



Sciatica Natural Remedies

Scott Pritchard

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Natural remedies for sciatica including herbal formulas, nutritonal formulas, stretching exercises, and emotional releases of stress and anxiety triggers.

Excerpt:

The way we treat sciatica naturally is from a number of angles. First, we work to reduce swelling and reduce inflammation. Second, there may be calcium or bony growths along the spine, we can work to get rid of that. Third, we can work to naturally rebuild cartilage in the spine over time. Fourth, we communicate about a diet and lifestyle that may incorporate yoga or stretches. We offer some exercises to gently stretch out the sciatic nerve. The stretching seems to be the critical part. This is also known as the life nerve.

Normally over time the pain subsides and the situation improves and hopefully goes back to normal.

Sometimes, strong prescriptions and even surgery may be necessary. If that seems to be the case, perhaps get two or three opinions from different doctors, evaluate these and go with the best option.

Some ways we reduce inflammation vary a little based on symptoms. Yucca Ar by Nature's Way is great if there is severe back pain perhaps accompanied by arthritis in the spine. For example, one customer had gotten whiplash on a roller coaster ten years ago. He developed arthritis in his spine and could not sleep through the night. After a week of Yucca Ar he could sleep all night! What this does is help your body naturally produce cortisone to stop the pain. It does not fix the cause of the pain but it helps it produce natural pain killers in your body.

Some doctors recommend that their patients take Glucosamine, chondroitin and also magnesium. You can read about magnesium below. Glucosamine and chondroitin tend to help in a majority of people to reduce back pain and slowly rebuild joints and cartilage over time.

About the Author

Scott Pritchard has had 24 years experience working with natural remedies. He has helped thousands of people with natural remedies. He has managed two health food stores and owned two businesses. He has

written 20 books and booklets. He gives lectures and has had his own show on a religious radio station teaching natural remedies to the audience. His approach is straightforward. People tell him what works and he tells other people.

He has an M.B.A. degree, is a certified herbalist, certified nutritional consultant, he has a computer degree, a management degree and is a toastmaster. He thanks God, family, friends and customers for everything.

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