

Back Pain

What Is Back Pain?

Back pain can be felt down the muscles, nerves, bones, and the joints, as well as down the spine itself. The pain can be onset or chronic and can be intermittent or constant. It can feel like a dull ache, or even a piercing sharp or burning sensation. It can travel all the way along the hands, arms, legs, and feet, making you feel weak or numb.

Back pain is a frequent complaint, and in the US, acute lower back pain (otherwise known as lumbago) is the fifth common reason to visit a physician. It's estimated that nine out of 10 adults will experience some form of back pain at one point in their life, while five out of 10 working adults will have back pain every year. Lower back pain causes around 40% of missed work days in the US; worldwide, it is the leading cause of disability.

The spine is a complex network of joints, nerves, muscles, ligaments, and tendons that are all capable of producing pain. The larger nerves that start in the spine and move into the arms and legs may also radiate pain to the extremities.

What Causes Back Pain?

One of the most common causes of back pain is narrowed discs within the lower lumbar spine. The cause can occasionally be from a prolapsed intervertebral disc, and in those types of cases, the pain can reach into the leg. If Serrapeptase enzymes don't help, then seeking an osteopath, chiropractor, or orthopedic opinion can help. Acupuncture is also successful at relieving chronic lower back pain in the majority of cases.

Back Pain FAQ

Q: I have had a lower back injury that I have been battling for about a year and half... It still hurts quite a bit. Do you think there was some scar tissue that has built up around that area, and if so, what is still causing my further discomfort and inflammation?

I heard about Serrapeptase and thought I should give it a try. I have been taking it pretty religiously for about a week now. But I was wondering how long do you think until I can see some pretty good results from it? I know you don't know me that well or how long my condition has been this way. But in your experience, when do people who have been suffering from chronic pain usually start seeing positive results?

A: It is too soon to expect results yet. Follow my Back Pain Plan consistently for best results and be persistent.

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“Having had back problems since I was about 17, (I am now 49) I had reached a point of being in continuous low grade pain with frequent acute attacks of pain. I was unable to sleep for more than 3 to 4 hours per night, then tossing and turning until it was time to (literally) crawl out of bed.

I started taking Serrapeptase, and two months later I was sleeping all night, every night. I have also noticed a huge improvement in my asthma. I now take a maintenance dose of 2 capsules per day and have recommended it to so many people.”

- Kelly P.

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Follow the Health Plan as recommended for the best results:

BACK PAIN HEALTH PLAN

The back pain health plan is designed to provide relief for this condition when Serrapeptase is combined with the right nutrients and a naturally healthy lifestyle is followed. Results can be seen in just a few short weeks when you commit to the plan.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:*

- [SerraEnzyme 250,000IU](#) - Take 1 OR 2 capsules of Serrapeptase: 4 times per day until all symptoms have ceased and then lower to 1 x 2 per day. This will eat any scar tissue, inflammation and dead tissue.
- [HealthPoint™](#) - Use daily on acupressure points to further reduce the inflammation and pain. Treatment with an electro-acupressure device has been proven to be highly effective in treating degeneration. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of joint-related problems. **(See www.dovehealth.com for more information.)**
- [Joint & Skin Matrix](#) - Treatment with a Collagen Complex will help to regenerate the cartilage if degeneration takes place. Take 2 capsules daily.
- [Ancient Minerals Magnesium Oil Ultra](#) - Restores cellular magnesium levels, protects cells, and relieves muscle aches and pains. Apply to neck, shoulders, arms, and chest muscles daily after a shower.
- [Hemp Seed Oil](#) - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

OR

- [The Krill Miracle](#) - Treatment with Krill Oil or Hemp Oil will help in the healing process by supporting the immune system, decreasing pain in symptoms such as arthritis and providing protection for cell membranes. Take 1 capsule, 2 times daily.