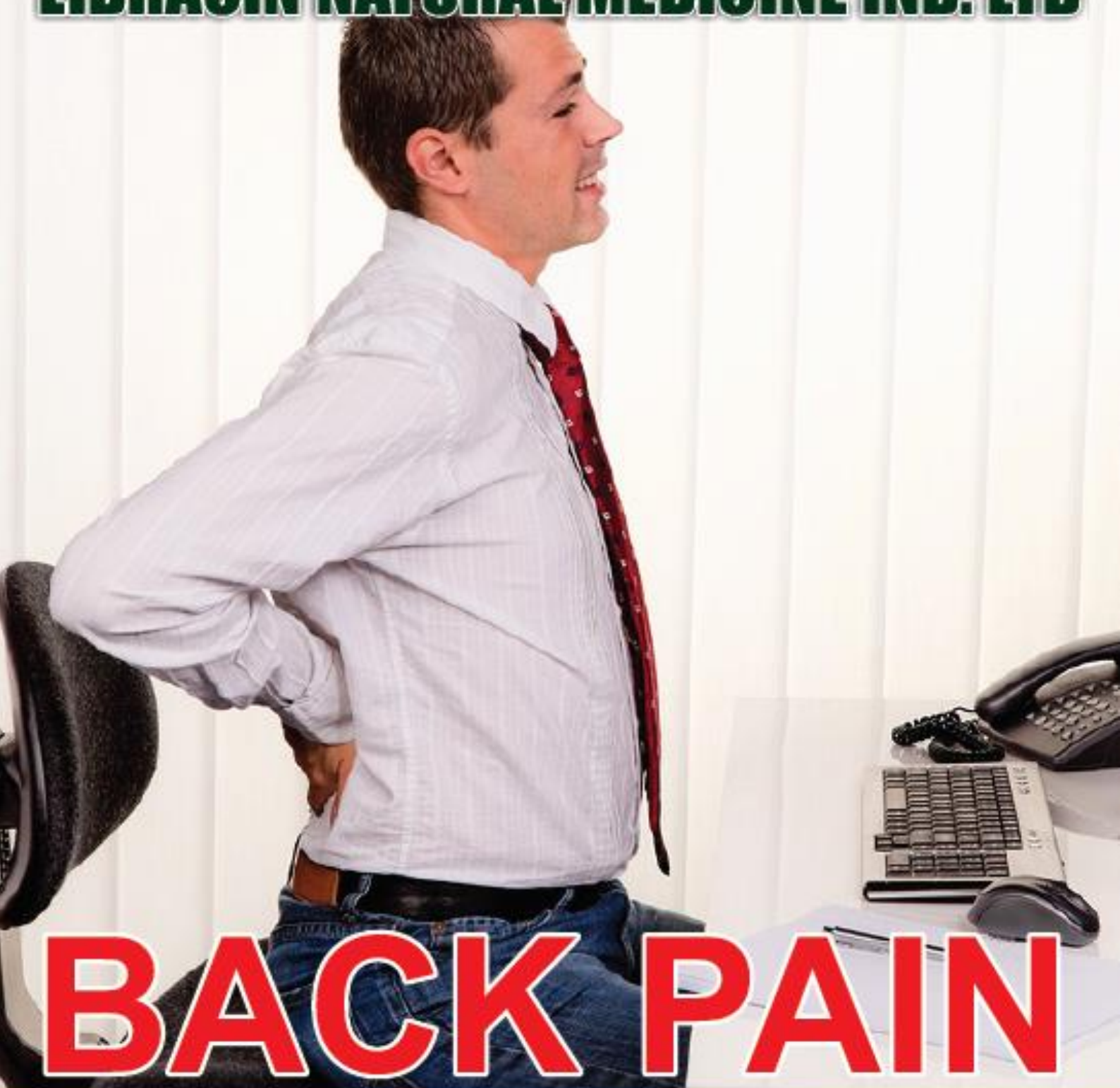


LIBRACIN NATURAL MEDICINE IND. LTD



BACK PAIN

- CAUSES & NATURAL REMEDY -

Dr. Bestman Anyatonwu

MEANING

Back pain is one of the most common reasons people go to the doctor or miss work and a leading cause of disability worldwide.

Most people have back pain at least once. Fortunately, you can take measures to prevent or relieve most back pain episodes.

If prevention fails, simple home treatment and proper body mechanics often will heal your back within a few weeks and keep it functional for the long haul. Surgery is rarely needed to treat back pain.

CAUSES

Back pain can come on suddenly and last less than six weeks (acute), which may be caused by a fall or heavy lifting.

Back pain that lasts more than three months (chronic) is less common than acute pain.

Back pain often develops without a specific cause that your doctor can identify with a test or imaging study.

Conditions commonly linked to back pain include:

- **Muscle or ligament strain:** Repeated heavy lifting or a sudden awkward movement may strain back muscles and spinal ligaments. If you're in poor physical condition, constant strain on your back may cause painful muscle spasms.
- **Bulging or ruptured disks:** Disks act as cushions between the bones (vertebrae) in your spine. The soft material inside a disk can bulge or rupture and press on a nerve. However, you can have a bulging or ruptured disk without back pain. Disk disease is often found incidentally when you undergo spine X-rays for some other reason.

- **Arthritis:** Osteoarthritis can affect the lower back. In some cases, arthritis in the spine can lead to a narrowing of the space around the spinal cord, a condition called spinal stenosis.
- **Skeletal irregularities:** Back pain can occur if your spine curves abnormally. Scoliosis, a condition in which your spine curves to the side, also may lead to back pain, but generally only if the scoliosis is severe.
- **Osteoporosis:** Your spine's vertebrae can develop compression fractures if your bones become porous and brittle.

SYMPTOMS

Signs and symptoms of back pain may include:

- Muscle ache
- Shooting or stabbing pain
- Pain that radiates down your leg
- Limited flexibility or range of motion of the back

In rare cases, back pain can signal a serious medical problem. Seek immediate care if your back pain:

- Causes new bowel or bladder problems
- Is accompanied by fever
- Follows a fall, blow to your back or other injury

Contact a doctor if your back pain, is severe and doesn't improve with rest, spreads down one or both legs, especially if the pain extends below the knee, causes weakness, numbness or tingling in one or both legs or is accompanied by unexplained weight loss

Also, see your doctor if you start having back pain for the first time after age 50, or if you have a history of cancer, osteoporosis, steroid use, or drug or alcohol abuse.

HERBAL REMEDY

Libracin detoxification herbal alternative is the answer:

- a) **Libracin Herbal Tablet:** <http://libracin.com/product/libracin-herbal-tablet/>
- b) **Neem Tea:** <http://libracin.com/product/neem-tea-plus-vernonia-bitters/>
- c) **Nutrishield:** <http://libracin.com/product/nutri-shield/>
- d) **Bounty:** <http://libracin.com/product/bounty-herbal-tea/>
- e) **Multi:** <http://libracin.com/product/multi-herbal-tea/>
- f) **Neo-Care:** <http://libracin.com/product/neo-care/>



CONTACT US



LIBRACIN

NATURAL MEDICINE IND. LTD.

enriching lives for better

123 Ulasi Road, Aba/P.O.Box 3365, Aba, Abia State, Nigeria

Phone: (234) 08037504426, 08132836825, 07038595483, 08038920771, 08052978050, 08179705615,
09092986907, 08107508177, 09067998409, 09068750055, 09065449561

Email: info@libracin.com OR libracinweb2@yahoo.com

www.facebook.com/libracinnaturalmedicine

www.libracin.com

BRANCHES

LAGOS:

OSHODI:

447, 2nd Floor (back) Agege Motor way,
Bolade Bus stop, Oshodi Lagos State.
09065409970, 08035258845.

SURULERE:

1B Adeniyi Adefioye Street,
Marsha -Kilo Link Road,
Car Wash, Ikate Surulere, Lagos State.
09067687536, 08156811248
09079852695, 08170715107

ABUJA FCT:

KUBWA:

Hadza Plaza,
Opposite Channel 8 Junction,
Kubwa Abuja, FCT.
08104248293, 08060738106

ZUBA:

Shop No B4, Zuba Plaza,
Zuba, Abuja FCT.
09094061768, 09060823886

DUTSEN:

Shop 60/61 MMG Shopping Complex,
1st Gate, Dutsen Alhaji, Abuja FCT.
07068259254, 09060732488

BWARI:

Atanu Plaza, Beside Peace Park,
Opposite Bwari Market, Bwari Abuja FCT.
08138622678, 09065450205

MARARABA:

Fortress Plaza, Shop No. C7 2nd Floor,
Abuja/Kiffi Exp. Way, Sharp Corner,
Mararaba, Abuja FCT.
08100784750, 09060942743

MPAPE:

Ansar Plaza,
Sult No. 109 By Oceanic/Begger Junction,
Mape, Abuja FCT.
08066745186, 09064999439

KURUDU:

De-Bright Plaza, Kurudu Junction,
By Orozo/Karshi Road, Abuja FCT.
09036188267, 09068730988