

## **Relief and Reduction of Back Pain**

Back pain and disk herniation – disrupt the brain's management of the body.

Communication and transfer of information between the brain and the body via the spine, is interrupted.



When our back aches, the cause doesn't matter to us. We just want the pain to disappear immediately so that we can get back to functioning normally without suffering.

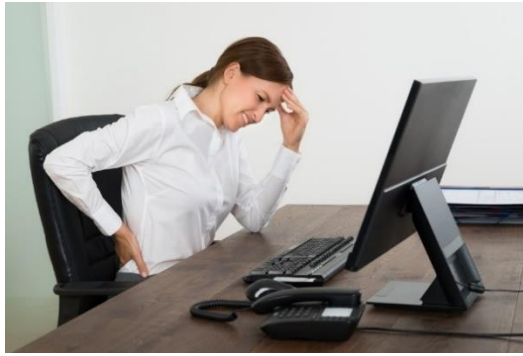
It is, however, important to understand that back pain indicates the existence of possible:

- Pressure on the nervous system
- Problems in the spine
- Disk bulge or herniation
- General stress

Persistent back and body pains are not a sudden occurrence; they are the result of an ongoing process of spine instability, loss of equilibrium, of symmetry and a sign of degeneration.

The main issue is that pain indicates interruption to the communication which transfers information between the brain and the body.

This constitutes interference of the brain's ability to manage body functions correctly, resulting in development of functional difficulties, reduction of activity and of competence of the body's immune system. This is the beginning of the development of chronic illnesses.



When we notice our body's signs such as pain, a general feeling that something is wrong or the instability in our spine, the brain too is aware of these occurrences in our body and in fact, it locates the deviations in our vertebrae in real time.

Therefore, it is extremely important **not to** ignore these signs and indications, and to pay attention. We need to allow the brain to manage the natural process of reversing the problem, by means of a few minutes of relaxing the pressure without external force, a process of relieving and releasing the stress.

In this manner the brain is able to restore the posture, mobility, position and stability of the vertebrae naturally, allowing proper function of the spine and the entire nervous system. This is how we reduce, even prevent pain and the onset of illness.



Additional information can be found on our website

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

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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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