

## Natural remedies can ease backaches

**C**ONTRARY TO public opinion, backaches are not normal to the aging process.

There are a myriad of causes for backaches. One cause of backache may be the furniture in your house or apartment — particularly the bed. A soft mattress that "gives" a great deal is a likely source of back trouble. Without proper support, the spine may become unaligned. Soft chairs can cause the same result. If your mattress is too soft, buy a new one. If you can't afford it, stick a board between the mattress and bedsprings.

One major cause of backache among women is high heels or platform shoes. Such shoes distort the posture and the spine, putting strain on lower back muscles.

Some people with backaches discover — after paying huge medical bills — that one leg may be shorter than another, causing strain to back muscles. Lie on the floor and see if your feet touch each other in perfect alignment. If one leg is shorter, spinal adjustment often can eliminate the disparity.

**DON'T ENGAGE** in a lot of unnecessary bending. Stoves, counters and tables that are too low should be replaced.

Bending and lifting result in a large percentage of backaches. People should keep the burden of weight in front of them, bend their knees, and lift with their arms and legs — not with their lower back.

Many people have thrown out their backs carrying the laundry or groceries off to one side. Keep the spine straight. Carry the burden in front of you.

The two most important causes of backache, according to some experts, are a lack of exercise and an improper diet. It may be hard to believe that an unbalanced diet may cause such a problem, but scientific tests have proved that the addition of a nutritional balance often can eliminate backache quickly and completely.

**MANY BACKACHES** result from allergic reactions to certain foods and can be eliminated when the food is no longer eaten. Backaches disappear when protein, calcium and magnesium, as well as other nutrients, are balanced.

A study at Baylor University found that frequent doses of Vitamin C relieved lower back pain. Vitamin E and manganese have been shown to work as maintenance vitamins, helping to keep ligaments and back muscles in top form.

It must come as no surprise that exercise can eliminate back problems. Healthy back muscles aid the spine, helping to keep it straight and in place. Sit-ups are recommended for strengthening back muscles.

When driving long distances, stop often to relax these muscles. The same is true at work. Get up and walk around every hour or so.

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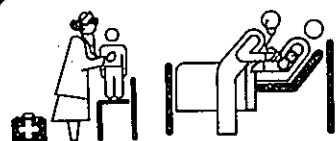
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