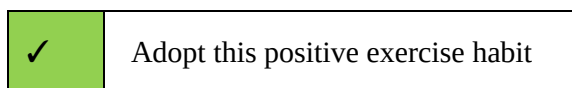
Aerobic exercise is the one consistent habit that will give you the energy you need to succeed. You should run, walk, jog, bike or take a class at the gym. Cardio gets your blood pumping, which is ideal for your brain and boosts your intelligence.^[8]

The second habit you need to adopt – find and practice an aerobic exercise, daily.

Now, you need to pick 45 minutes to an hour, every day to get your cardio in. It makes no difference whether you do this in the morning, or late in the evening – as long as it is done every single day.

Consistency is how you will reap these many benefits.

Try to pick something that fits into your life, schedule and likes. You don't have to spend money, you simply have to get active. This means finding an exercise you will enjoy. Some people like boxing classes, others prefer to take a walk around the neighborhood.



Habit 3: SOCIAL ENERGY (Here's One to Protect)

Oprah Winfrey, talk-show host, and owner of Harpo Studios meditates for 20 minutes every morning, shortly after waking up.

Meditation makes you more in-tune with yourself, how you feel, and how the world around you feels. It's great for focus, increased energy, decreased stress and lifts brain fog.^[9]

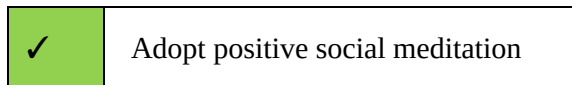
The people around you have an impact on your energy levels. Successful people surround themselves with positive, go-getters – while the average person is drained by one or more toxic, or negative people in their lives. Social energy must be protected.

The third habit is – to meditate daily on how to optimize your social energy.

According to a Cigna Study, loneliness is at epidemic levels in America.^[10] But this is never a good reason to allow anyone a place in your life.

Take a look at your connections and consider if they add, or take energy away from you as you meditate for 20 minutes every morning.

Extroverted, or introverted, you need the right kind of connections in your daily life. If you have energy vampires in your sphere, you must get rid of them to be at your best.



Habit 4: SELF-INVESTMENT (Knowing and Doing)

Albert Einstein believed in constant self-investment through learning, research and application of that newfound knowledge.

The day you stop learning, is the day you stop growing. And personal growth is what takes you towards income acceleration and success. Einstein knew that constant reading was critical to learning, but so was the application of the knowledge learned while reading.

He famously said that too much reading renders the brain lazy. To grow in his field, Einstein continued to study formally until he was 26, then pursued self-study. He was not, as many believe, a naturally talented genius savant – he studied, read and practiced knowledge.^[11]

The fourth habit is – invest in your field of knowledge through reading and practice.

If you want to excel like Einstein, shift from consuming entertainment to consuming knowledge. This is easily done by dedicating an hour or more to reading and applying your newly discovered knowledge. Practice what you learn, to see the real difference.^[12]

Carve an hour of your day, in the morning or evening to read a book and then realize its lessons. This can be split into 30 minutes of reading, 30 minutes of creating.



Learn and practice new knowledge

Habit 5: DELEGATION (Focus on The Big Picture)

Richard Branson, Founder of Virgin and hundreds of other companies, is famous for his practice of ‘letting go, to grow.’ He delegates to focus on the big picture. [\[13\]](#)

Delegation is a habit that most people fail to practice. Instead, they try to do everything themselves and end up burned out, exhausted and depleted.

When you actively practice delegation, you become a talented multitasker, able to orchestrate and design your own career. It is at this point your income will inflate.

The fifth habit is – to practice delegation often and keep your eyes on the big picture.

Your career, or income goals, maybe the big picture for now. Knowing where you want to end up gives you clarity of purpose, and will help you assign what is not important to those around you. This must be done in all aspects of your life that consume your time.

This habit will kick in when someone makes demands on your time. Ask yourself if it contributes to your big picture. If it does not, find a creative way of delegating it to another human being. Make this a habit, and soon you will be surrounded by competent people. [\[14\]](#)



Adopt the habit of delegation

Habit 6: MENTORING (Learning and Teaching)

Marie Forleo is a life coach, philanthropist and entrepreneur, who believes in the power of mentoring and being mentored, to become hugely successful. [\[15\]](#)

In fact, she uses connections to grow her business at every level. With storytelling and the ability to build a community around her lifestyle brand, she was named Oprah’s “*thought leader for the next generation.*”

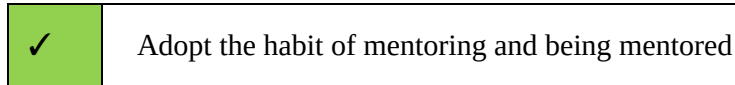
Your ability to surround yourself with the right people will be the single most useful habit you can adopt. Most people never actively practice the art of conscious mentoring.

The sixth habit is – to practice attracting network connections that will help you excel!

Who do you know that could teach you something important? Have you ever met someone who you wanted to learn from? Teaching and learning is fundamental to networking, and the basis for all positive relationships, in a corporate environment. [\[16\]](#)

Every day, you should consciously invest more energy in stimulating and improving mentor relationships that will help you grow and succeed as a person in your field. Be ruthlessly selective about your friends and who you spend the most time with.

Allow others to mentor you, and be mentored by you, in a working environment.



Habit 7: YOUR 96 MINUTES (This is Your Most Valuable Time)

Stephen King is known for his work ethic and ability to produce six good pages of writing every day consistently. He does this by following the same productivity routine daily. [\[17\]](#)

You need to have the discipline and consistency required, to do something for your direct productivity benefit, for 96 minutes a day. Why 96 minutes?

Science says that everyone has 96 highly productive minutes every day, a time window when you have the most energy and are at your best. If you harness this power and use it for your ultimate goal of earning more money, it shifts from possible, to probable. [\[18\]](#)

The seventh habit is – Spend 96 minutes a day working on your main career goal.

Discover when your 96 minutes kicks in. It might be just after waking up. It might be late at night when everyone else is sleeping. Find your window and use it.

Spend those 96 minutes focused exclusively on your main career goal. If that is to get a promotion, this is when you will plan and execute a strategy. If it is to launch a website, this is when you will put in the work.



Habit 8: INNOVATION (Get to The Core of Things)

Elon Musk, the founder of PayPal, SpaceX and Tesla, is a known innovator and practices the Richard Feynman technique mixed with first principles, to stay creative. [\[19\]](#)

The underlying concept of this technique is to not try and remember, but to understand – because when you do, you automatically remember. It's a way to entertain new ideas and be creative in a way that promotes productivity.

Knowledge to Elon, is about understanding the fundamental principles of a thing, to know the trunk and branches before diving headlong into the details, or the leaves of an idea.

The eighth habit is – when learning something new, to understand its core first.

Applying this to your career will make you a forward-thinking innovator. For example, if you are a psychologist, you would benefit from learning more about neuroscience, because it is at the core of your field. Competency is all about strong, unshakable fundamentals.^[20]

Spend 30 minutes every day learning something that reinforces how you innovate in your chosen field. Soon you will be questioning, brainstorming and seeing patterns that may amount to improvements you can implement.



Habit 9: THE WIN-WIN (Mutually Beneficial Relationships)

Stephen Covey, author of the smash hit “The 7 Habits of Highly Effective People” advocated the importance of win-win relationships.

According to Covey, most people approach life with a scarcity mindset, as opposed to an abundance mindset. Because of this, social interactions become unbalanced.^[21]

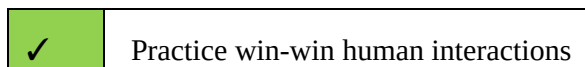
There are several types of human interaction, win-lose, lose-lose, lose-win – but none are as powerful or effective as the win-win. When you practice win-win interactions, your engagements are mutually beneficial, and people will enjoy working with you.

The ninth habit is – to practice win-win human interactions in your daily life.

When you do, you will find that people flock to you, because they see the benefits of doing business with you. When everyone benefits, you can succeed together.

This habit will cue when someone asks you for something. This should be your trigger to think about how you can make the interaction a win-win scenario. Covey says, to take consideration and courage into account, and to be creative in your problem-solving.

As you create win-win results, your influence will grow in your field. Remember that there is enough success around for everyone, and you can create it for them!



Habit 10: SPEAK UP (Know and Communicate Your Value)

Tyra Banks, ex-supermodel, TV producer and personality, based her career success on the ability to speak up, negotiate and get what she desires most.

She made a habit of speaking clearly, frankly and openly about her value with the people around her.

Too often, we get stuck in the habit of remaining passive, and silent about our worth. Promotions and opportunities will pass you by because you failed to speak up.

The tenth habit is – to speak up when necessary about your value as an employee.

Tyra explains, that it is a shift from an ‘I need’ to an ‘I deserve’ mindset. Instead of explaining to your employer why you need a raise, you should explain why you deserve one. This is easily done by focusing on your value – or how you positively contribute to the company.^[22]

This is another habit that will cue when you identify opportunities or feel that you deserve a promotion at your job. In meetings, be open about your contributions to the success of projects or initiatives. Speak up about how you, as a person, make things better.

Getting into the habit of communicating your worth to people around you, positions you for rapid advancement. If you cannot see and communicate your value, the higher-ups will not see it either. Be persistent. Have a clear voice. And do not get lost in the crowd.



Habit 11: PAY YOURSELF FIRST (This is Ground-breaking Advice)

George Clason was the author who wrote the classic ‘The Richest Man in Babylon’ and taught people to pay themselves first, in order to gain real wealth.^[23]

Imagine if, since you had started working at age 21, you had put away 10% of every paycheck. This is what it means to pay yourself first. Money saved and kept earns compound interest and grows exponentially over long periods of time.

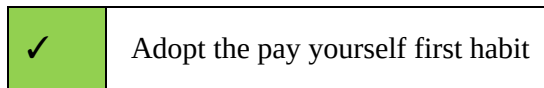
People that want to be wealthy use this strategy to move from employed earning to investing. Investing money is how you break out of your income bracket altogether.

The eleventh habit is – to put 10% of every paycheck aside to grow your wealth.

It might seem like very little at first, but 5 years of putting away just \$100.00, frees up \$6000.00 for investment. It gives you options to supplement your salary as you age.

To start the habit, every time you are paid – immediately take 10% of that total amount and put it in a separate account. You cannot touch this money. It is there simply to exist and earn you money from long-term growth.

The pay yourself first habit will help you clear away your debt, and get you investing at a young age. Get into this habit early, and you will benefit from time itself.



Habit 12: SIDE HUSTLE (Spend Your Time for Returns)

Rob Kalin never meant Etsy.com to be such a smash success. Initially, it was simply his side hustle, born from a desire to make wood-encased computers. [\[24\]](#)

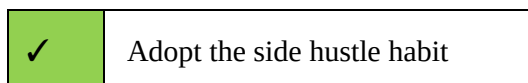
Rob Kalin is a furniture designer who started Etsy as a place to sell his wares. It was a side hustle, an increasingly common play among Millennials. Some 61% of Millennials work on their side hustles once a week or more. [\[25\]](#)

This is usually a job that earns them money beyond their 9-5, or a personal project with income potential that they are developing. What is your side hustle?

The twelfth habit is – work on your side hustle twice a week.

On Mondays and Thursdays, or Tuesdays and Fridays you should dedicate a couple of hours to your side hustle. This is a second business, born from your creative or analytical talents that may become a solid earner for you down the line.

Scheduling in time to develop your secondary projects is important for personal growth, and increasing your income. Many Millennials discover that once their side businesses reach a certain level, they can either sell them or commit fulltime to their passions.



Habit 13: SUNDAY REVIEW (3 Hours to Financial Freedom!)

Suze Orman, a personal finance expert and personality, is known for teaching people to pick just one thing about their finances to work on, at a time. [\[26\]](#)

She called it the ‘one and done’ method, and it simplifies the huge challenge of getting hold of your financial situation. Many people find their finances overwhelming, and so never take proactive steps towards understanding and controlling them.

The thirteenth habit is – to spend 3 hours every Sunday focusing on one financial problem.

You might need to save, or clear debt, or better understand your expenses and how to curb them. Whatever you need, you will tackle it during a designated time, every Sunday.

When you practice the habit of reviewing your finances regularly, to better understand and control

them, you will change your life.

Make sure that you pick only one simple thing at a time so that you can properly digest and institute changes as necessary. Spend the time learning and streamlining for your ultimate benefit, as a responsible financial planner.

✓	Adopt the Sunday review habit
---	-------------------------------

Habit 14: MINIMALISM (Know How to Spend)

Steve Jobs, Founder of Apple, was a noted minimalist and wore the same black turtleneck every day for many, many years.

Popularized by Silicon Valley, minimalism reduces decision-fatigue, a common problem in today's overcrowded, ultra-informed society. With so much information and choice out there, it is no wonder you struggle to make good decisions for yourself. [\[27\]](#)

The theory goes that you can only make so many strong decisions in a day. The minimalist habit, allows you to dedicate those decisions to things that matter, like spending for value.

The fourteenth habit is – to spend with minimalism in mind.

Consumer culture is not for the truly rich. Instead, these individuals spend more money on a single item of quality, than repeated spending on numerous low-quality items.

Get into the habit of spending money on quality items, instead of cheaper items that will wear and degrade. This will free up your time as you make fewer wardrobe decisions. Instead of spending your creative energy there, you will spend it at work, where it matters most.

Less items of higher quality will simplify and improve your life.

✓	Adopt the spending for value habit
---	------------------------------------

SECTION 4: THE GOLDEN RULE OF SUCCESS SEQUENCING

Your habits determine your behavior, but one thing is more important.

Focus.

Your attention is a form of currency that will either enrich or impoverish your life. That is why they

call it 'paying attention.' Focus is the literal gateway to learning, reasoning, decision-making, problem-solving and perception.^[28]

That is why consistent focus on your habits is the golden rule of success.

None of the people you have read about in this guide could have succeeded without an all-encompassing focus on their daily habits. Every individual here keeps a rigorous, personalized schedule that optimizes these habits.

Success, like your daily habits, is incredibly personal. Only you can decide when you have achieved a high enough level of success. And your habits are the stepping stones!

If you want to double your income, nothing is keeping you from it, but your habits. When you remove the bad and replace it with these powerful income-generating habits, you will immediately experience rapid change that will reshape your life.

That is why your primary focus must be a habitual practice, according to a personalized schedule. Without it, expect to fall back into bad patterns of behavior.

SECTION 5: THESE HABITS WILL MATTER MOST!

According to a study from Northwestern University, a domino effect happens when you adopt one lasting good habit.^[29]

In other words, exercising every day will encourage positive eating habits. In turn, this may spread to you getting better quality sleep and performing better at work. Management of these small, seemingly insignificant habits starts with internalizing just one.

I want you to pick a habit from this list to act as your linchpin habit.

Then I want you to dedicate the next 66 days to internalizing that habit, and when you feel capable, adopt more from this list.

Even if you struggle to adopt more of these habits, I want you to commit to just the one. At no point over the next 66 days will you, at any point, stop practicing that habit.

The first couple in this list have the most impact. They directly affect your daily performance. This is how you will naturally double your income in the short term.

Consider the domino effect active in you right now. But it is focused on negative habits. Switch to replacing them with positive habits, and you will soar!

The habits that matter most are the ones you learn to keep. Make them part of who you are, and soon you will leap an income bracket.

SECTION 6: WILLPOWER OR WONTPOWER: YOU DECIDE

The number 1 barrier to change is a mysterious thing called ‘willpower.’

Those who have it are strong. Those who lack willpower are weak.

That is what we are taught to believe in our modern society. Your ability to resist short-term temptations is chalked up to your measure of willpower.

But you are never told what it is, or how to get it. How is it meant to take over, when you have no idea how it works?

Now I am going to lift the veil.

Willpower is little more than self-control. It is the conscious act of choosing what is right, over what is easy. It is picking cognition, over emotion. It is discipline.^[30]

Willpower is a *habit*.

Right now, you habitually give in to your desires. What you need to do is replace this with your long-term plan for success. Say no to instant gratification!

Practice consciously choosing to focus on what is most important, every day.

If you don’t want to exercise, use your willpower. Emotions drive your thoughts. Replace them with conscious thoughts that are more beneficial. You must exercise, to feel good today, tomorrow, this week. You must exercise to earn more and be better.

Practice willpower as a habit, and soon it will take over.

SECTION 7: REGAINING YOUR FAITH IN FREE WILL

‘But I have so much to do.’

‘I’ll begin after my major project is over.’

‘I’ll just let this week pass, and I’ll be ready.’

It is human nature to wait for the ideal time to change. You might have bought this guide with the intent to adopt these habits ‘at some point.’

This is because you have lost faith in free will. Free will is your ability to choose between different courses of action, unimpeded. Now, life is all about impediments, but that does not mean you cannot choose to be better. You can.

We are all made up of a unique blend of strengths, weaknesses, circumstances and perceptions. Your free will must be exercised in accordance with your make-up, within your unique context, under your special circumstances.

The price of freedom is struggling.

The price of earning more is learning to be better.^[31]

Then being better – every day!

If you cannot be better consistently, hope is lost.

In this way, free will gives you the opportunity to be whoever you want, as long as you are willing to

go through the wringer to get there. It will be hard! If it were easy, everyone would be successful and living these rare lives.

My advice to be something is to practice.
Start and start *today*.

Check Out Our Other AMAZING Titles!

1. Resolving Anxiety and Panic Attacks

A Guide to Overcoming Severe Anxiety, Controlling Panic Attacks and Reclaiming Your Life Again

Worldwide, one in six people is affected by a mental health disorder. So you are not alone in this (Ritchie & Roser, 2019). There is a difference between clinical anxiety and everyday anxiety. Everyday anxiety is normal and in often cases, it is necessary, while chronic anxiety will leave you functionally impaired. This book will not only inform you about anxiety and panic attacks but also introduce you to various methods and techniques that aid in getting rid of anxiety. It is a perfect package if you want to make long-lasting, meaningful changes in your life in a way that gets rid of anxiety. Knowledge is power, so gaining information about anxiety and panic attacks already puts you in the lead against them.

In the first chapter, we'll start with the basic knowledge of panic attacks and anxiety. The symptoms of both are pretty much the same, but there are some major differences as well. Knowing their difference and similarities can help you clearly understand your condition. Some basic ways of coping with them are also explained alongside their symptoms.

After gaining knowledge about anxiety and panic attacks in the first section, you will seek answers and ways to overcome them. The second chapter goes more in detail about the physical effects of anxiety. There are some types of

anxiety which are also talked briefly about in the chapter. There are also therapies and treatments that are used to overcome and control anxiety. Their details are discussed in the chapter from where you can figure out what sort of treatment will suit you better. Some other ways of coping with anxiety are also discussed and they will surely prove beneficial to the reader.

The third chapter will make you aware of how interrelated physical and mental health are. There are also details on how to improve one's physical health to influence a person's anxiety positively. You will also learn how important practicing well-being is. If you are to ignore physical health, it will cause problems for your mental health as well.

The fourth chapter will delve deep into mindfulness and its vast benefits. Mindfulness is a very powerful tool we have but don't know how to use. It can be practiced through meditation techniques, etc. It makes us see things more clearly than ever before. Practicing Mindfulness will arm you against any anxiety and panic attacks. In this chapter, it is explained in detail what it means and what are its advantages.

In the fifth chapter, we will learn about meditation and how can it help manage anxiety. We first start off by knowing what it is. You also have got to know its benefits and various techniques from which one can pick according to their choice. We will also learn the accurate posture you should have during meditation. We will learn how meditation reinforces our brain to stave off anxiety and panic attacks. It is a long road but a successful one for sure. Besides helping us out with anxiety and panic disorder, meditation has numerous other benefits for our body and mind.

The sixth chapter will explore the meaning behind self-love and its importance in fighting anxiety. Our battle with anxiety has to start from a positive ground. We first have to be fully comfortable and respectful towards ourselves. You will also find out how lack of self-love can actually breed anxiety.

Opening about anxiety is not an easy task but could be very helpful against anxiety. How to go about the whole process is talked about in detail in the seventh chapter. You will also learn how to evaluate your therapist and choose the right one. In this chapter, there are also guidelines for people who have just recently become aware of their anxiety and now they want to seek help. It will give them knowledge about things to consider when talking to

someone about mental health, what you should accept and be prepared for. There is also information about talk therapy there.

In the eighth chapter, we address the misunderstanding about anxiety. Despite affecting so many people, it remains a different experience for all of them. There are also common mistakes pointed out in that chapter which we'll go into detail the mistakes that make our anxiety worse.

The ninth chapter is about where we talk about putting our foot down and start to incorporate practices into our life which will help you get rid of anxiety and panic attacks. We will learn how to manage our responses. It is basically a comprehensive listing of all the things you should be avoiding or adapting to lead a healthy lifestyle free of anxiety.

*Want to read more? Purchase our book on **Anxiety and Panic Attacks** today!*

2. Cognitive Behavioral Therapy

How CBT Can Be Used to Rewire Your Brain, Stop Anxiety, and Overcome Depression

Cognitive stems from cognition, which encapsulates the idea of how we learn and the knowledge that we carry. The things you learn are part of your cognition, and what you do with that information is included in that category as well. Cognition includes a wide list of information that you might not fully realize.

Behavior is what we do. It is how we act. The things that you choose to say to other people are all about your behavior. How you react to what others have to say will exhibit your behavior as well. Your behavior is all about your mind interacting with your body and how that interacts with the people and other things that surround you.

Therapy is any form of help, usually from a trained professional, to help improve on whatever the therapy is specified for. You might get physical

therapy to help regain strength in your knee after having a serious surgery. You can also get therapy to help overcome an alcohol or drug addiction.

Throughout this book, we're going to give you the basis you need to start understanding cognitive behavioral therapy. The three together—cognitive, behavioral, therapy—all make up CBT, which is a method that is going to directly help you overcome the mental illness that you are hoping to treat.

Therapy can be expensive, and even if you do have the means to go through with this process, you might struggle to find the right therapist. Sometimes, you might live in an area where there is only one therapist within a close distance, but you don't have a vibe with them that you find to be helpful. You might also find that you are desperate for help and that you want a therapist, but insurance coverage isn't always good for this.

By reading this book, you'll be able to find the tools you need to help with overcoming your most challenging thoughts. We are going to take you through the steps to identify the root issues and come up with specific methods to get you through.

*Want to read more? Purchase our book on **Cognitive Behavioral Therapy** today!*

3. Effective Guide On How to Sleep Well Everyday

The Easy Method For Better Sleep, Insomnia And Chronic Sleep Problems

“A well spent day brings happy sleep.” — Leonardo da Vinci

Are you experiencing the worst restless feeling? Has your doctor diagnosed you with insomnia, restlessness, sleeplessness? When the whole world around you seems to be in peaceful deep slumber, you are the one who is restless. No matter what term is used to describe it, the fact is that it is you who is actually going through insomnia, and nothing could feel worse than that.

So you drag yourself from bed in the morning feeling as earth, with its entire lock stock and barrel, has decided to perch on your head for the day. Yet you go through the motions of the day, though you barely manage to make it through the hours. By the early night, you fall on to bed hoping this night will be different because you're dead tired and nothing will keep you from sleeping like a log. It's 2.00 a.m. now, dawn is breaking through and there you are, still wide awake and ready to scream to the world because no matter how tired you are or how hard you have tried, you simply can't get to sleep.

While there are proven facts and evidence of the devastating effects of sleeping less, the investigations are still on to establish the exact nature of effects resulting from too much sleep. Some researchers argue that people who sleep much longer than necessarily have a higher death rate. Physical and mental conditions such as depression or socioeconomic status can also lead to excessive sleep. There are other researchers who argue that the human body will naturally restrain it from sleeping more hours than really necessary. However, with research still underway for concrete evidence of the effects of over sleeping the best path you can choose is to adopt a sleeping pattern somewhere in the middle. According to the National Sleep Foundation, this middle range falls between seven and eight hours of sleep during the night. Despite these statistics, the best way to ensure you receive sufficient sleeping time is to let your own body act as your guide. You can always sleep a little

extra if you feel exhausted or sleep a little less than usual if you feel you are oversleeping.

Dangers of Sleep deprivation.

Though sleep is something the average human being takes for granted, it is also one of the greatest mysteries in life. Just like we still don't have all the answers to the quantum field or gravity, researchers are still exploring the reasons behind the 'whats' and 'whys' of sleep. However, one fact unchallenged about sleep is that a proper sleep is paramount for maintaining good health. The general guideline regarding the optimal amount of sleep for an adult range from six to eight hours! If you carry on with too little or too much of this general guideline you are exposing yourself to the risk of adverse health effects.

Though sleep is something that comes naturally to many people, the problems of sleep deprivation have today become a pressing problem with more and more people succumbing to chronic sleeping disorders. Unfortunately, a great number of these people do not even realize that lack of sleep or sleep deprivation is at the root of their manifold problems in life. Scientific research also points out that lack of sleep on a continuous scale can lead to severe repercussions on your health.

If you have been experiencing impaired sleep patterns for a longer period, you also face the risk of:

- Severely impairing your immunity strength
- Promoting the risk of tumor growth, as it has been scientifically established that a tumor can grow at least two to three times faster among animals subjected to severe sleeping dysfunctions within a laboratory setting.
- Creating a pre-diabetic condition in the body. Insomnia creates hunger, making you want to eat even when you have already had a meal. This situation can lead to problems of obesity in turn.
- Critically impairing memory. How many times during the day have you found it difficult to remember even the most mundane

and repetitive events when you have had no more than 4 – 5 hours of sleep? Even a single night of impaired sleep plays havoc with our memory faculties, just think what it can do to your brain if you consistently lose sleep.

- Ruining your performance level both physically and mentally as your problem-solving abilities will not be working in peak order.
- Stomach ulcers
- Constipation, hemorrhoids
- Heart diseases
- Depression, lethargy and other mood disorders
- Daytime drowsiness
- Irritability
- Low energy
- Low mental clarity
- Reaction time slows down
- Lower productivity
- More accidents and mistakes
- Lower levels of growth hormone and testosterone

The growth hormone in the body which is vital for maintaining our looks, energy, and skin texture is produced by the pituitary gland. The specialty of this hormone production procedure is that it is only produced during the times of deep slumber or during intense workout sessions. In the absence of normal production of the growth hormone, our bodies will start on a premature aging process. According to research, people suffering from chronic insomnia are three times more susceptible to contract fatal diseases. When you lose sleep overnight, you cannot make up for it by sleeping more the next day. A night's lost sleep will be lost forever. More alarmingly if you continue to lose sleep regularly, they will create a cumulative negative effect that will disrupt your general health. All in all, sleeping deficiencies can effectively make your life miserable, as you already know.

How Much Sleep Do I Really Need?

This is a question that remains a mystery just like the questions of why and what makes us want to sleep. In response to a question of how many hours of sleep do we really need, an expert has answered that it is actually lot less than what we have been taught. On the other hand, though a good night's sleep is vital for good health, overdoing the sleeping can be equally bad for us. But if you sleep less and continue this for too long, the result will be confusion between body and brain signals, resulting in muddled thoughts, lethargic feelings, and overall lassitude. So, the question remains, how many hours of sleep do we really need? Is it essential to sleep the prescribed number of eight hours a day or is catching up a good sleep on a five to six-hour basis enough?

The eight hours of sleep theory is increasingly becoming unpractical in this fast-paced lifestyle. Actually, the recommendation of eight hours of sleep arises based on the idea that our ancestors had their beauty sleep between 8-9 hours in the past. In today's context, this concept is regarded more or less as a myth. In a study conducted by the Sleep Research Center, youngsters within the age group of 8 to 17 generally sleep for about nine hours during the night. However, in the case of adults, this theory is not applicable as a majority of them are sleepless and many of them thrive after a solid sleep varying between 5-7 hours.

A research conducted by the National Institute of Health has established that people who sleep soundly for nine hours a day or more are actually two times more vulnerable than those who sleep less in developing Parkinson's disease. A study report released by the Diabetes Care states that people claiming to sleep less than five hours or more than nine hours daily are the ones with the highest risk of attracting diabetes. In contrast, a large number of contemporary studies prove that people with sleeping patterns that do not exceed or fall beyond seven hours daily possess the highest survival rate. The persons who experience sleeping disorders and sleep less than 4.5 hours have the worst survival rate.

When ascertaining the correct number of hours you should sleep, the fact is that there is no magic number of hours. It will depend on a person to person basis as well as factors like age, activity, and performance level. For example, smaller children and teenagers require more sleep compared to adults. Your

personal requirements will not be the same as your friend or colleague who is of the same age and gender as you. Because your sleep needs are unique and individual. According to the National Sleep Foundation, the difference of sleep requirements between two people of the same age, gender, and activity level is due to their basal sleep needs and sleep debt.

Your basal sleep need is the number of hours of sleep you typically need to engage in optimal performance levels. The sleep debt comprises of the accumulated number of hours of sleep you have lost as a result of poor sleeping habits, a recent sickness, social demands, environmental factors, etc. A healthy adult generally possesses a basal sleep need between seven and eight hours each night. If you have experienced sleeping difficulties and as a result accumulated a sleep debt you will find that your performance level is not up to its usual standard, even if you wake up after seven or eight hours of restful sleep. The symptoms will be most apparent during the times the circadian rhythm naturally alters like during mid-afternoon or overnight. One of the ways of easing out of an accumulated sleep debt situation is to get a few extra hours of sleep for a couple of nights until you regain your natural sleeping rhythm and vitality during the day.

Understand what Kind of a Sleeper Are You?

Sleep, dear reader, is the precious restorative that rights so many physical and mental wrongs. The elixir that transforms life and puts a spring in your step, a smile on your face, and the feeling that you can take care of everything that comes your way is sleep. Undervalued, ignored, and forgotten until you wake up to the realization that it's one of the essential foundations of daily wellbeing.

So what kind of a sleeper are you? There are many studies and descriptions of how we sleep but the common consensus settles for the following five simple categories:

1. Lively, healthy early risers!

These happy individuals usually get the sleep they need and rarely feel

exhausted or fatigued. They are typically younger than the other groups, usually married or with a long-term partner, working full-time and definitely a morning person with no serious medical conditions.

2. Relaxed and retired seniors.

This is the oldest group in the survey with half of the sample being 65 or older. They sleep the most with an average of 7.3 hours per night compared to 6.8 across all groups. Sleep disorders are rare even though there is a significant proportion with at least one medical disorder.

3. Dozing drones.

These busy people are usually married/partnered and employed but they often work much longer than forty hours a week. Frequently working up to the hour when they go to bed, they get up early so they're always short of sleep and struggle to keep up with the daily pressures of life. Statistically, they'll feel tired or fatigued at least three days a week.

4. Galley slaves.

This group works the longest hours and often suffers from weight problems as well as an unhealthy reliance on caffeine to get through the day. Shift workers often fall into this group and there is also a marked tendency to be a night owl or evening person. They get the least amount of sleep and are more likely to take naps yet, surprisingly, this group often believes that, despite the state of their health, they are getting enough sleep.

5. Insomniacs.

Here is the largest proportion of night people and many of them quite rightly believe they have a sleep problem. About half of this group feel they get less sleep than they need and the same proportion admits to feeling tired, fatigued and lacking energy most of the time.

So, which of the five groups do you think you fit into?

If you're a happy member of Group One, your sleep should by definition be absolutely fine. Don't worry. We've got some really good ideas to share with you to keep you right on track and we'll even add some special extra features to your nightly rest routine to maximize the experience. If you're not in this group, our aim is to help you become a full-time member of the healthy, happy sleepers' association! Membership is for life.

Group Three represents too many tired, irritable, and generally inefficient individuals whose quality of life is impaired because they're too tired too often. Their work suffers because they rarely have sufficient rest to successfully assimilate the day's events. Their home life is degraded because work intrudes too often and they're just too tired to enjoy the pleasures and comfort of a life away from work. Feeling tired becomes their default position and they know they need to do something to give their minds and bodies the rest they deserve. Individuals in this group frequently suffer from long-term mental, physical and emotional stress.

The fourth group is rightly described as the night owls. They work the longest hours and, as we noted above, they typically work shifts. The health problems associated with this group include a marked tendency towards obesity as well as a range of inflammatory diseases. Despite the fact that these people rarely look or feel well, they seem to ignore the evidence and usually claim to get enough sleep, relying on sugary energy drinks and caffeine to keep them awake during waking hours. They take naps because their bodies can't function without additional sleep during the day. An objective analysis of their health would typically reveal a range of health and wellbeing issues.

Insomniacs are the dominant members of Group Five, people who don't get enough sleep, can't get to sleep, and who know they have a problem. Unfortunately, many insomniacs end up taking prescription medication to deal with their symptoms and we have to question the benefits of this solution in light of the many unpleasant side effects associated with long-term sleeping pill dependency. For insomniacs, life is a constant struggle because of the accumulative effects of long-term sleep deprivation.

Health issues abound, depression becomes a major risk, their ability to

function normally is often impaired, and they lose sight of their potential to deal successfully with life's daily challenges. They sometimes refer to their condition as living in a nightmare world where they are constantly exhausted and simply cannot function. It's completely understandable that a doctor would prescribe sleeping drugs because the dangers of sleep deprivation can be acute.

Before we begin to examine the practicalities of sleep, we need to know how much sleep is appropriate for each of us as individuals. It's not surprising that different age groups have different sleep requirements.

For example, very young children and infants can sleep in total for around 14 - 15 hours a day. And if you've got teenagers, you might have guessed that adolescents usually need more sleep than adults. Teens can easily sleep between 8.5 to 9.5 hours a night.

It's widely understood that during the first trimester, pregnant women often find they need a lot more sleep than usual. The fact is that if you feel tired during the day, find yourself yawning or taking a nap, you're short on sleep. And this is the time for you to do something practical, realistic, and effective to take care of the problem.

There are many myths surrounding the condition known as OAS or Obstructive Sleep Apnea. It's estimated that around 18 million Americans suffer from the condition but the numbers could be much higher because many people don't report the condition to their doctors. This condition is far more than just loud snoring, although snoring can be a sign of sleep apnea.

People with this condition skip breathing 400 times during the night. The delay in breathing can last from ten to thirty seconds and is then followed by a loud snore as breathing suddenly resumes. The normal sleep cycle is interrupted and this can leave sufferers feeling tired and exhausted during the day. It is a serious condition, especially since it can lead to accidents at work, problems when driving, as well as increasing the risk of heart attacks and strokes. It can affect people of all ages, including children, but tends to affect people more after the age of forty.

Weight also plays a part and there is evidence that shedding excess pounds can improve the condition. Despite all the advice and overwhelming evidence, there are still surprising numbers of sleep apnea sufferers who

continue to smoke. Smoking is a perfect way to increase the severity and risks of this debilitating condition.

If you've already trimmed your weight, quit smoking and tried sleeping on your side but still suffer from the condition, you need to see your doctor. There are many treatments available including a special mask that delivers constant air flow to keep the breathing passage open. Lifestyle choices can clearly make a positive difference, too.

Your body, your brain, your mind and your emotional functioning all rely on sufficient sleep to operate efficiently. If you don't get enough sleep, everything suffers. Research suggests that it's much harder than you might imagine to adapt having less sleep than your body needs. The sleep deficit has to be repaid at some point or we'll experience increasingly severe problems.

Simple techniques of preparing for bed

1. Try to get to bed early. The recharging of the body's adrenal system usually takes place between 11p.m. and 1a.m. in the morning. The gallbladder uses the same time to release the toxin build up in the body. If you happen to be awake when both these functions are taking place within your body, there is the possibility of the toxin backing up to the liver which can endanger your health very badly. Sleeping late are byproducts of modern living styles. However, the human body was created in synchronization of nature and its activities. That is why before the advent of electricity people used to go to bed just after sundown and wake up with sunrise.
2. Don't alter your bedtimes haphazardly. Try to stick to a pattern where you go to bed and wake up at the same time. This should be done even on weekends. The continuous pattern will help your body to fit into a rhythm.
3. Maintain a soothing bedtime routine. This can change from person to person. You can use deep breathing exercises, meditation, use of aromatherapy, a gentle relaxing massage given by your partner,

or even going through a complete and relaxing skin care routine. The secret is to get into a rhythm which makes you comfortable, relaxed, and ready for bed. Repeating it every day will help in easing out the tensions of the day.

4. Refrain from taking any heavy fluids two hours before bed time. This habit will minimize the number of times you need to visit the bathroom in the middle of the night. You should also make a habit of going to the bathroom just before you get into bed, so that you will not get the urge during night time.
5. Eat a meal enriched with proteins several hours before your bed time. The protein will enhance the production of L-tryptophan which is essential for the production of serotonin and melatonin. Follow up your meal with some fruit to help the tryptophan to cross easily across the blood brain barrier.
6. Refrain from taking any snacks while in bed or just before bed and reduce the level of sugar and grains in your dinner time as it will raise the blood sugar level, delaying sleep. When the body starts metabolizing these elements and the blood sugar level start dropping you will find yourself suddenly awake and unable to go back to sleep.
7. A hot bath before bed is found to be very soothing. When the body temperature is stimulated to a raised level during late evening by the time you get into bed, it will be ready to drop, signaling slumber time to your brain.
8. Stop your work and put them away ideally one to two hours before bed. The interval between work and bedtime should be used for unwinding from the pressure and tension of work. It is essential that you approach your bed with a calm mind instead of being hyped up about some matter.
9. If you prefer reading, a novel with an uplifting story instead of a stimulating one like suspense or mystery is recommended. Or the suspense will keep you up half the night awake trying to visualize the end to the mystery!

A Few Lifestyle Suggestions to Make You Sleep Better

Don't take medications and drugs unless it is absolutely necessary for your health and wellbeing. A majority of prescribed and over the counter drugs can cause changes in your sleeping patterns.

Avoid drinks with alcohol or caffeine. Caffeine takes longer to metabolize in the body so that your body will experience its effects much longer after consumption. That is why even the cup of coffee you had in the evening will keep you awake during the night. Some of the medications and drugs in the market also contain caffeine which account for their capacity to generate sleeping irregularities. Though alcohol can make you feel drowsy the effect is very much short lived. Once the feeling goes away, you will find that sleep is eluding you for many hours and even the sleep that you finally reach will not take you to deep slumber after alcohol. In the absence of deep sleep, your body will not be able to perform its usual healing and regeneration process is vital for lasting healthiness.

Engage in regular exercise activities. If you are contained in an 8-hour office job, you should make sure that your body receives plenty of exercise which can dramatically increase your sleep health. The best time to exercise is, however, not closer to your bedtime but in the morning.

Keep away from sensitive food types that will keep you awake at night like sugar, pasteurized dairy foods, and grains. These foods can result in congestion, leading to gastric disorders.

The sleep apnea risk is enhanced amongst people with weight issues. If you think you have gained a few extra pounds and during this time you have also experienced sleeping trouble focus on losing the extra weight as a priority. The sleeping issue will correct automatically.

If your body is going through a hormone upheaval like during menopausal or premenopausal time, seek advice from your family physician, as this time can lead to sleeping difficulties.

*Want to read more? Purchase our book on **Effective Guide On How to Sleep***

Well Everyday today!

References

(2019). Retrieved from <https://www.workwell.gr/studies-on-back-pain-implications-and-benefits-of-massage/>

Touch Research Institute at Miller School of Medicine. (2019). Retrieved from <https://www6.miami.edu/touch-research/AdultMassage.html>

Research and Articles. (2019). Retrieved from <http://www.exeternaturalhealthcentre.co.uk/research-and-articles/>

Sutherland, M. (2019). Reverse Bad Posture in 15 Minutes: 20 Effective Exercises that Fix Forward Head Posture, Rounded Shoulders, and Hunched Back Posture in Just 15 Minutes per Day by Morgan Sutherland by Morgan Sutherland - Read Online. Retrieved from <https://www.scribd.com/book/372817504/Reverse-Bad-Posture-in-15-Minutes-20-Effective-Exercises-that-Fix-Forward-Head-Posture-Rounded-Shoulders-and-Hunched-Back-Posture-in-Just-15-Minute>

Massage, I. (2019). Massage Research: Back Pain & Massage | Incorporate Massage. Retrieved from <https://www.incorporatemassage.com/massage-research/back-pain-massage>

You searched for 4 steps to prevent smartphone syndrome - Healthy Holistic Living. (2019). Retrieved from <https://www.healthy-holistic-living.com/4-steps-to-prevent-smartphone-syndrome/>

Reverse Bad Posture in 15 Minutes. (2019). Retrieved from <https://www.overdrive.com/media/3905021/reverse-bad-posture-in-15-minutes>

Download Your FREE GIFT Below:

FREE BONUS GIFT

-
- [1] Habit, Wikipedia, <https://en.wikipedia.org/wiki/Habit>
 - [2] Duhigg, Charles, How Habits Work, <https://charlesduhigg.com/how-habits-work/>
 - [3] Lally, Phillippa, How are Habits Formed: Modelling Habit Formation in the Real World, <https://onlinelibrary.wiley.com/doi/abs/10.1002/ejsp.674>
 - [4] 1 in 3 Adults Don't Get Enough Sleep, <https://www.cdc.gov/media/releases/2016/p0215-enough-sleep.html>
 - [5] National Sleep Foundation's 2018 Sleep in America Poll Shows Americans Failing to Prioritize Sleep, <https://sleepfoundation.org/media-center/press-release/2018-sleep-in-america-poll-shows>
 - [6] Mahabir, Nicole, How and Why Waking Up at the Same Time Every Day Can Improve Your Health, <https://www.cbc.ca/life/wellness/how-and-why-waking-up-at-the-same-time-everyday-can-improve-your-health-1.4357391>
 - [7] Cohen Jennifer, Exercise is One Thing Most Successful People Do Everyday, <https://www.entrepreneur.com/article/276760>
 - [8] Regular Exercise Releases Brain Chemicals Key for Memory, Concentration, and Mental Sharpness, From the May 2013 Harvard Men's Health Watch, https://www.health.harvard.edu/press_releases/regular-exercise-releases-brain-chemicals-key-for-memory-concentration-and-mental-sharpness
 - [9] Sun, Carolyn, I Tried This Oprah Meditation Hack Every Day for Two Weeks. Here Are My 5 Takeaways, <https://www.entrepreneur.com/article/310039>
 - [10] New Cigna Study Reveals Loneliness at Epidemic Levels in America, <https://www.prnewswire.com/news-releases/new-cigna-study-reveals-loneliness-at-epidemic-levels-in-america-300639747.html>
 - [11] Shead, Mark, Are You Reading Too Much?, <http://www.productivity501.com/are-you-reading-too-much/8874/>
 - [12] How Much Did Albert Einstein Study?, <https://www.forbes.com/sites/quora/2017/12/28/how-much-did-albert-einstein-study/#1595adeb28bc>
 - [13] Richard Branson: Why Delegation is Crucial for Success, <https://www.virgin.com/entrepreneur/richard-branson-why-delegation-crucial-success>
 - [14] Coleman, Alison, Delegate Like Branson: Hire People Who are More Talented Than You, <https://www.forbes.com/sites/alisoncoleman/2015/01/25/delegate-like-branson-hire-people-who-are-more-talented-than-you/#4ce10d27cb3d>
 - [15] Brouwer, Allen, Lavery, Cathryn, Why Marie Forleo Says This One Marketing Trick Is So Important, <https://www.entrepreneur.com/article/305586>
 - [16] Forleo, Marie, Networking For Introverts W/Susan Cain, <https://www.marieforleo.com/2013/11/susan-cain-introverts-networking/>
 - [17] Cotterill, Thomas, Stephen Kings Work Habits,

<https://thomascotterill.wordpress.com/2012/09/13/stephen-kings-work-habits/>

[18] The Rule of 96 Minutes to Productivity, <http://sapience.net/blog/the-rule-of-96-minutes-to-productivity/>

[19] The Feynman Technique: The Best Way to Learn Anything, <https://fs.blog/2012/04/learn-anything-faster-with-the-feynman-technique/>

[20] Stillman, Jessica, 3 Smart Strategies Geniuses Like Albert Einstein and Elon Musk Use to Learn Anything Faster, <http://www.businessinsider.com/3-strategies-geniuses-like-elon-musk-use-to-learn-anything-faster-2017-10?IR=T>

[21] Hussain, Anum, 7 Habits of Highly Effective People [Book Summary], <https://blog.hubspot.com/sales/habits-of-highly-effective-people-summary>

[22] Atalla, Jen, Tyra Banks on How to Ask for a Raise, <http://www.businessinsider.com/tyra-banks-how-to-ask-for-a-raise-2018-4?IR=T>

[23] Canfield, Jack, The Key to Wealth: Pay Yourself First, <http://jackcanfield.com/blog/the-key-to-wealth-pay-yourself-first/>

[24] Green, Penelope, Scratching an Itch, <https://www.nytimes.com/2016/05/05/style/etsy-rob-kalin.html>

[25] Sophy, Joshua, More Than 1 in 4 Millennials Work a Side Hustle, <https://smallbiztrends.com/2017/07/millennial-side-hustle-statistics.html>

[26] Financial Resolutions for 2017? Just Do This One Thing, <https://www.suzeorman.com/blog/financial-resolutions-for-2017-just-do-this-one-thing>

[27] Steve Jobs and Minimalism, <http://www.applegazette.com/ipod/steve-jobs-and-minimalism/>

[28] Dr Taylor, Jim, Focus is The Gateway to Business Success, https://www.huffingtonpost.com/dr-jim-taylor/focus-is-the-gateway-to-b_b_4206552.html

[29] Clear, James, How to Create a Chain Reaction of Good Habits, <https://jamesclear.com/domino-effect>

[30] What You Need to Know About Willpower: The Psychological Science of Self-Control, <http://www.apa.org/helpcenter/willpower.aspx>

[31] Dr Schwartz, Seth, Do We Have Free Will, <https://www.psychologytoday.com/us/blog/proceed-your-own-risk/201311/do-we-have-free-will>