

Apparently, hygiene of the spine is as critical as brushing teeth

The New Approach to Back Pain



Most of us suffer from #pain such as #backache, neck pain and migraines... We attempt to live with the pain helped by an assortment of treatments, painkillers, injections and surgery.

However, the problem is that the pain is just the "tip of the iceberg", and often, the source of the pain and the root of the problem cannot be explained. Is the solution then simply "we should monitor this"?

Can we ever comply with phrases such as

"Let's wait and see how it develops"?

"There is nothing we can do; it's your age...."

"It is genetic or congenital in your case"

"We may have no choice but to..."

What these sentences all have in common is a sort of acceptance of a chronic fate that says, "Nothing can be done, you have to learn to live with pain and suffering."

Well, apparently not! There is also some good news.

The pain may indeed come back, to serve as an indicative warning mechanism, and that's a good thing. But one really doesn't have to keep suffering!

In most cases of a deteriorating back condition, the process is reversible! By providing ourselves with natural conditions for pain relief, relaxation and calming, we can take back control over our health without applying any external force, by just being able to get back to being ourselves.

How do we know if the pain that appears need not cause us any stress or worry and that we really don't have to suffer?

Because evidently most pains that appear and then go away, are the result of accumulation of indirect and direct daily stress and pressure on the spine and the entire back, and they are therefore an important warning mechanism which the brain uses when it identifies body stress.

Pressure on the vertebrae and the disks causes stiffness and restriction and reduces the agility of the spinal vertebrae. We then feel pain and become aware of the lack of flexibility and movement.

However, since movement is vital for the spine, the brain and the body, these limitations and restricted motion are detrimental long before we even feel pain.

The brain warns us that the pressure and limitations on our movement are making things worse, and that it is IMPORTANT TO ACT, otherwise over time there will be further deterioration, and this can lead to problems such as a #bulged_disk or #disk_herniation.

Flexible movement of our spine, bending forward, backwards and sideways, turning our head, our neck and upper back, is meant to occur in a manner that protects the spinal cord and puts no pressure on it, or on the nervous system which is attached to every organ and every body system.

THESE CONNECTIONS operate the systems they can be seen as "the body's electrical fuse box"; when pressure builds up there, they don't only generate pain that radiates elsewhere, but in fact they cause interruptions and interference with the brain's ability to manage the body, disrupting the nerves' communication with the brain.

Just like an electrical circuit box, when the circuit breaker cuts in, or the fuse blows – this condition can lead to reduced functionality of the immune system, and partial or deficient functioning and even illnesses that may be severe and chronic.

At first, we tend to ignore pain with sayings like "This too will pass" ... but then it doesn't...

Then as time goes by and we have tried everything, we are at a loss -what do we do now?

As we said at the beginning, **apparently it doesn't have to be this way** – and the keywords we offer are: **patience and perseverance!** Reduced functionality and degeneration are slow processes, they do not happen all of a sudden, and therefore, the reverse process requires time too, it doesn't happen all at once. There are no short cuts, or magic wands for a quick fix. **It is a process of gradual change for the better, persistently paying close attention, generating a change in yourself, without being dependent on external factors, and with plenty of patience to allow the improvement that occurs naturally.**

Paying attention to your body is in fact mainly just awareness to its being there, particularly your back. We often don't relate to it, possibly because it is not visible. It is after all behind you...

But we do feel our back and particularly when it "faces" us with sharp pain saying, "No more. This stops here. I have been mistreated enough."

If there is no trauma such as a car accident, a strong blow from a fall or something similar, then the degeneration is not sudden, nor do the symptoms appear suddenly. It is all gradual.

It is therefore even more important to pay attention to the "indicative symptoms", the decrease in your quality of life, your health, your functioning at work, at home, your studies, injuries, stumbling, falling or irritation and impatience...

This is when you need to understand that all these are primarily **caused by our lifestyle, which is difficult to change.** It is the accumulation of stress and interference to the communication between the body and the brain, which is occurring every day. These pressures are caused as a result of our lifestyle and

unfortunately our spine is not built to manage the stress of long term sitting in traffic, or at home or the office.

We therefore must find ways to gain back balance, to release the pressure and bring our body back into equilibrium and to really prevent the damage caused by the way we live that is connected to the stress and pressure on our nervous system.

When we talk about stress and pressure we are talking about #emotional_stress, thoughts, overload of information from the media and the pressure to respond and make decisions, and the worst of it is the anticipation of new information, **checking tens of times each day for news we don't want to miss!**

So, for those who have had the patience and persistence to read this far – **here is the good news we promised.** You can stop the process of degeneration yourselves, almost without effort, just with patience and perseverance.

Prevention of pain and suffering is possible **by using Respine4u**, an innovative approach to daily treatment and reduction of stress, in fact a kind of maintenance, that could be considered your #spinal_hygiene.

Cleansing the back by reducing unnecessary strain and pain,
Release and restoration of the mobility of the vertebrae,
Relief from pain, relaxation and soothing.

Ensuring that you take care of your back and spine on a daily basis.
Just as you brush your teeth and maintain oral hygiene.

We brush our teeth because of the importance of hygiene in preventing degeneration – not when we have toothache!!

SO

In the same manner that we maintain a refreshed mouth, clean and beautiful teeth, so we maintain fresh and flexible spine, vertebrae, and disks.

Our neck and back will continue to be reinforced, erect and upright; we will be able to bend, turn the body, walk, go up and down stairs with ease and flexibility. And no less important – this contributes to our being *clear headed and energized*, able to work, study and concentrate.

Respine4u

Like a #spinal_toothbrush
At home, daily
Easily and at your own convenience

Additional information can be found on our website

<https://en.respine4u.com/blog>

Or contact us at info@respine4u.com

Link to the [information page on the website](#)

This message was composed by the Respine4u Team, based on knowledge and practical experience accumulated since 2006 in the field of back pain and the nervous system.

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