

## Lower back care, the natural way

Do you suffer from back pain? If you do you are in good company, in-fact experts estimate that as many as 80% of us will experience a back problem at some time in our lives and as a society we are spending a whopping 50 billion dollars a year on back care!

So, why are so many of us experiencing the pain and discomfort of back problems? There are several reasons including: old injuries, accidents, genetic issues such as scoliosis, arthritis, your work –sitting too much or lifting heavy items, being overweight, and lack of regular exercise.

Conventional back care therapies include pain medication, injections, surgery and physical therapy. While these therapies have some value they all have their pros and cons. Pain medication and injections offer pain relief but just mask symptoms and can cause serious side effects. Physical therapy , while providing some relief, is limited by what insurance companies deem necessary, not necessarily what the patient needs to complete their care.

Surgery is usually the last resort for most people and is very expensive (\$10,000 for disk surgery and up to \$65,000 or more for a spinal fusion) with 1 out of every two surgeries failing.

An emerging field that shows great promise for back problems is yoga therapy. For the last few years Chiropractor Rick Harvey, a chiropractor in San Ramon CA and Yoga Teacher Howard VanEs, ERYT-500 located in the East Bay of San Francisco, have been studying and refining the specific application of yoga to back care issues.

According Dr. Harvey: “The benefits of using yoga for my patients are tremendous. My patients are seeing immediate relief for acute back problems as well as long term relief for chronic issues. We show them how to do the postures in our office. Once learned, patients can do the postures at home which empowers them to positively impact their own health without the need for drugs or costly treatment programs.”

Dr. Harvey and Howard VanEs both caution that doing the wrong yoga postures, or postures improperly can worsen a problem. It is essential that specific postures are applied to specific back care issues.

For more information or to schedule a yoga therapy session for your back care issues please contact Howard VanEs at [info@letsdoyoga.com](mailto:info@letsdoyoga.com) or call him at 415-309-1290.