

# Get Back Pain *R-e-l-i-e-f*

Back pain has many possible causes; therefore, it is advisable to seek medical advice to determine whether it is caused by an injury to the supporting tissues (muscles, spine, and nerves) or due to a disease of the internal organs.



## ***What Can Cause Back Pain?***

Most people at some time in their lives suffer from what is called nonspecific back pain. Nonspecific back pain is thought to be caused by mechanical disorders affecting one or more of the body's structures. The disorder can be a ligament strain, a muscle tear, or damage to a spinal disk. In addition to the pain created by the damaged structure, spasms from surrounding muscles can create pain and tenderness over a broader area. People most likely to suffer from this type of back pain are those whose jobs involve heavy lifting and carrying or those who spend long periods of time sitting in one position or bending awkwardly.

Other possible causes of back pain are abnormalities of a joint or a prolapsed disk (dislocation of a disk), which can cause sciatica (pain in the buttocks and down the back or side of the leg); osteoarthritis, which can cause persistent back pain; Ankylosing Spondylitis (arthritis in the spine), which causes pain and stiffness with loss of back mobility; fibrositis, or pain and tenderness in the large back muscles; and coccygodynia or pain in the base of the spine (coccyx or tailbone).

## ***Will Chinese Medicine Cure Back Pain?***

Once a specific cause for back pain has been established, traditional Chinese medicine offers several different treatment options. Back pain caused by muscle strains, tears, or weakness is treated with Tui Na massage, herbs, ointments and liniments, and moxabustion (heat therapy). Osteoarthritis is treated with acupuncture, herbal therapy, hot herbal compresses and herbal plasters. Fibrositis is treated with Tui Na massage, herbal therapy, ointments and liniments, hot compresses (for strains), and cold compresses (for inflammation and swelling). Ankylosing Spondylitis and coccygodynia are treated with acupuncture, herbal therapy, herbal plasters, cold compresses (for inflammation and swelling) and hot compresses (when there is no swelling).

In cases of sciatica, which is often caused by a slipped or prolapsed intervertebral disk pressing on a spinal root of the sciatic nerve, two strong recommendations are offered: consultation with an osteopathic physician or chiropractor, whose adjustments can often remedy the problem, and the use of herbal therapy.



*We have found these 4 formulas especially helpful for chronic or acute back pain*

**DU HUO JI SHENG TANG**

This raw herb formula will relieve fixed pain in the lower back that is accompanied by weakness, stiffness, and/or numbness. The chief herb in the formula, Du Huo will expel pain from the back and lower extremities, while Ren Shen and Fu Ling combine to strengthen the body and increase energy (Chi), the remaining herbs (Xi Xin, Fang Feng, Qin Jiao, Sang Ji Sheng, Du Zhong, Niu Xi, Dang Gui, Chuan Xiong, Bai Shao and Sheng Di Huang) support the function of the primary herbs in this formula and reduce back pain. This formula is available in either the raw form (meaning you'll need to prepare a tea and drink 4 ounces or add the powdered herb to a smoothie, and do this 3 x daily) or it's available in easy-to-use pill form (dosage would be 8 pills 3 x day).



**Cost:**

One batch of raw herbs is **\$18.99** and will last about 15 days (refer to item # 86); a 60-day supply is discounted to **\$70.99** (refer to item # 866o). Or, one bottle of pills will last about 5 days and costs **\$8.99** (refer to item # 86PF), a 60-day supply is discounted to **\$130.99** (refer to item # 86PF6o).

**KANG GU ZENG SHENG PIAN**

Is primarily used for vertebral calcification and degeneration following injury or with aging. Also useful in chronic vertebral subluxations and spinal inflammation causing dull aching pain or numbness. This is a patent medicine (a traditional Chinese herbal formula in pill form) and the herbs in this formula (Shu Di Huang, Rou Cong Rong, Lu Xian Cao, Chang Qun Teng, Lu Lu Tong, Lu Xian Cao, Yin Yang Huo, Shao Yao, Mao Gu, and Lao Huan Cao) will combat bone pain and is useful for Ankylosing Spondylitis (inflammation of the spine), and especially helpful for back pain with accompanying numbness in the limbs. It comes in bottles of one hundred pills and daily dosage is 6 pills 3 x daily.



**Cost:**

One bottle will last about 5 days and costs **\$9.99** (refer to item # 87A); a 60-day supply is discounted to **\$114.99** (refer to item # 87A6o).



## WU YANG BRAND PAIN ~ Relieving Medicated Plaster

This herbal plaster will temporarily relieve aches and pains of muscles and joints due to simple backache, arthritis, strains, bruises, and sprains. The active ingredients are Menthol 16% and Methyl Salicylate 10%; the inactive ingredients are Safflower, Dandelion, Rhubarb Extracts, and Myrrh Gum Mass.

**How to use:** This product is for external application only. Do not use on wet or sweaty skin. Clean and dry the affected area before application. Remove the attached film from the medicated patch and apply the adhesive side to the affected area. Can be used by adults and children 2 years of age and older. Apply to affected area no more than 3 times a day as the plaster will remain effective for about 8 hours in normal conditions. It will be more effective when used after hot shower or massage.

**Cost:** It comes 10 plasters (3.9 in x 11 in each) per box, one box costs **\$23.95** (refer to item # 3181), and 2 boxes (20 plasters) are discounted to **\$43.90** (refer to item # 31812).



## YAO TONG PIAN

Also known as Anti-Lumbago Tablets this patent formula is well-known for its ability to strengthen the tendons and bones, for alleviating pain, and is useful for sufferers of lumbago, lower back pain and sciatica, as well as for back disorders due to overstrain. The herbs in this formula (Dang Gui, Du Zhong, Xu Duan, Gou Ji, Bai Zhu, Bu Gu Zhi, and Niu Xi) will strengthen bones, the lower back and the knees. It comes in bottles of one hundred

pills and daily dosage is 6 pills 3 x daily.

**Cost:** one box will last about 5 days and costs **\$11.99** (refer to item # 88B); a 60-day supply is discounted to **\$141.99** (refer to item # 88B60).

## When can you realistically expect relief?

Ideally speaking, immediately upon beginning treatment we expect the use of these formulas to address your back pain symptoms. Although, the health benefits of using this treatment approach are well known among Chinese herbalists and doctors of traditional Chinese medicine, the formula's fame arises out of their ability to naturally relieve pain. Perhaps, you owe it to yourself to try this treatment plan?

If you'd like to know more about back treatment, or if you would like to purchase, please give us a call or send an email. We look forward to hearing from you.

If you'd like to gain access to these products on our website, click: <http://seaofchi.com/General%20Health-270/Arthritis%20and%20Back%20Pain%20Relief-274>



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