

Low Back Pain

The Spinal Joints

Intervertebral joints and their disc structures are dependent on different hydraulic properties of water stored in the disc core and in the end plate cartilage covering the flat surfaces of the spinal vertebrae. In spinal vertebral joints, water is not only a lubricant for the contact surfaces, it is also held in the disc core within the intervertebral space and supports the compression weight of the upper part of the body. Seventy-five percent of the weight of the upper part of the body is supported by the fibrous material around the disc. The design principles are for the water to act as a lubricating agent, and for it to bear the load produced either by weight or by tension produced by muscle action on the joint.

In most of these joints, the establishment of an intermittent vacuum promotes a silent water circulation into the joint, only to be squeezed out by the pressure borne as a result of joint activity. To prevent back pain and other joint problems sufficient water intake on a daily basis is absolutely necessary.

When you put your body into a dehydration state by not consuming enough water, all parts of the body begin to suffer. Compounding the problem is the replacement of water intake by liquids that contribute to dehydration. The first part of the body that is effected are the intervertebral discs and their joints. The fifth lumbar disc is affected in 95% of low back pain cases. Dehydration removes the moisture from the intervertebral joints as well as any other joints. This will result in inflammation followed by pain, arthritis and in some cases, fusion.

Supplements

Taking large doses of *Multiple Digestive Enzymes* and *Protease* helps with pain by breaking up inflammation and putting workers into joints to speed up the healing. But the workers need water and nutritional supplementation for rebuilding.

Nancy's Smoothie: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

Nutritional Essentials: 6 Tablespoons a day

Barleylife or Whole Foods: 3 Teaspoons a day

Mega Omega: 2 Tablespoons a day *Green Product (Whole Food of Barleylife):* 1 tablespoon