

Finally...
Free yourself from Back Pain

E-Book
By Alan Boswell

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My Story

I suffered back pain from about 1980 to 1996, that is until I discovered my amazing cure. I have not had a twinge since. The pain used to be so bad that I would get an excruciating jolt through my back from just stepping off a curb badly!

My cure is so simple that if I just came out with it you would most likely ignore it, so I would like to go over my history, what I went through and the basic structure of the spine.

The condition began slowly, infact I didn't even notice when it began but it progressed until in 1995 it was so bad that I had to do something.

You would think I would recall what I did to injure myself so severely, but I don't just like you probably don't remember when your pain started (but I'm getting ahead of myself)

You see I worked for years in the motor trade doing body repairs. Most accident damage is fairly low down and I would spend most of my day bent over. I had never done any heavy lifting nor had I had any accidents causing back damage.

I think I had an average life as far as lives go.

I played squash for a while but was never supple or flexible enough to be any good and eventually had to give up.

Several times in 1995, I had pains so bad and so sharp and unbelievable that, in the middle of whatever I was doing I had to drop to my hands and knees in the workshop just to take the weight off my back. I can remember vividly, I was only walking across the workshop, not lifting. Maybe I straightened too quickly. It only takes a sharp movement to cause pain when your back is stiff.

Now that is extreme.

Most of the time, I would just grin and bare it, making sure I moved slowly and carefully.

If I made a car journey, driving for three or more hours, perhaps a day out at the weekend, I would suffer very badly for most of the following week. When I got home, I would have painful difficulty in getting out of the car and would not be able to stand up straight.

“A New Bed Is Not Your Solution”

Don't think that a harder bed will cure you. Or that an over soft bed caused it. Besides those orthopaedic beds can be expensive. I spent some time sleeping on the floor in the lounge. The kids had to pull me to my feet in the morning. I was in a bad way.

I purchased one of those small vibrating cushions and put it at my back for the journey. Although it did help, it was not by much.

“I Was Missing Out On Life”

I could not easily pick up things off the floor neither dare I do much gardening.

Having been 'twinge-free' for over 6 years, it seems like a bad dream now. One really forgets how it can affect the quality of your life.

Now, I must point out that whereas I firmly believe that most peoples' problems stem from the same causes as mine, some of you may have injuries or had the condition for so long and so bad that serious damage had occurred.

So, Read my ENTIRE book especially the note for those with injuries. Be careful

It is no coincidence that back pain in the most common singular cause of absence from work.

Common causes of back pain

“Posture and weightlifting.”

I was told about posture.

It’s a funny thing how we are told things that at the time we think makes sense, but the next day we forget and carry on the same...

To change our habits we have to repeat these facts daily until they become habit.

Posture is important.

It is part of the cure.

Just hanging your head forwards puts an amazing strain on your spine.

When we are standing we tend to slump, feeling that it is more comfortable and that to stand upright takes effort and is uncomfortable. Well that effort will help save your back.

Posture, posture and posture. How can I emphasize it? The way you stand has a great effect on your back.

Do you know how much your head weighs? I will give you a little research to do on that. It weighs a lot more than you think. If you walk around with your head hung low, or just looking at the floor all the time it will put a great strain on your back. You must try to walk more like a model. They teach them to walk with a book balanced on their head.

Would you walk around carrying everything at arms length? Would that not hurt? Or be a strain? That is what your back puts up with if your head is hung forward.

If you work at a bench or counter, even a kitchen counter, that is too low you are putting a strain on your back. Even if you are sitting at a desk, you can put a strain on your back if the desk is the wrong height or if the chair is incorrectly shaped.

It is difficult to advise you on chair shape and desk height here. However, a chair needs lumbar support and the desk must not be too low. If you have to lean over a bench now and again in the course of your activities. Maybe to get a closer look at something. This is fine now and again as long as you do not work like that continuously. Remember to place one hand on the bench or on your knee. This will take an immense load off your back. Make a habit of it. Whilst standing at a bench, spread your legs

Weightlifting and not just weightlifting. I am sure you realise that lifting weights at the gym can damage your back. All good gyms should have professionals there to advise you. So I will leave that to them. Just make sure you ask.

Any weight that you have to lift can damage the back. Now a healthy back can handle weights no problem. However, I assume you are reading this because you already have a problem. You should already know that lifting is a problem. A problematic back can give way quite suddenly when lifting. This is when the subtle damage over the years suddenly becomes acute.

Again, spread your legs.

Bend as much as possible at the knees.

Let your legs do the lift.

Push your head back as far as you can

Once raised, pull the weight against your thighs, bend your legs slightly and lean back. You will find that your legs will take a lot of the weight.

Never try to hold it away from you even if it is dirty.

Get someone else to do the lift. On the other hand, at least help you.

Are you overweight?

This adds extra strain to the back.

Not much, you can do apart from diet and posture.

Why DOCTORS Are no Help

Now, General Practitioners usually do a good job.

They are well-educated people but they are also unimaginative and must go by the book. Due to regulations, restrictions and potential lawsuits.

Just as well, for within their control are dangerous drugs and we don't want any more experimentation on us than there probably already is?

The trouble is, the rules are always changing.

Medical belief differs from just a decade ago and is entirely different from the first half of this century.

Therefore, are today's rules correct or will it be a future decade's rules that prove correct? Or have some simple methods from the past been the secret all along?

Therefore, Doctors go by the book and until someone changes the book (or medical journal in this case), they will continue to do so.

Do not believe that medical science has cracked it – in some cases, medical science has gone up the wrong path.

“Your Symptoms Are Not The Problem”

Doctors often treat the *symptom* and not the *cause*. Hide the symptom and the cause can show up elsewhere, or worse, the symptom can come back later with a vengeance.

We have abandoned the ancient art of boosting the body's own self-repair system.

So, in 1995, at the age of 45, feeling 95, with medical help no more effective than in the 1940's, I was desperate. I had such a problem getting out of the car one day that I finally decided to go to the Doctor.

I was always a very fit person and would suffer pain gladly if it kept me out of the doctor's examining room.

Believe me; it must have been bad for me to walk into the surgery.

I had been registered with my Doctor for 10 years. I knew him, as he was a customer of mine

He looked at my blank record card, turned it over and tossed it to one side.

He looked at me, raised his eyebrows and said, “Well, not much help there! What’s wrong with you?”

I described the serious pain at the very base of my spine to the left. It was usually a bit higher and wider but on this occasion, it was very concentrated to that particular spot.

He gave me anti-inflammatory pills and painkillers.

He said that the anti-inflammatory pills would take about 5 days to work. And sure enough just as the book said, in 5 days the pain on the left side stopped – but one just as bad started on the right side of the base of my spine!

What was going on? I did not have a clue!

Maybe the pain caused a shift in posture, which placed a strain on the other side.

“There are No Shortcuts to Real Relief”

There are no short cuts; drugs cannot mask the problem for long. You must deal with the problem *not* the symptoms.

Look, if you have pain then you have a problem. Hide the pain; the problem *does not* go away. The pain warns you not to aggravate the problem. If you are no longer feeling the pain then you can easily cause further damage. Your real problem can be made far worse than if you had found a solution instead of trying to find a patch.

The best method is to find the problem, then tackle it.

CHIROPRACTORS Can be Dangerous

Most back sufferers have sessions with Chiropractors and I am sure they sometimes help.

I have known a few people who have been to Chiropractors and a very surprising pattern has developed. For instance: their Chiropractor has told Several people I know that they have one leg shorter than the other. Isn't it amazing at the similarity of their stories?

Chiropractors are great showmen - they have a business to run.

I have not known them to give any long-term cure that solves your problem permanently.

In fact, their Chiropractor has told several people I know that they have damaged vertebrae – think about that. It could be bruised, cracked, mis-shapen, dislocated..... The statement 'damaged vertebrae' cannot be dis-proven whilst at the same time covers *everything!*

Who knows what damage also, may have been done while the pain was numbed with painkillers prescribed by the Doctor whom for 9 times out of 10 people would have been the first person they went to.

"Vague Diagnosis Leads to Eternal Fixing"

I'm afraid that for (on average at the time of writing) £25 a throw I would want to hear something less vague than 'damaged vertebrae'.

The desire to repair the damage leads to further expensive sessions. None of the people I know undergoing Chiropractors treatment were ever advised of what I discovered. They are still going back for more treatment that is expensive.

I have tried to advise some of them but I am told, "My Chiropractor says my back is a special problem."

Whois he kidding?

We all have the basic design fault. If a Chiropractor cures you, he has lost a patient and an income. Hmm? Not in his best interests.

“What you get goes against Common Sense”

Violent manipulation of the spine puts a shiver up mine.

You tell people how you have had your back cracked and they will look away with a sharp intake of breath.

I am sure that Chiropractors can do a lot of good. Just that you can do the same yourself with simple stretching solutions as opposed to bone cracking. If you have a stiff and inflamed back, then I would think that violent manipulation could aggravate it. Obviously, your back needs something. In addition, it can be done with gentle persuasion. To free up your back. If there is something out of place that needs cracking back in? Then it is probably a result of the back trying to **compensate for damage**.

You want something simple that you can do at easily home when it suits you.

What I learned from a PHYSIOTHERAPIST

Physiotherapists are brilliant for re-training damaged limbs – and even for backs, they almost have it right. They still seem to miss the point, albeit slightly.

My Doctor sent me for X-rays and Physiotherapy.

My Physiotherapist gave me heat treatment and massages, which did help, luckily. But only as slight and temporary relief

He told me that my x-ray showed no damage to my spine, (great!); just slight wear and tear that would get progressively worse with time. This was my lowest point.....

I was having pains that pole-axed me – and he was telling me that it would get worse. This is something that I did not want to hear.

I wanted relief.

It was ruining my lifestyle.

One thing did come out of it though – a series of exercises that no one exercise in particular, was given any importance.

Surgery... Ouch

Later a surgeon who had more x-rays taken saw me.

It was he that pointed out the burst disc, the rough and enlarged edges of the adjacent vertebrae. I could see that one disk was almost half the size of the rest. The enlarged edges of the vertebrae showed up more because their edges were white on the x-ray.

This was because they had become denser. Why? Because the bones had actually been rubbing together.

Ouch.

The disc no longer kept them apart enough. You would think that would lead to some pretty bad pain, wouldn't you?

The surgeon told me that this condition used to be called a slipped disc

He explained that there was not much that could be done. That they used to operate on these things, but today, they think better of it.

Moreover, so did I.

Who would want someone cutting up your spine, wow?

Anyway, I did not tell him that I had developed my own cure and it was working miracles by then. It had been some time due to a long wait on the good old National Health Service, and I don't knock them they are great.

However, I had nearly cured myself with a simple exercise. It was interesting to see a second x-ray that showed up something that was missed the first time round. In addition, it shows that this disc problem can be got around.

Understanding your Back's Structure.

Before we go any, further I would like to cover the structure of our skeleton and posture.

Do you know of any other animal that walks on just two legs like humans?

Even the large primates use their knuckles when walking.

Some marsupials like Kangaroos live on their hind legs. But with one big difference from humans. Their fore legs are small, so is their upper body. Their lower half is larger and their tail is huge. By the size of their tail, I should imagine that their spine is large near its base.

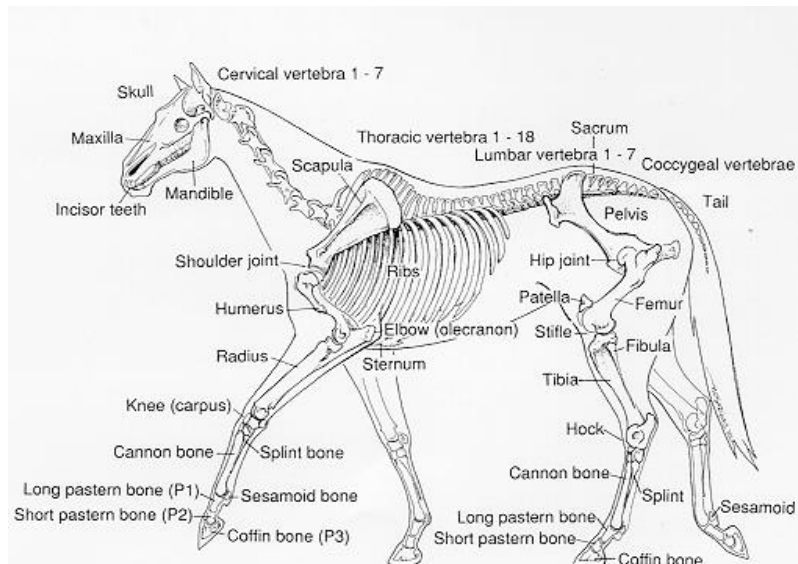
So, their structure and balance is entirely different to ours. They evolved differently.

Birds are another. However, their skeleton is very light to aid flight and their balance is again entirely different to ours. All mammals, however, have a very similar skeleton. They stand on all fours with strong shoulders and hips to manoeuvre their legs. Their spine is there merely to link the two halves up. It is to tow along the rear half.

Although the horse has a very different leg structure, to aid running, it has a similar spine to us.

It has a lumbar region.

You can see the similarity, but its spine just tows the rear along, and has a slight inward curve.



As it evolved, getting faster to avoid predators, the horse continued a limb redesign that begins in the ancient synapsids that gave rise to modern mammals.

To run fast you need long legs. The longer the legs, the more important it is for the sake of balance that they be placed under the body, not out to the sides as they were in the first tetrapods, and as they still are in salamanders.

Now the day we stood up on two legs was a great day in our **social** evolution and a necessary one to get where we are today. Nevertheless, we did it with the spine of a four-legged animal, and our physical evolution has not caught up.

Do you really think that a single column of bone can support **over** half your body weight without any problems?

I mentioned our evolution. Don't think a few million years or so should have changed us.

Do you know how evolution works?

A slight random always occurs in all species.

Then, usually when there is a problem, like food shortage or predators, the animal least able, might die or at the very least not reproduce as well as the fit one.

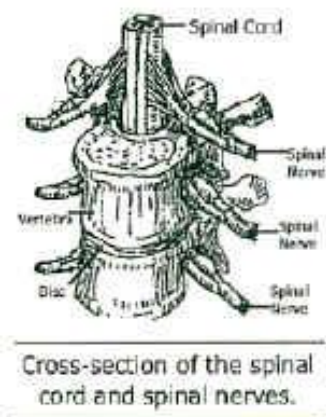
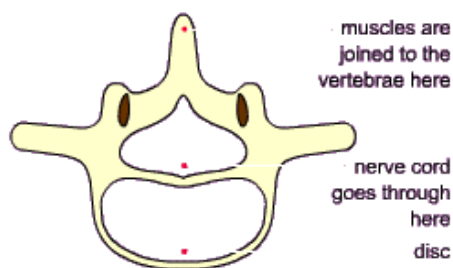
This means that the genes of the fittest dominate the gene pool and the other gradually dies out. No animal changes out of habit.

I do not see back pain as fatal, or a handicap on our reproduction. We usually get back pain as we get older and after we have had a family. Therefore, we would not have evolved to get over the problem. It is an inherent design fault.

The joints of the spine assist the body to move.

A joint is made where the two vertebrae meet. There is a pad of cartilage tissue cushion (intervertebral disc) between the vertebrae.

The bony nature of the spine protects the delicate spinal central nerve cord. It encases it along its length.



Calcium and other salts make the bone strong but slightly flexible.

Bone is a living tissue with a blood supply. It is a mixture of soft living material and hard salts.

Bone is deposited in rings around blood vessels.

Bone is constantly being dissolved and laid down.

Bone is a dynamic tissue in constant change.

It has very few nerve connections. The cells in the marrow of long bones in the body are responsible for producing blood cells.

So if bone is constantly changing and I would not have dreamed it, with the wrong posture might it be changing for the worst?

However, change apparently it does, albeit very slowly and bad posture must affect change.

Therefore, we have inherited an animal's spine.

I know, many people will laugh at the idea, 'God made us perfect' etc. Really?

How Posture Causes Your Back Pain

Now let's look some more at our posture.

Firstly, the spine is naturally curved and not straight. The lumbar region, which gives us most the problem, is curved into our body. Nevertheless, we spend our time with it curved the other way. Far from it's natural position.

Being on two legs is only a small part of the problem. It means that we have too much weight on it. This is all right when the spine is healthy. However, forcing the spine against its natural line creates a weakness and the weight distribution becomes a problem.

Do you think we stay as supple as a baby does as we get older?

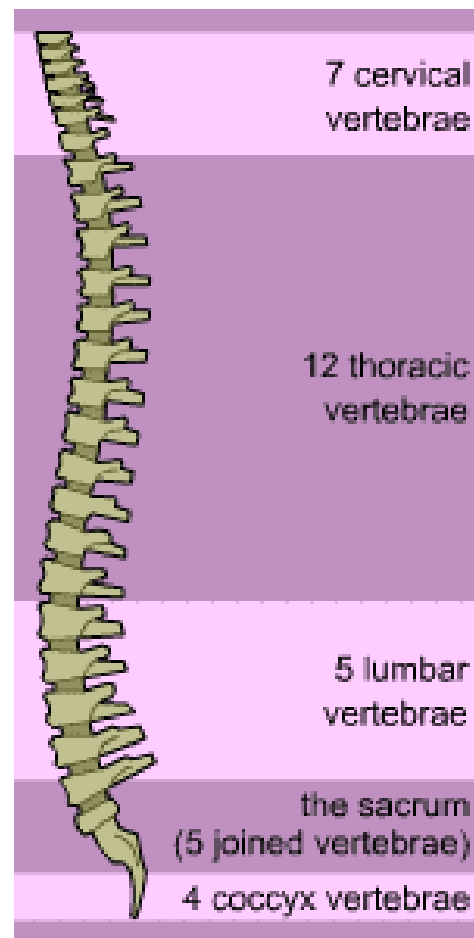
You know how easy it is for a child to do the splits or bend right over backwards. Right, we stiffen, as we get older. The movement of our joints lessen unless we continually move them to their limits.

Some older people that have trained, maybe Yoga, all their life can still manage remarkable positions. But most of us get more restricted. Think about the position of your body throughout the day.

How much of your day are you seated? Do you go to work by car or train? Seated. Do you sit at work?

Do you come home tired and go for the comfortable chair? Even when we think we are relaxed and not exerting our back we are sitting. You eat your meals sitting. We sit whenever we can. This is all besides doing jobs that can aggravate our backs.

It is only for a small proportion of our time that we spend upright. Even then, do we slouch? Do you sleep in the foetal position?



Now we are getting to the point.

If we spend our lives with our back bent forward?

If our joints stiffen and restrict their movements?

Then bending our spine back will be a problem. When it is pushed into a position of stiffness and we put it under load or do an unsympathetic manoeuvre, a severe reaction is bound to occur. **This will cause inflammation.**

We might not be too aware that it is a position of stiffness. But damage can occur.

Once again, we might not be aware of the damage. We are all busy and do not notice small events. Have you ever had a painful bruise? Alternatively, your foot hurt to walk on and you have thought, "I don't remember hitting myself there."

Your original back damage or aggravation, may have not even have been noticeable. But a reaction sets in. Have you ever had a sprained wrist or ankle? It becomes painful and stiff. That is inflammation and swelling.

Inflammation is not a result of injury but part of the immune systems method of repair. The dilation or enlargement of the blood vessels is in order to carry as much blood, antibodies and substances for repair as possible.

Nevertheless, it is painful.

The swelling is part of this I think a way of protecting the injured joint. Do not forget that your back is a series of joints much like your wrist.

Now it gets worse.

You did not notice the first injury. As I said, we are very good at ignoring slight things and carrying on. However, the next time we move not only into a stiff position, but one that is slightly swollen and inflamed.

That is when you think you first did something. Now it is getting serious, getting worse and will be an ongoing problem. Yet, there is nothing actually wrong with your back. Except that, you keep 'spraining' it.

What is Sciatica?

Doctors often refer to pains in your leg, your backside and hip as sciatica. There is of course nothing wrong with these areas.

The spine as you know contains the spinal cord. This consists of all the nerves to the lower body. These nerves leave the spine through the last few joints of the backbone and go off to their respective parts.

If your lower spine joints become inflamed and swollen then pressure is put on these nerves. When that happens the nerve sends a signal to your brain that you have a pain in the area that that particular nerve corresponds with. You think you have a pain in that area. Nevertheless, there is nothing wrong with it.

You cannot treat the painful areas. You must rest the back and gently exercise it. You must increase your backs mobility. Keep it supple.

Keep it simple. Keep it Supple.

It is no wonder the medical profession cannot normally find anything wrong with our backs. There is not in theory. It is hereditary.

So what did I do?

The Exercise Solution **You've Been Looking For!**

One of the exercises given to me by the physiotherapist, who did not point this one out as special, did the trick. However, it involved bending the spine backwards.

Remember how I explained that our joints stiffen and we spend our time with our backs bent forward?

All we have to do is allow our spines to push backwards into their natural alignment for short periods of time and we are cured.

Too simple for you? Well it worked for me and it will for you if you keep it up.

The Steps to No Back Pain

All I did was to lie on the floor on my stomach with my elbows on the floor and my chin in my hands for five minutes a day. It took a month before I noticed a significant improvement. Altogether, it was three months before the pain had gone. There is no instant cure. It took years for the problem to manifest itself so why would anyone expect to put it right overnight.

I now do this once a week. Just to keep my back flexible and stress/pain free.

Is that all?

Yes, that is all.

No drugs from my general practitioner.

No more back cracking treatments from my over zealous chiropractor

And no more long sessions with my physio.....

One note. If it hurts, you to lie like that then lay flat for the first week or so. Always progress gently. Do not force yourself into painful positions. If it does not improve and you are not able to progress upward with your head and shoulders, then you have a problem, which should be seen by your Doctor. You should not experience extreme pain.

“It’s Simple AND it Doesn’t take up Your Entire Day”

You can lie like this and watch the TV, so it will take up none of your valuable time.

Just five minutes a day.

Nevertheless, every day until the pain goes away. There are additional exercises that will assist your recovery.

1. Lay flat on your back, draw your knees up with your feet on the floor. Move your knees from side to side.
2. Lay flat on your back, raise and lower one leg at a time.
3. Stand with your feet apart, turn your body 90 degrees from side to side or as far as you can.

These are additional exercises.

It might take three months before you feel benefit, depending on how bad your back is.

Do not give up. Just believe, what I have explained is one of those secret truths that did not make it into the Doctor’s Book.

I am afraid that the medical profession cannot use logic, as we discussed they are bound by the book. Because of this, doctors cannot think simple and straightforward. It is part of their training

“A Simple Plan to Guarantee This Won’t Work For You”

While the people I have told this to that have actually tried these exercises/stretches (the more I think about it I think I would call them stretches—not exercises) have had remarkable recoveries, others refuse to believe it can be so simple, and will not even try it!

Still others that tried it gave up after a couple of weeks because there was not an instant recovery. Remember more damage means more time to rebuild.

“If you have pain”

More Pain usually means that you are doing too much. Take it a bit slower or don’t push back so far.

Yes it will take even longer but perhaps in six months you will be like me and have forgotten that you have ever suffered with back pain. However, do not forget to continue the exercise for at least once a week. Nevertheless, a small price to pay.

“Don’t Be Fooled By The Simplicity”

Now I could make this more complicated to make you think you are doing something special. But believe me this will work. All you have to do is stick at it.

Simple things do work, look at nature. There are many examples in nature that are simple and yet are remarkable at the same time. When it comes to health, I always compare what we do with what nature does. Mammals do not walk upright. You eat food, a simple task and yet it enables your body to convert all sorts of complicated carbohydrates and proteins into tissue building and energy burning. Many things appear simple and yet create marvellous changes.

The World Health Organisation (WHO) recommends we eat at least five portions of fruit and veg per day. Look at nature. All primates live on a diet mainly of fruit. Fruit is far more important to us than you might believe. That is why I am big on Smoothies. It is a fabulous and interesting way to take in a large amount of fruit. This will help your body to repair itself and of course your back when included in my method.

I have read that drinking milk can increase your chances of cancer. Because cow’s milk contains nine times the amount of growth hormone, that human milk does. This causes cellular growth. Look at nature. How many adult mammals drink milk?

The Victorians invented food processing. They said, “Fibre goes straight through us.” Therefore, they processed it out. Resulting in a huge increase of bowel disease. Did they look at nature?

We must not keep straying away from nature.

Special Note To Those With Severe Injuries

If you are of the one percent that has a real physical back damage problem and you feel extreme pain doing this, then stop.

It is unlikely that this exercise will cause you any problems because it does not involve extreme pressures, movements or strain. However, improvise. If it hurts then it is most likely that you need it, but do it to a lesser extent, increase it as you can.

Do not give up if it does not help immediately. It may take three months. Remember you may have to see out the reduction of inflammation before you begin to treat the problem.

Do not think this is too simple to be true. It cured me. Most people cannot believe in a simple cure and want harsh drugs or surgery. Why if there is a simple answer?

In Summary

To summarize, Posture, Posture, Posture!

Remember, the natural curvature of the spine. Hold your head back, do not stoop. Sit upright.

Lay on your stomach five minutes per day.

Add the other stretches if you like.

In addition, feel the results!

I sincerely hope you carry it out and find great relief. I would not like to think that people out there are suffering anything like I did.

My frustration with Doctors being unable to help with one of the most common problems we all suffer with still disturbs me.

Good luck and free yourself of back pain.

You can do it. You will do it. If you just take a little initiative.

A simple exercise that will lead to **no more back pain.**

Regards.

Alan Boswell.

PS.

I believe that if you understand how the back is constructed and exactly how it is affected, only then are you more likely to follow my long-term strategy.

It takes years for your back to get in the shape it is in. It will not go right overnight.

Aftercare

The bad news is that you will never have the back of a teenager. All those years of strain will have taken toll. Even after carrying out my program, you will still have some discomfort. If you do some heavy work like gardening or even housework, you could easily cause pain to reoccur.

As you now know, you simply cannot rely on a single column of bone to support over half your body weight and then distort it, lean it over like a cranes arm and lift weights.

Your back needs help and support. I recommend a back support that is easy and comfortable to wear. An elastic belt fastened with Velcro. You can adjust it to be as tight as you wish. It has upright support ribs in the back and pulled tight it takes a considerable load off your back.

I recommend that you wear it every day for the first three months whilst doing my program. Thereafter you should wear it when doing any physical work or if you feel that your back has relapsed.

Between my program and a back support, you will feel a new lease of life. You will feel happier and have a spring in your step. There is no feeling on earth like relief from long term pain.

Keep it up you will get there.

Useful link

www.whi.org.uk is a good site for health