

## Why Back Pain May Really Cause Alzheimer's and How to Prevent It



When you think of back pain, you probably don't think of Alzheimer's. But there's growing evidence that back pain can lead to Alzheimer's and other forms of dementia.

If you suffer from back pain, **please** take the time to learn why back pain may really cause Alzheimer's in order to avoid it (and please share this with others who experience back pain, too!)

The back pain and Alzheimer's connection first came to light when it was seen that many back pain sufferers also complained of memory loss. And one woman's story serves as a good example of why this strong connection may exist...

This woman suffered chronic hip and low back pain for years. The cause was diagnosed as degenerative lumbar spondylolisthesis (a common lower back condition, and a fancy word for a slipped disk where one vertebra slips forward over the one below it... but as you'll see, the Alzheimer's connection can exist with ALL kinds of back pain).

She did all she knew of at the time to correct the problem, but she never fully fixed her back injury. As a result, her body was in a constant state of *trying* to heal...

Now, the body's response to injury is to product inflammation around it. This inflammation allows the body to heal most injuries, and it also works at ridding the body of foreign matter like bacteria, fungi, viruses, and toxins.

In other words, *occasional and short-term* inflammation like this is good for you and is a normal part of the healing process...

## **The BIG Problem**

When an injury doesn't fully heal, the inflammation does NOT go away. This is where the trouble begins for your brain and other parts of your body.

You see, in addition to being painful, inflammation has a **dangerous** down side: if it becomes chronic, it becomes destructive...

Inflammation can destroy cells, tissues, muscles, bones, and organs... including your brain! Even worse, the problem grows silently for years without any signals that it's happening.

And that's what happened to the woman. She suffered with back pain for so long, the inflammation became destructive. For years, her chronic pain produced inflammatory chemicals that destroyed her tissues. And her brain paid the price.

She began to exhibit sun-downers symptoms, which eventually led to full-blown Alzheimer's.

## **Your Doctor Does NOT Know Why Back Pain May Really Cause Alzheimer's**

Unfortunately, most doctors don't yet know of this connection. They treat both the back pain and memory loss separately. The patient ends up taking drugs that treat the symptoms, but that do not treat the underlying inflammation.

If the doctor does treat the inflammation, it's usually with other drugs like acetaminophen.

And this is where the connection of back pain and Alzheimer's gets **really interesting**...

Researchers have noticed that people taking acetaminophen and other pain drugs will see *initial* improvements in their Alzheimer's symptoms. But if they use the drugs for more than two years, the drugs will actually **worsen** Alzheimer's symptoms!

## So Just What CAN You Do???

The research shows very clearly that reducing inflammation does indeed reduce back pain and Alzheimer's symptoms. That's why the initial use of pain drugs helps *at first*...

BUT... the longer you take the drugs, the more damage they cause to your tissues! You may have heard about acetaminophen damaging your liver. Well, it damages MORE than just your liver. It damages soft tissue throughout your body... including your brain tissue.

So the real answer to both back pain and Alzheimer's is to reduce inflammation in your body without causing injury to your tissues. And this is **much easier** than you might think...

## The 2-Step SOLUTION...

- 1) **Adjust Your Diet.** Because some foods reduce inflammation while others promote it, it's important to eat the foods that reduce it and cut out the foods that cause it. Be sure to read [The Foods that FIGHT Inflammation](#).
- 2) **Take the *Right* Anti-Inflammatory Nutrients.** You need to reduce and eliminate whatever chronic inflammation you have as quickly as possible to ease back pain and prevent Alzheimer's. You can do so by taking the right anti-inflammatory nutrients.

First, because there are many nutrients claiming they are "anti-inflammatory" on the market... BE CAREFUL! Aside from issues of quality, only a handful of nutrients provide powerful inflammation control to bring fast... and lasting... relief.

Proteolytic enzymes are one of the most powerful ways to fight inflammation!

One of the most powerful is turmeric. It contains curcumin, which stops inflammation by blocking COX-2. This is the same mechanism many pain drugs use.

Because they work the same way, research has shown that turmeric is just as effective as the pain drugs — but it does **NOT** have any of the side effects!

That means it can control inflammation, ease your back pain, and prevent Alzheimer's — and it will never make the disease worse or harm your tissues. There are literally *hundreds* of studies showing turmeric is a

highly effective treatment for Alzheimer's and other inflammatory diseases.

Another powerful anti-inflammatory are [proteolytic enzymes](#). Like turmeric, these enzymes fight inflammation without any side effects.

In fact, one study in 1983 found that you **cannot overdose** on proteolytic enzymes. They are completely safe. And another study found that proteolytic enzymes are your body's first line of defence against pain and inflammation.

Even **BETTER**, these enzymes can *reverse* the damage inflammation does to your tissues. So it's quite possible they could do more than just slow the progression of Alzheimer's ... they might even reverse the damage.

Watch this [Video HERE](#) to learn how to eliminate inflammation and reduce pain

### **How You Can SUPERCHARGE These Powerful Inflammation-Fighters**

While turmeric and proteolytic enzymes are the star players in fighting inflammation, you can supercharge both of them by taking them with other anti-inflammatory nutrients.

These include ginger, bromelain (a mixture of enzymes found in the juice and stem of the pineapple), papain, devil's claw, vitamin E, rutin, Mojave yucca, and l-glutathione.

All of these have special functions in fighting inflammation. Taken together, they give you a multi-faceted attack on inflammation that can spare you from pain, memory loss, and many other conditions.

And the **BEST NEWS** is you don't have to go buy all of these different supplements and take 10 different pills at a time, because they're now available in one special formula designed to be the best way to fight chronic inflammation...

It's called Heal-n-Soothe, and this proprietary formula has already helped thousands of people stop inflammation and pain... and potentially prevent memory loss and Alzheimer's in the process!

The mix of the most powerful anti-inflammation nutrients in Heal N Soothe can work wonders ... just ask Angela Jaggs, who wrote:

**"All I can say is a big WOW and thank you. I have only been taking them for 4 or 5 days, but have noticed a huge difference. I**

**stopped taking my strong painkillers, Co Codemal (the strongest) and Dihydrocodine, which I was taking every day and the full limit allowed in a day. I feel 'almost' normal again."**

**[Discover more about Heal N Soothe](#)** — including more about proteolytic enzymes and the 12 most powerful anti-inflammation nutrients — because as you'll see, this proven formula really can help you fight inflammation, avoid dangerous drugs, stop pain... and quite possibly help you avoid Alzheimer's in the process!

**By Jesse Cannone - Creator of the International Best-Selling Back Pain Treatment Program "Lose the Back Pain System" and Best-Selling Book "The 7 Day Back Pain Cure"**

**Unlike most treatments which only deliver temporary relief, if any at all, muscle balance therapy delivers lasting relief to 8 out of 10 people who use it because it addresses the underlying cause of the pain, not just the symptoms.**

**If you are suffering from any type of back pain, neck pain or sciatica, I urge you to learn more about this breakthrough new treatment. [Click HERE](#) to learn more**

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