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Tue June 19, 2018

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# Back Pain, Muscle and Joint Pain, Sciatica Relief With Tibetan Applicator

There is a natural source of healing power in everyone. When this healing power is activated, it triggers a series of complicated internal processes producing a Healing Response. Pain or injury act to alert the body that damage control is needed, at which point the Healing Response begins and endorphins are generated to repair the affected area. This increases the heart rate and alters the blood pressure to speed up the elimination of toxins from the damaged area.

The solutions are simple: 1. Release tension in the muscles which can be accomplished by stretching (most important is to know when and how to stretch). You need to warm up a beat before doing any stretching because your muscles need to have their blood supply and nerve stimulated. This saves time and reduced the chances to get some minor injuries while stretching.

Use of the Applicator results in complete relaxation free from pain or stiffness.

About the Author:

Care for Health is dedicated to the pursuit of health using the incredible power of the human body to heal itself. More info you will find at <http://www.careforhealth.co.uk>>CareforHealth

Learning about potential risk factors and taking appropriate action will help ensure a stronger, more flexible, and healthier lower back. By Dr. Ralph Santonastaso

Scientific research has also shown phenomenal results for sufferers of low or high blood pressure, insomnia and chronic fatigue. The Applicator has an immediate effect on pain caused by hard physical work, over exertion in sport or other physical stress related activities.

Joints must move correctly and your pelvis needs to be well balanced. Your muscular system will fail if your joints do not improve. The same thing goes for your pelvis ? if it does not improve your muscular system will continually fail.

A related risk factor is weak abdominal muscles. When you were a kid, at some point one of your gym teachers probably told you to "suck in your stomach". Actually, it turns out that was pretty good advice. Your abdominal muscles support the muscles of your lower back. If your abdominals are weak or if you're not using them - letting them hang out and droop instead of keeping them activated - your body weight has to be held up by the muscles of your lower back. They're not designed to do that - they're designed to move your spine around. And eventually, these lower back muscles will give way under the excess strain. The result is a very painful lower back injury.

Muscles get stronger when they're required to do work. Also exercise helps "train" the soft tissues around a joint - the ligaments and tendons - these supporting structures "learn" how to withstand mechanical stresses and loads without becoming injured. Basically, when you exercise - when you do any kind of exercise - your body gets "smarter" and you're less likely to get those annoying back problems.<sup>1</sup>

This is because without them carrying out any kind of exercise or movement the muscles in the back and their spine will lose its condition and will then find it very difficult to support the back properly. The weakening of the back could lead to injuries and this will only then increase the amount of pain that the person is feeling.

The techniques necessary to solve the sciatica problems and the lower back pain are easy to use, quick to apply, takes almost no time and can be used daily and compared to back pains this surely won't rule your life.

Many of the sciatica exercises you will see being presented to you by your doctor, health care provider or by websites providing information on exercises for treating this problem will focus on strengthening both the muscles in your back and abdomen. By strengthening these muscles a person is actually providing their back with more support.

Risk factors for back pain may also be found in your personal and family medical history.<sup>2,3</sup> During your initial visit your chiropractor will ask you about accidents and surgeries you've experienced, and discuss any important elements in your family history. For example, surgery to remove an inflamed gallbladder or appendix or to repair a hernia may result in weakened abdominal muscles. A motor vehicle accident or a fall from a height may have caused injuries that healed with soft tissue scarring.

Sciatica pain relief in a few simple and very easy steps. If you know what to do, and most importantly, what to target, sciatica pain relief can be simple, easy and quick.

First question: What are the Simple Steps to Follow? If you want to get rid of the **sciatica** pain you need to find the main factors that cause this. If you don't find all the factors, the pain will return soon or will never leave.

Unlike most drugs, relief is usually immediate. Over 70 million can't be wrong! They have already got their healthy pain free lives back with the Tibetan Applicator.

The Applicator works by applying non penetrative acupressure on numerous points over an area of the body. The pressure spines stimulate blood flow and lymph circulation locally. Endorphins ("hormones of happiness" or "natural pain killers") are released. These are effective in blocking pain and producing analgesia and a sense of well-being.

People who suffer from sciatica will often feel pain in their leg which can travel from the back of their thigh up to the thigh and in some cases up to the hip or down towards the foot. For some people not only will they feel pain but they may find that their leg become numb and they will have problems in trying to either move or control their leg.

Stretching exercises are especially good for treating sciatica as they target those muscles which are causing the pain because they have become tense (tight) and not as flexible as they should be. People who take up sciatica exercises find that it helps to strengthen and stretch the back muscles and they can recover much more quickly when they suffer a flare up of sciatica in the future. Plus it has also been found that it actually helps to prevent them from suffering future episodes of sciatica pain.

Are there risk factors for back pain? And, if there are, what can I do to keep myself healthy and well? Your chiropractor can help answer these questions and more.

This therapy is considered to be the 'mother of acupuncture', in that it was used as a means to stimulate the body's energy flow long before needles were used for that purpose.

Although many people may feel that bed rest is the best way for treating sciatica this is simply not true. Yes resting for a day or two can help to relieve the pain felt when the sciatica flares up but after that, because a person has become inactive, they will find that the pain actually becomes much worse.

However there are ways in which sciatica can be treated and certainly using sciatica exercises can be extremely effective in dealing with this particular problem.

See, these very simple, painless and quick ways to evade the *sciatica* pain by keeping your pelvis and joints in a good shape.

Learn more about the various sciatica pain relief methods. Discover what are the best physical therapy for sciatica.

Exercise is actually extremely important to our spine especially in order to keep the discs within the spine healthy. By carrying out movement a person is actually enable nutrients and fluids to gain access to these discs which in turn ensures that they remain fit and healthy.

There are many easy-to-do exercises for your abdominal muscles. The key is to actually do them - and do them after you're finished doing the rest of whatever exercises you've scheduled for that day. How often? Three times a week is plenty. Abdominal routines are quick - no more than 10 minutes. And, remember to use your abdominal muscles throughout the day. Imagine your abdominals are being pulled in and lifted up. This is not a "tightening" - your thought should be "activate". Your body will know what to do, once you've started adding consistent abdominal training to your exercise routine.

The Applicator has been successfully used by millions of people for many years all over the world. It eliminates muscle pain, increases the flexibility of joints and increases resistance to muscle fatigue. The Tibetan applicator produces exceptional results in the treatment of *sciatica* pain, lower back pain, numbness or tingling in legs, pinched nerves, upper back pain, chronic pain in cervical spine, joint pains and spasms.

When it returns it usually gets worse with each episode and this is why so many people complain about constant nagging back pain. Sciatica commonly becomes more severe as the time passes and eventually surgery becomes the only valid option. If you fail to address all the factors that causes your sciatica you will suffer when you get older.

<http://www.gardenstatepainrelief.com/1>

1Jones MA, et al. Recurrent non-specific low-back pain in adolescents: the role of exercise. *Ergonomics* 50(10):1680-1688, 2007 2Cherniack M, et al. Clinical and psychological correlates of lumbar motion abnormalities in low back disorders. *Spine J* 1(4):290-298, 2001 3Plouvier S, et al. Biomechanical strains and low back disorders. *Occup Environ Med* 2007 (in press)

One primary risk factor relates to exercise. Everyone has heard, "if you don't use it, you lose it". If you're not exercising regularly, your back muscles are deconditioned and much more susceptible to injury - the strains and sprains we're accustomed to calling "back pain".

The Tibetan (Kuznetsov) Applicator is an effective and easy to use acupressure pain relief device. It is made from non-allergenic materials and consists of high density plastic spines which are precisely arranged to best stimulate the body's internal abilities to heal itself.

This natural pain relief technique requires a special simple but extremely effective device Tibetan (or Kuznetsov) Applicator and can be learned by anyone through the easiest steps of instructed Applications. It has provided effective relief in thousands of clinical cases and the success rate is 80%. Further, it doesn't seem to matter how severe the pain is or how long you have had it.

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The Tibetan Applicator provides particularly effective treatment for: arthritic pain, lower and upper back pain, *sciatica*, knee pain, muscle and joint pain in general, insomnia, headache, fat and cellulite.

Acupressure is also known to aid your health in a number of other positive ways - including reducing stress and tension; increasing blood circulation; aiding in the removal of toxic wastes; providing relief from head, neck and shoulder aches; promoting healing; increasing energy levels; and increasing feelings of well-being.

I get two common questions in my practice about sciatica. If you know the answers to these will help you getting directions to solving your back problems. Although back pain may be a pretty complex issue it can be solved using very simple solutions.

However the actual sciatica exercises a person will use to treat the problem will depend on what the actual cause of the pain is. Plus it is important that you should know that this type of pain can be caused by some other underlying medical condition such as an infection or tumor which will need to be treated as well using the right kind of medical procedures. Ricky Lim recommends natural back pain products such as Eazol for back pain relief. Visit his site today for more back pain products.

Edward Wiggin

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