Florida Spine and Injury Posts Article On Using Turmeric For Back Pain

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Florida Spine and Injury, a chiropractic clinic in Ocala, FL, has announced that they have published a blog post on how turmeric can help reduce back pain. The blog post is titled "How Turmeric Can Help Reduce Back Pain - Naturally Ending Your Pain" and is designed to allow people to know some facts about back pain and that turmeric can help reduce their pain levels.

Dr. Jonathan Walker, D.C., from Florida Spine and Injury, says, "The low back bears most of the weight of the body, which makes it an area that is susceptible to pain (from injuries or other circumstances). Also, it is common for most low back pain to be recurring or chronic. Specifically, low back pain inflammation is the body's response to injuries and infections. And those suffering from inflammation experience the affected part of their body becoming swollen, reddened and hot."

According to the article, there are a number of common signs of the presence of inflammation. These include fatigue, weight gain, irritable bowel syndrome (IBS), allergies, asthma or shortness of breath, and stiffness or pain in the joints. Dr. Walker explains that chiropractic care can adjust the spine in order to the help the patient's immune system. Meanwhile, the consumption of turmeric is one of the different methods for pain

management or treatment.

Dr. Walker says, "Turmeric is an effective and affordably-priced solution to inflammatory back problems. Recently, its use for medicinal purposes has increased and is rapidly becoming more and more mainstream."

Dr. Walker explains that it is the active ingredient of turmeric that is beneficial for treating back pain and that this is curcumin. Studies have shown that curcumin can reduce inflammation in the body. Furthermore, it was also observed that turmeric is an antioxidant, which means that it helps to protect the body from free radicals, which can cause damage to cells in the body. Thus, although it cannot be classified as a cure for back pain, there is enough scientific evidence to conclude that turmeric can be helpful in managing pain. Those who are interested can learn more here.

Dr. Walker warns, however, that "Natural solutions are not always the right choice for everyone. As with any ingested medicine, you should know when to avoid turmeric." For instance, some people may have an allergy to turmeric and should not take it. It is also not advisable for pregnant women and those who are breastfeeding, and those who have a surgery scheduled within the next two weeks. Furthermore, those who have a problem with their gallbladder cannot take turmeric. Also, people should always consult a doctor before taking turmeric regularly.

Meanwhile, Florida Spine and Injury offers various services including chiropractic care, car accident assistance, personal injury, slip and fall injuries, back pain, neck pain, knee pain, neuropathy, work injury, and whiplash. Treatment options include spinal decompression, physical therapy, and rehabilitation exercises.

Dr. Walker points out that back pain is one of the most common problems of people because there are many possible causes. First of all, it can be due to obvious traumas, like sports injuries, motor vehicle accidents, and work place accidents. It can also be caused by strains, sprains, compressed nerves, ruptured discs, stress, obesity, arthritis, poor posture, or even a bad mattress.

Chiropractors employ spinal manipulation to provide pain relief and reduce soreness in the back. Dr. Walker explains, "Chiropractic care focuses on the musculoskeletal system and the proper alignment of the spine." The chiropractor will make safe and natural adjustments to re-align the spinal column appropriately with the result that pressure is removed from the discs and nerves. Patients can also supplement the chiropractic treatments by improving on their posture and ensuring that their sleeping positions will not cause back pain.

Aside from manual manipulation and chiropractic care, Florida Spine and Injury also provides other services and treatment alternatives to reduce back pain. Some of these are rehabilitation exercises, massage, physical therapy, trigger point therapy, and proprioceptive neuromuscular facilitation, which can help in

relaxing the muscles and reducing spasms while enhancing joint mobility. Exercises are usually prescribed for patients to enhance their wellness.

Florida Spine and Injury has a team of chiropractors, ready to provide their services. Aside from Dr. Jonathan Walker, D.C., they are Dr. Tony Sancetta, D.O., Dr. Kimmel Chisolm, D.C., Dr. Jonathan Torres, CCPA, D.C., Dr. Fontaine, D.C., Dr. Shane Sikes, D.C., and Dr. Michael Wood, D.C.

Those who need more information about back pain management or treatment can visit the website of the Ocala chiropractors at Florida Spine and Injury.

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Florida Spine & Injury - Ocala Chiropractor

At The Florida Spine and Injury Centers, we?ve been treating Accident Injuries for over 20 years. By using a combination Chiropractic Doctors and Medical Doctors we are able to diagnose, treat and document your injuries.

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