**Successful In 95%, This Is The Natural Way Of Saying Goodbye To Back Pain**

**  April 18, 2017 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

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Nowadays, millions of people suffer from low back pain, or otherwise known as Lumbago, Hexen schuss, or witch stab.

All the 33 vertebrae ( 12 thoracic, 7 cervical, 5 sacrum, 5 lumbar and 4 coccyx ) of our spine are linked to most of the nerves, muscles, ligaments, and blood vessels in the body, holding it together.

The nerve roots of the legs and arms, along with the spinal cord which passes through the spine canal, ensure the upright posture of the body.

Since it has numerous functions, the spine is prone to damage due to the constant mechanical action of the load ( strain, bending, pressure, shear, twisting.

The different parts of the spine create a different range of motion, which enables the high mobility of the neck, and the low mobility of the breast area. Sometimes, the transition from one to another part of the spine leads to degenerative changes, which cause great pain.

The ones most prone to low back pain are individuals with hard physical or sitting jobs, patients suffering from osteoporosis, patients with congenital spine anomalies or spine injuries, and older men undergoing the degenerative process.

Numerous studies have shown that patients with low back pain issues benefit a lot from the use of the herb comfrey. It has hairy leaves and a big beet-like root and can be found on wet fields, meadows, and ditches near the water.

Comfrey has been traditionally used since the ancient times. If used as a gel, it soothes pain due to joint dislocation in the knee and osteoarthritis.

The findings of a study conducted at the German Sports University which involved 120 people with lower and upper back pain also confirmed these claims.

Namely, participants with back pain received an ointment of comfrey root extract for 5 days, and they all reported a significant relief in the intensity of the pain.

Avoid using it in the form of capsules and supplements, as it can lead to liver damage.

Moreover, make sure you are always physically active if you suffer from back pain. Try stretching exercises, such as the following one, which provides fast relief:

**Supine Hamstring Stretch**

Lie on the back, with a strap or rolled-up towel around the ball of the foot, and the right knee bent into the chest. Straighten the leg toward the ceiling, and then press out through both heels.

In case you feel the lower back strained, bend the left knee and put the foot on the ground.

Hold this position for 3-5 minutes and then repeat with the left leg. Repeat this exercise on a daily basis to enjoy its beneficial effects.’

Sources and References:  
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[My Healthy Life Vision](http://www.myhealthylifevision.net/)