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## Sciatica Home Treatment

Sciatica is a condition rather than a disease which has been caused by other conditions which are affecting the health of a person. There are three primary causes for a person to suffer from **sciatica** namely a herniated disc, piriformis syndrome or spinal stenosis.

However there are ways of treating sciatica without a person having to resort to using medications that their doctor prescribes or which can be brought over the counter at your local drug store. In this article I will be looking at some **sciatica** home treatment methods that you may want to consider.

Potato and celery juice when combined together are said to provide relief from the pain of **sciatica**. But in order for them to be truly effective a person should be looking to drink at least 10 ounces each day. However if the thought of drinking just potato and celery juice on their own leaves you with a feeling of dread, then why not add some carrot and beetroot juice to the mixture as well. These two juices not only help to fortify the mixture but also make it taste more pleasant as well. If however you are unable to drink this type of juice on a daily basis then you could drink celery tea throughout the day instead.

Another juice you may want to consider drinking instead of the above is that made from elderberries. Not only can you drink it in a juice format you could also drink it as a tea. This particular food contains properties which help to relax and stimulate the muscles and so can be beneficial in treating the symptoms associated with sciatica.

Plus eating raw garlic or taking a garlic supplement with other kinds of supplements can also help to relief the aches and pains as well as improve circulation around the body.

You can also take Vitamin B1 or B Complex supplement with this in order to be able to reap the full benefits that garlic can provide in helping to treat sciatica symptoms. The reason why garlic seems to be effective as a *sciatica* home treatment is that it contains anti oxidant properties and also helps to provide the body with warmth and energy.

Also as well as using the kind of sciatica home treatment methods provided above a person who suffers from sciatica should be looking to improve their health overall. In order to do this they must ensure that their diet is good and that they start carrying out some form of exercise as well. Ricky is the owner of <http://www.reliefbackpain.net>. Visit his site today for more information on the best back pain relief products.

Edward Wiggin

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