



Week 10

Overview of Lecture

The Lower Back

Behind Lower Back Problems

- There are literally hundreds of different reasons for lower back problems.
- They all require a good mineral intake and exercise to help them heal.
- Causes can vary from slipped disks to organ disorders.
- A useful diagnosis will allow one to treat the cause and the symptom effectively.
- All lower back problems should be considered as somewhat serious as it is an indication that some structural imbalance has occurred to the point where normal mobility is compromised.
- A good diet will include avoiding an overly acidic diet and usually a reduction of liquids and expansive foods.
- Use of the breath will support continued healing and habit reversal which will ensure long lasting results.



Key Considerations in the Healing Approach

1. Change in diet is essential due to structural nature of the symptoms.
2. Exercise is important to rebuild muscles and alignment.
3. Anything from constipation to a sedentary lifestyle to flat feet can be the cause of back problems so a clear diagnosis is important.