Sciatica, or pain along the sciatic nerve and in the lower back, can be overwhelming. It can send shooting or burning pain from the lower back, into the hip, and all the way to the feet. It hurts to sit, to walk, and even to lay in bed.

Sciatic pain can be caused by damaged discs, inflamed tissues surrounding the nerve, and a chronically tight piriformis muscle, compressing the nerve. Long term compression can lead to nerve damage - better to treat it early!

Once you have found the cause of your back pain, you can use the right natural treatments to find pain relief.

*Please see your doctor to identify the actual cause of your pain, and determine which of the following treatments are appropriate for you.*

**WARNING!** Some significant symptoms should be addressed immediately: if you experience any shooting pain going down your leg while sneezing or coughing, or if you have sciatica and notice that your bowels or bladder function is not normal - go to your doctor immediately! This could be a sign of cauda equina syndrome, which should be treated quickly.
What is sciatica?

Natural sciatic pain relief

Relaxing the muscles around the sciatic nerve

Heat, ice and massage to relieve sciatic pain
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Sciatica Pain Patterns

1. Compression of the L4 nerve can result in pain radiating from the lower back down to the knee.

2. Compression of the S1 nerve can result in pain radiating down to the foot.

What is sciatica?

Sciatica occurs when the sciatic nerve is compressed by inflammation or physical damage.
It can occur on one side only, or on both sides, and may cause numbness and weakness in addition to muscle and joint pain.

Sciatic nerve pain can have a number of causes:

- 1. Bulging or herniated disc, pinched nerve

  Two tests for pinched nerve or bulging disc

  A. Straight Leg Lift Test, B Bragard Test

- 2. Narrowing of the spinal column

- 3. Inflammation of the soft tissues in the surrounding areas
Sciatic nerve (damaged)

Knee weakened

Low back pain is very common. It can be acute, lasting less than one month, or chronic, lasting beyond three months.

You may feel numbness or pain in the shaded area.

Anterior

Posterior

S1

L5

L4

Correct posture in red, incorrect postures in green.
- S4. Short or spasming piriformis muscle in the buttock (piriformis syndrome)
Over 80% of people in industrialized countries will have lower back pain during their life. This is one of the greatest causes of employees being unable to work. Most acute sciatic pain cases recover within 6 weeks, however a small number develop chronic sciatica.¹

**Standard western sciatica treatment**

Doctors treat sciatic pain with paracetamol or low-dose non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen. However, they highly recommend that you keep moving gently - no bed rest.

Medications prescribed for sciatica work to calm the pain and inflammation in the short term, but they don't stop the sciatica from recurring.
Natural sciatic pain relief

Many natural and physical therapies, and simple lifestyle changes, can provide sciatica relief and prevent it from returning.

A healthy diet improves your body's ability to heal. Use citrus fruits and juices, such as lime juice - vitamin C boosts your immune system, prevents serious illnesses, and reduces the swelling around the sciatic nerve.

Proper posture, healthy weight, ergonomic working environments and an active lifestyle all play important roles in treating and preventing sciatic pain.

Relaxation techniques help you manage and reduce the psychological impact of chronic pain.
Relaxing the muscles around the sciatic nerve

Rest at regular intervals, in postures chosen to relieve sciatic pain to provide sciatica relief.

Intentionally relax all the muscles in your body in these positions:

1. Lay on your stomach with a pillow or rolled towel underneath your hips.
2. Lay on your stomach with one leg bent and out to one side - the first aid recovery pose. Put a pillow under the knee to remove any strain on your back.
3. My favorite - lay on your back with a pillow under your head. Rest your feet on a chair so that your knees are bent and your lower back is flat against the floor.

To Stop Spasm Meditate or Imagine a signal to the center of the muscle to relax the spasm. Do Not Massage the Center of the muscle massage the end points.
Heat, ice and massage to relieve sciatic pain

**Ice:** If you have acute sciatic pain after an injury, apply ice to the lower back for 10 minutes every few hours.

Ice reduces inflammation and provides temporary pain relief in the first few days after your injury.

**Heat:** If you have longer-term sciatic pain, apply heat to the lower back to encourage circulation and tissue repair, relax the surrounding muscles and reduce pain. A hot bath or shower relaxes the muscles and calms the nerve.

**Menthol-and capsaicin-based sports rubs** or plasters may provide short term relief of chronic back pain.

**Massage and spinal manipulation** may provide some short term relief, but should only be performed on sciatica patients by *qualified and experienced practitioners*. 

[http://www.youtube.com/watch?v=wUOb0qA_w3I](http://www.youtube.com/watch?v=wUOb0qA_w3I)
1. Back stretch (stretches back muscles) Lie on your back, hands above your head. Bend your knees and, keeping your feet on the floor, roll your knees to one side, slowly. Stay on one side for 10 seconds. Repeat 3 times each side.

2. Deep lunge (stretches muscles in front of thigh and abdomen) Kneel on one knee, the other foot in front. Lift the knee up; keep looking forwards. Hold for 5 seconds and repeat 3 times each side.

3. One-leg stand – front (stretches front thigh) Steady yourself with one hand on something for support. Bend one leg up behind you. Hold your foot for 10 seconds and repeat 3 times each side.

4. One-leg stand – back (stretches muscles at back of leg) Steady yourself, then put one leg straight, up on a chair. Bend the other knee in to stretch the hamstrings. Repeat 3 times each side.

5. Knee to chest (stretches muscles of bottom – gluteals) Lie on your back. Bring one knee up and pull it gently into your chest for 5 seconds. Repeat for up to 5 times each side.
The SCIO will improve the body electric VARHOPE by five% as an average after just one session. The AutoFocusing Harmonic therapies of the Cybernetic Loop of measuring, stimulating, re-measuring, all guided at maximizing the body electric potential will improve your body electric by an average of five%. Improvements of Voltage, Amporage and thus power. Improvements of Resistance and Hydration that means improved enzyme and osmosis transfer of nutrients and detoxification. Improvements in Oxidation meaning more endurance. And improvement in Ph meaning more health. No wonder there are a mile long list of testimonials. Now we can understand why the sport athletes get such great results. A five% improvement is a great edge for a professional sportsman. The patented and proprietary process of the SCIO and QQC have been proven on the world scientific stage to work wonders of improving and stabilizing the body electric.

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Gentle movement is the key to sciatica relief

Staying active has been shown time and time again, to have better results than bed rest for back pain.¹ ² ³

Staying in one position or doing one activity for a long time makes sciatic pain worse - take regular breaks and move around.

Walking gently with good posture, can provide pain relief from acute sciatic pain.

When my sciatic flares: I stop, gently stretch my hamstrings, do some gentle standing twists, forward bends, and lightly massage the sore areas. I can then keep walking carefully, until I get home to my trusty heat pack.

Correct posture and ergonomics

Use a balanced posture in all activities to prevent sciatic pain.

Walking / Standing: Use smooth, gentle and relaxed movements - tense muscles increase the pain. Stand tall, and make sure your lower back is not curved - keep your buttocks tucked in.

Carrying: Never carry a bag on one shoulder, or all the shopping bags in one hand. Distribute weight evenly on both shoulders, and in both hands. Use backpacks, not shoulder bags.
My doctor and physiotherapist believe that my heavy, single-shoulder school bag was a trigger for the sciatica starting in my teens. I wish my school had allowed backpacks!

**Lifting / Reaching / Bending / Twisting:** Avoid heavy lifting if possible. If you must lift something, don't bend over or twist your back. Use your knees to lift and your feet to turn.

Avoid twisting when reaching for something above your head or below your waist. Try not to pick up children. Kneel down if you need to reach something low.

**Sitting:** Use a chair which supports your lower back. Position your knees at the same level as your hips, with your feet flat on the ground. A lower back pillow, or rolled towel will support your lower back.

Use the arms of the chair to help you sit or stand.

*Note: constantly sitting tightens the piriformis muscle - get up and stretch regularly.*

**Driving:** Avoid driving when the pain is severe. Use a pillow or lumbar roll to support the lower back and maintain a correct sitting posture.

**Sleeping:** A firm mattress with one supportive pillow under your head encourages good sleeping posture. An extra, soft pillow between the knees may provide sciatic relief.

Be careful not to twist or place strain on your back when getting into or out of bed.

**Alexander technique provides back pain relief**

The Alexander technique (for correct posture and movement), taught to back pain sufferers in a randomized trial, was shown to reduce and control their back pain symptoms.⁴

Used by singers and musicians to maintain correct and healthy posture, this technique can reduce sciatic pain.

The best way to learn the Alexander technique is to find a teacher who will train you in a series of classes, and will give you additional exercises to do at home.

**Sciatica relief with McKenzie exercises**

Designed by physiotherapist Robin McKenzie in the 1950s to treat a variety lower back problems, including herniated discs and sciatica, the McKenzie exercises can relieve lower back and leg pain.

Your physiotherapist or specialist will help you perform the press-up exercises safely, showing your the correct form.

Many back pain patients report fantastic results with leg-pain reduction, even in the first week, when exercises are done regularly.
Tip: When sciatic pain is better under control, the gentle press-up can be strengthened into the yoga cobra pose.

**Stretching the piriformis muscle**

If your sciatic pain is caused by pressure from a short or cramped piriformus muscle - the muscle that runs into your hip and across the buttock - you may have [piriformis syndrome](https://en.wikipedia.org/wiki/Piriformis_syndrome).

*This is the primary cause of my sciatica.*

It is diagnosed by ruling out spinal disc and bone problems.

Piriformis syndrome may appear on a nerve conductance test - electrical signals are slower when the sciatic nerve is strangled by the piriformis muscle.

Runners, cyclists and rowers - anyone who bends forward at their hips a lot and overuses these muscles, is at risk of developing sciatic symptoms.

- Lay on your back with one foot on a wall, knee bent at right angles. rest the other foot just above the bent knee on your thigh, and hold for 60 seconds and relax.
- Repeat on the other side.

If you don’t feel enough of a stretch, move closer to the wall bringing your knee closer to your shoulders.
Sciatica relief through physio exercises

Physiotherapy exercises should be done daily to relieve sciatic nerve pain, correct improper posture and strengthen the back and core abdominal muscles.

Use a yoga mat or folded blankets to make the surface softer, especially when lying on your back.

Balance balls are great for strengthening core abdominal and back muscles, and can be used as a chair when traditional seats hurt.

Choose a good quality anti-burst balance ball that is the right size for you.

If you want to do strength training with your ball, look at the max weight - you'll need a strong ball!

Exercises and stretches for sciatic pain

**Single knee to chest** - lay on your back, legs straight, with a pillow under your knees. Pull one knee into your chest, feel the stretch through the hip, buttock and into the back. Hold for 30 seconds, and repeat on the other side. Repeat this many times.

**Back massaging circles** - lay on your back, legs gently pulled towards chest. Circle your knees so that the lower back is gently massaged. This may hurt significantly in the beginning, so be gentle.

You can do this with a balance ball under your lower calves.

**Core muscle contractions** - lay on your back, legs straight, with a pillow under your knees. Contract only the deep muscles that stabilize the spine, breathe as normally and as relaxed as possible. Hold for 30 seconds then release. Repeat many times.

This is surprisingly difficult to do!

**Lying twist** - lay on your back, knees bent, feet flat on the floor. Stretch your arms at shoulder height, away from your body. Drop your knees to one side, and turn your head to the other. Be gentle! Hold for 30 seconds, and repeat on the other side.

**Balance ball bridge** - lay on your back with a balance ball under your calves. Keep your shoulders and neck on the ground and raise your pelvis so that your back and upper legs are in a straight line. Drop your pelvis slowly to the ground. Repeat 10-15 times.

If you don't have a balance ball, use a chair under your calves.

**Balance ball diagonal arm/leg raise** - lay with your stomach on the balance ball, legs and arms on the ground, shoulder width apart. Raise your right arm and left leg horizontal with the floor. Hold for 5 seconds, then release and repeat on the other side. Repeat these 10-15 times.

Do this exercise on your hand and knees if you don't have a balance ball.
Yoga to relieve sciatic pain

Many gentle yoga poses can relieve sciatic pain. Plus there are many other stretching and back strengthening poses to prevent sciatic pain from reoccurring.5,6

**Important:** Check with a doctor or physiotherapist, start gently and relax. Never strain to hold a pose in yoga - it is not a competition. Warm up and cool down with light aerobic movements and gentle stretches to avoid injury.

*If you find yoga too strenuous or painful, tai chi may be more appropriate.*

**Back pain relieving yoga poses**

- **cat-cow pose** relieves pressure and increases mobility in the back (marjariasana).
- **standing forward bend** loosens the hips, stretching the hamstrings and lower back (uttanasana).
- **head to knee pose** stretches the lower back and hips (janu sirsasana).
- **big-toe pose** stretches the hamstrings and relieves lower back pain (supta padangusthana).
- **a butterfly leg pose** opens and loosens the hips (baddha konnasana).
- **fire-log pose** opens the hips (agnistambhasana).
- **lower back twist** loosens the back muscles (bharadvajasana).
- **sage's pose** loosens the back muscles (marichyasana).

**The best yoga stretches for low back pain**

The following yoga demonstration puts my favorite go-to sciatica stretches into a gentle flow. These are great for sciatica caused by tight or cramped muscles and piriformis syndrome.

**Back strengthening yoga poses**

Be careful when attempting the strengthening poses. If at any time your sciatic nerve twinges, stop, stretch gently and relax.

- **extended side-angle pose** stretches the outside of the leg and chest, and strengthens the back (utthita parsvakonasana).
- **warrior pose** variations strengthen the legs and lower back (virabhadrasana).
- **cobra pose** strengthens the back, but be careful not to over-stretch (bhujangasana).
- **downward facing dog** lengthens and strengthens the back and arms (adho mukha svanasana).
Famous people with sciatica

- Debbie Allen - American dancer and choreographer.
- James Cagney - American stage and film actor.
- Duncan Ferguson - Scottish ex-footballer who played for Everton and Newcastle United.
- Eileen Joyce - Australian concert pianist.
- Gabby Logan - Welsh TV presenter on the BBC, and ex-gymnast.
- Bela Lugosi - Hungarian actor, famous for playing Dracula on stage and in film.
- Rosa Mota - Portuguese marathon runner and gold medalist.

Sciatic pain – Natural therapies

Many therapies have been suggested for sciatic pain, but few have been proven to work scientifically.

Acupuncture, acupressure, herbs, TENS, ultrasound, and traction have had mixed or poor results in studies.

Most of these physical therapies aren't likely to worsen sciatica. Check with your doctor to see if a therapy could adversely affect you, before trying it.

If you find an alternative therapy that does provide relief, then continue to use it!

Be aware that herbs (both eastern and western) are processed in your body. Make sure the ingredients are not dangerous to your kidneys, liver, stomach, and that you aren't allergic to anything.

**Avoid back braces** - they have longer-term drawbacks, such as encouraging poor posture and weakening muscles.¹

References

2. Advice to rest in bed versus advice to stay active for acute low-back pain and sciatica, K.T. Dahm, *et al.*, Cochrane database, June 2010, 16:(6)
5. [Yoga Journal - Therapeutic Focus - Sciatica](http://www.yogajournal.com/therapeutic-focus/sciatica)
**Piriformis Syndrome**

This injury is literally a pain in the butt. It generally presents with gluteal pain that radiates down the buttocks and leg. It is usually worse with sitting and improves with walking and standing.

**ILLIO-TIBIAL Band Syndrome (ITBS)**

This usually presents as pain along the lateral (outside) aspect of the knee joint, sometimes accompanied by a clicking sensation. The symptoms are often worse when running hills and relieved by rest.
Patellofemoral Pain Syndrome (PFPS)

This presents as pain and tenderness behind or around the patella (kneecap), usually toward its center. Some people experience a cracking sensation or feel as if the knee's about to give out. Steps, hills, and uneven terrain can aggravate PFPS.
I've learned in the past year that it is easy to advantage of pain-free runs and neglect the importance of stretching and strength-training. What does that lead to? Injuries.

There are many parts to an injury and although over-training and increasing mileage too quickly have a very large role, many times it is due to weak opposing muscles. So what do you do if you’ve found yourself with one of these annoying injuries? First and foremost:

1.) **TAKE TIME OFF. REST.** If you don't rest now, you'll be out of running for far longer than taking one week off. If you are in pain, don't run. End. Of. Story.

2.) **Use the "2 day pain free rule."** Do not even attempt to start running until you are completely pain free for two full days. Then start with an easy run, no more than 3 miles.

3.) **Use your foam roller.**
4.) Strength Train & Stretch.
I found some great stretches & exercises that I hope help you as much as they helped me:

**Piriformis Syndrome:**
This is usually due to weak gluteal muscles (especially medial glutes) and tight hip flexors. It is aggravated with sitting for prolonged periods of time. To decrease pain it is important to strengthen the glutes and stretch the piriformis muscle and hip flexors.

**Best Stretches Ever:**

<table>
<thead>
<tr>
<th>MASSAGE YOUR...</th>
<th>HOW TO DO IT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IT BAND</strong></td>
<td>Lie on your right side, while propping yourself up with your elbow and forearm. Slip a foam roller beneath the outside of your right thigh and lift your right foot. Cross your left leg over your right and plant your left foot on the floor. Now, roll back and forth for 30 seconds from the bottom of your hip to just above your knee. Then turn over and work your left ITB. To increase pressure, take your bracing leg off the floor and stack it on top of the leg you’re massaging.</td>
</tr>
<tr>
<td><strong>PIRIFORMIS</strong></td>
<td>Sit on a foam roller and support yourself by placing your left hand on the floor. Now, lift your left leg and place your ankle across your right bent knee, holding it there with your right hand. Lean to your left and position yourself so the roller is directly under your left butt cheek. Roll back and forth over the piriformis. Alternate positions to hit the muscle from different angles until you find the hot spot. Roll for 30 seconds, and then do your right butt cheek.</td>
</tr>
</tbody>
</table>

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Remember to keep your pelvis neutral (don't arch your back) and keep your front knee at 90 degrees.
ITBS:

ITB syndrome is usually due to activities that cause the leg to rotate inward such as wearing worn-out shoes, running downhill, running too many track workouts in the same direction, or running too many miles. Additionally, one of the main contributing factors to ITBS is weak gluteal muscles.

See Runner's World for more.
PFPS:
This is commonly due to tight hamstring and calf muscles put pressure on the knee, and weak quadriceps muscles can cause the patella to track out of alignment. The goal? Stretch the hamstrings and calves and strengthen the quads.
So what is the common culprit in this list of injuries? Bad old shoes, Tight hamstrings, tight hip flexors, and weak gluteal muscles. Those are the three areas (plus my evil foam roller!) that I work on every day to help avoid injury. I hope this helps!
Sciatica: Top Ten Natural Ways to Ease the (Horrible!) Pain

Greetings friends!

This past week I’ve been in training: an experiential intensive on Sciatic nerve pinching, otherwise known as Sciatica.

It all started on a day that consisted of seven hours of continuous driving. Three days later, another six hours of driving.

But truth be told, it started before that. It's a spot that, muscually, has given me a history of irritations. As a former dancer, my piriformis muscle has seen better days. Problem is, I'm an overly busy (stubborn?) mother of two with more important things to worry about than a nagging pain in my butt.

Until I came home from my hours of driving, that is, when the pain skyrocketed to new and unknown heights. Tears shed down my face without permission, and I relegated myself to the yoga mat with slim hopes of stretch and release.

I got through one night. The next night was spent pacing in the dark, wincing with agony, trying desperately to find some position I could lie in to sleep, even if it meant the hard floor. My search was fruitless.

The next seven days I spent in bed, barely able to move, waited on by my family, and digging deep for the healing gifts.

Chances are if you’re reading this you aren’t so much interested in the details of the week, but are scrolling down to find the remedies you might find some relief in for yourself. This is in no way meant to replace professional help - please see someone who you trust. I’m simply sharing the natural remedies that are assisting me.
DEALING WITH ACUTE SCIATICA

Goals:
**Reduce Inflammation (& relieve pain)
**Release Muscle Spasm
**Balance Body Structures & Systems
**Nourish

1. ICE

Please ice. Two large ice packs, placed one on the buttocks area and one across the front hip area. Sports medicine recommends icing for 20 minutes, followed by heat, every two hours.

2. HEAT

Heat applied after icing in the form of a heating pad or (if you can get there) a very hot bath for 20 minutes. This alternating of temperatures increases circulation and opens energy channels in the body which greatly assist the healing process. If you have someone in the house who can simmer you up a pot of bath herbs, by all means! Herbs to use would include Alder, Willow, Yarrow, Rue, Birch, Lemon Balm, Chamomile, and any other of your favorite anti-inflammatory plant. 1-2 cups of Epsom salts added to your hot bath will also help. Feel free to stir in a few drops of essential oils (listed later in this article)

3. HERBS

Anti-inflammatory herbs and herbs specific to the nerves can help a great deal. You will need to determine your dose based on your sensitivity to herbal tinctures, what
medications you might be on and whether it is safe for you to combine them, and your body weight as a general guide.

Personally, I need a higher dose of herbal tinctures when experiencing an acute physical ailment. Doses that would never be listed on a bottle. You may be more sensitive and require much less. Any of these herbs can also be applied topically.

**Tinctures/Extract/Elixir form Herbals:**

**Willow** - *Salix alba, allied spp.* - This classic anti-inflammatory pain reliever doesn't taste so good (but who cares when something hurts, really) and can be a wonderful ally.

**Black Birch** - *Betula lenta* - This acts similar to willow but is delicious and can settle the stomach as well.

**Wild Lettuce** - *Lactuca virosa, allied spp.* - This extract varies for folks. For me it is helpful in settling pain. For some, it is very sedative and can induce sleep. This is generally a smaller dose herbal.

**Skullcap** - *Scutellaria lateriflora, allied spp.* - This classic herb deserves note in anything mentioning nerves. It's a gentle, effective herb which feels like an internal calm. It's natural habitat is along riverbanks, nestled into sweet spots of tranquil shade and water. I love skullcap when my physical body is acting up in response to emotional stress, anxiety or overwhelm. Those who suffer from insomnia can be greatly helped by Skullcap.

**St. Johnswort** - *Hypericum perforatum* St. Johnswort is specific to nerve restoration and has remarkable pain relieving qualities. it is also available in homeopathic preparations. Use internally and externally in generous and frequent amounts.
Mullein Root - *Verbascum thapsus* - Lucky for me I had actually made some a few years ago! The following uses I learned about from my herbal friends Darcey Blue, Kiva Rose, and Jim McDonald. It can be used specifically for sciatica, as well as for structural maladies like when your "back is out" or something feels "tweaked" and is causing pain or spasm. I have been using this in 5 drop doses, about 3x day.

Rue - *Ruta graveolens* - Rue is listed in homeopathy as a specific remedy for sciatica. Although it is general understanding that homeopathic remedies and herbal preparations do not behave the same way when taken, I personally feel deeply connected to the preparations I have made and prefer to take them instead, simply adjusting the dose (usually lower) as needed. My Rue tincture is made from a plant I acquired some years ago at the Women's Herbal Conference and have tended since. If you are good at muscle testing or with a pendulum, you might find your correct dose that way. I am taking 3 drops 2x day.

4. ACUPUNCTURE

It HELPS, I promise. Make an appointment and go. Have someone drive you and carry you if necessary. Especially if your acupuncturist also uses Moxa and herbal remedies.

5. MASSAGE

If you're in a situation similar to mine, stretching will be out of the question. Massage can offer some immediate comfort as well as assist the muscles out of spasm. Deep tissue massage or localized deep pressure massage has proved most effective for me. A friend or partner with a steady elbow or strong thumbs are the best. It's likely you will know exactly where you want the pressure. Once a day after the hot bath is ideal, as more than that will perpetuate the superficial bruising that is likely.

Massage and acupuncture will also assist in restoring the numbness or "lame" feeling you likely have in your toes and/or leg.

If you have another form of massage that is your favorite, by all means try it! What I'm finding is that I must take the "all of the above" mode of healing in order to address this. No one remedy is enough on its own.
6. OILS & LINIMENTS

Frequent applications of nerve healing, anti-inflammatory, and muscle relaxing herbal infused oils provide additional help. I started out the week by using my pain killer salve. It provided some help, but upon the advice of the Acupuncturist, I switched to using straight St. Johnswort infused oil, to which I added a little bit of Roman Chamomile essential oil. The difference seems to be that the pain killer salve directs itself primarily to muscle tissue and is more warming in nature, while the concentrated St. Johnswort oil directs itself primarily to the nerves and is more cooling in nature.

Herbal infused oils are wondrous preparations that can be made at home by steeping herbs in a carrier oil for 4-6 weeks, and easy to acquire from home herbalists online. Or perhaps you are lucky and have a nearby apothecary. A few herbal infused oils in addition to St. Johnswort that are helpful are:

Chamomile, Birch, Mint, Brahmi (Gotu Kola), Lavender, Clary Sage, Goldenrod, and Yarrow.

**Essential oils** as most of you know are different than infused oils. They are the pure volatile oil of the plant obtained (most often) through a distillation process. They are *highly* concentrated and require attention and care when utilizing. The safety and quantity of application varies widely from plant to plant. Essential oils are meant for external use, and can be diluted appropriately by adding a few drops to your chosen herbal infused oil.

Chamomile e.o. (in this case I'm using Roman Chamomile, not the German blue) is highly anti-inflammatory and incredibly soothing to the whole body and spirit.
Clary Sage e.o. is known for its pain relieving ability and is often used in the case of severe injury, muscle spasms, and debilitating PMS.

Lavender e.o. Many people find Lavender to bring them "home". It's comforting, healing, and widely used to help restore homeostasis and heal one's spirit.

Peppermint e.o. Cooling peppermint can aid in bringing swelling down and will increase circulation without increasing heat. Peppermint is also good at breaking up stagnant areas of the body, creating movement and energy flow in stuck spots.

Liniments (herbal extracts in alcohol, vinegar, or glycerin meant for topical use) can also be used. I would recommend the same set of herbs as above, however here we can add Arnica - the quintessential bringer of circulation, famed for its ability to speed the healing of bruises, sprains, contusions where no skin is broken, and various injuries to muscle and bone. Arnica liniment can be applied generously, as well as bathed in if you have the bulk herb, and is also a valuable homeopathic remedy.

7. SLEEP

Extra sleep is needed to restore the balance of the body in all ways. The muscles have a chance to relax, the nerves have chance to rebuild, the temperatures in the body have an opportunity to balance and perform their optimal roles. Dark rooms with no artificial light provide the body with the purest of sleep.
8. HYDRATION & LUBRICATION
My husband banned me from coffee for a good 5 days. Although it wasn't too bad, for I needed to replenish the waters and internal lubrication of my body, so I complied.

WATER is awesome, INFUSIONS even better. In the case of sciatica, our goal is to hydrate, reduce inflammation, and nourish the nerves. Here are some delicious nourishing herbs that are specific to these purposes:

Linden flower/leaf - *Tilia spp* - Yum! This slippery flowery goodness is a gourmet treat for the nerves. About any plant in the Malvaceae family will offer the same benefits; marshmallow, hibiscus, okra, rose of sharon.

Milky Oat tops - *Avena sativa* - Oats, especially the milky oat tops, are exceptional at restoring nerves.

Lemon Balm - *Melissa officinalis* - A strongly aromatic herb, you may want to halve the quantity for an herbal infusion, or simply enjoy frequent cups of tisane (aromatic tea steeped only for a few minutes, like a tea bag). Lemon balm settles anxiety and is wonderfully balancing to the nervous system.

Licorice root - *Glycyrrhiza glabra* - is sweet and settling. It helps restore the integrity of mucous membranes in the intestines, and can help alleviate pain and swelling. It is nutritive and only a small amount is needed in an infusion; about 1 tablespoon to a quart.

OILS are integral to nerves. A fat deprived body is a body whose nerves are starving. Foods that contain high quality fats and are nutrient dense should be included daily, such as salmon, sardines, grass fed butter, organic bacon fat, coconut oil, avocados, whole eggs, grass fed organic cheeses, olives, and grass fed organic organ meats once a week. Bone broth from grass fed animal bones and miso are also highly effective components of a nutrient-dense, anti-inflammatory diet. For further guidance on real foods, see the [Weston A Price foundation](https://westonaprice.org).

9. BREATH
Deep belly breathing brings oxygen to every cell in the body, and exports what is no longer needed. Breathing deeply is a simple and powerful tool, allowing you to initiate healing without moving, without help, and without costing you a penny. Using your mind-eye, you can also direct you breath into afflicted areas for localized healing.

10. RELEASE
Beyond the practical, lies the secret you. Checking in with your thoughts and present internalized stressors can reveal areas of panic, fear, or tension which may need
to be mentally or emotionally freed. Maybe this is a little esoteric, but who cares when you’re flat on your back in agony! There’s no side effects here. Release can be assisted by breathing, chanting or mantra, affirmations, self-dialogue, self-love practices, loud moaning, or journaling.

**LOUISE HAY ON SCIATICA:**

"**Probable Cause:** Being hypocritical. Fear of money and of future. New thought pattern: I move into my greater good. My good is everywhere, and I am secure and safe."

And lastly......... a note on OTC’s (Aleve, Advil, Tylenol, etc.). This is up to you. Use prudently, care for yourself well, and keep a dialogue going with your health care professional. Some folks react differently to each kind, and require different quantities. I can’t give any advice on this (I’m a plant person!) but I’ll say that if the pain compares to giving birth (as mine did) - do what you need to do. I can count on one hand the times I’ve needed to take an OTC anti-inflammatory, and unfortunately this past week is one of those. In fact, I may never know if it even made a difference, but I’m happier to keep the focus with my plant allies and absorb the healing wisdom my body is offering my during this journey.

Today is day 8. I’ve been measuring my pain level from the start (which I named a 10), and my steady pace towards healing has shown about one number lower per day, with little dips up and down. I’m hovering between a 4 and 3 today, with little signs of a 2 and rare moments of 5. Walking is difficult; my leg feels lame and I don’t have 100% muscle control (similar to how the experience of walking when your leg is asleep feels). Pain is aggravated when sitting in a chair, and better when applying any of the above therapies. I’ve kept my spirits up for the most part which I have to believe helps. In a couple days, I might be able to entertain the idea of stretching the muscles involved, and as a former dancer I have a plethora of stretches to choose from. You can use yoga resources for poses that help the hips, sacrum, and buttocks release.
Yet most healing of all to my spirit, to no surprise, is hobbling my wobbly self out into the sunshine to feel the grass on my toes, bury my face in my monarda flowers, and suck in the gift of sun rays.

~Ananda

Sciatica & Yoga

"What a pain in the butt! No, a real pain - sometimes it shoots down the back of the leg and sometimes it is a dull ache. Is this sciatica?"

In yoga classes a student will often come to a teacher before class and state that she is suffering from sciatica. Too often the teacher may think that it must be due to "piriformis syndrome" and suggest some postures that could actually make the condition worse. To properly treat sciatica, first we must know what is causing it. Let's investigate this systematically: first let's look at what sciatica is, then what causes it, and finally what we should do about it.

WARNING!
Some significant symptoms should be addressed immediately: if you experience any shooting pain going down your leg while sneezing or coughing, or if you have sciatica and notice that your bowels or bladder function is not normal - go to your doctor immediately! This could be a sign of a sign of cauda equina syndrome, which should be treated quickly.
What is Sciatica?

Sciatica is the pain that results from irritation or inflammation of the sciatica nerve as it winds its way from the lumbar spine down through the legs. Irritation anywhere along this path, including stretching the nerve which often happens in a yoga class, can result in a variety of painful symptoms: from sharp and burning sensations to dull and achy; a radiating pain that starts in the lower back and shoots down the buttocks and the back of the legs; an ache in the butt; tingling or electrical sensations; it can be in the lower back, or it may reach all the way down to the back of the calves or into the feet. Sciatica often affects just one side of the body. Women tend to experience sciatica more often than men. About 40% of adults will experience sciatica at some point. The pain may be worse when sitting or standing, especially for long periods of time, and it may be worse when sneezing or coughing; but the sensations may lessen when lying down. Sometimes the pain is like a persistent leg cramp; sometimes muscular weakness accompanies the pain.

Sciatica is not sacroiliac (SI) pain, but these two often get confused: SI pain is usually deep in the joint (a dull ache in the bones above the buttocks) while sciatica is felt in the deep soft tissues of the butt and can radiate down the leg.¹

A few pictures may be useful here: notice in the first graphic (above) how the sciatic nerve emerges from several vertebrae, not just one. It comes out between the lower lumbar vertebrae (L4/5) and the sacral vertebrae (S1/2/3) and then these roots join up to form the main body of the sciatic nerve, one of the largest nerves in the body (about the diameter of your little finger - that's pretty thick!)

The second graphic shows the path that the sciatic nerve (highlighted in yellow) takes as it moves through the muscles of the buttocks and leg. This is a
long nerve! You can see how pain associated with sciatica can be felt almost anywhere down the leg, because that is where the nerve goes. Even if the source of irritation is high, the pain may seem to be coming from lower down the leg: this is known as referred pain: you feel it in one place but the cause is somewhere else.

**What Causes Sciatica?**

Damage, compression, stretching, or other sources of irritation anywhere along the nerve may result in the painful symptoms of sciatica, however, there is a lot of debate over the exact mechanism, and if we don't know what is causing the pain, trying to figure out what to do about it is challenging. If we try to fix the wrong thing, we may make matters worse. Normally our nerves can slide a bit, but if the nerve gets stuck and unable to slide the nerve becomes stretched, which can be problematic: stretching a nerve is not good but often in our yoga practice this is what happens: the nerve, being stuck, becomes stretched by the postures, creating the pain of sciatica.2

The general consensus in the medical community is that the most common cause of sciatica comes from the spine: disc pathologies can create direct pressure on the roots of the sciatic nerve.3 These are known as discogenic causes.

A herniated disc appears to be the most frequent source of the problem. The picture here illustrates what happens when the center "jelly" of the disc bulges out the back of the disc and starts to press against the sciatic nerve root: not good. Some specialists estimate that 66% of all sciatica comes from discogenic sources; that is - problems with the intervertebral discs. As one study reported, "Based upon epidemiological studies of sciatic patients, we know that nerve root compression is the most common cause."4 However, that estimate is debatable. Other researchers feel that, just because there is a disc problem, this does not mean that the disc problem is the cause of the sciatica: correlation is not causation.5 Many people have significant disc problems with no sciatica.

**Piriformis Syndrome**
Next to disc issues, the most common cause of sciatica is something quaintly known as piriformis syndrome, but unfortunately, this condition is rarely mentioned in medical texts. This is the cause that too often yoga teachers will assume their students must be suffering from: and sometimes, it is the cause! If you look at the graphic showing the upper thigh you will see that the sciatic nerve passes under the big butt muscles (which have been retracted) and more specifically under the piriformis muscle. Sometimes, in 15% of people, the sciatic nerve actually passes through the piriformis muscle: we are not all the same! Other rarer presentations can also occur. The key assumption in piriformis syndrome is that the piriformis has somehow become shortened or more contracted, pressing down upon the poor defenseless sciatic nerve, and this pressure results in the pain of sciatica.

The piriformis muscle is an external rotator and an abductor of the leg. However, there are some researchers who believe that this muscle is not meant to rotate or abduct the legs at all, rather, being a rather weak muscle, its main purpose is to cushion and support the sciatic nerve and protect it from the compression of the bigger butt muscles sitting overtop the piriformis. It may be that the poor piriformis is being blamed for pressure caused by the gluteus maximus. This would also explain why many people have more significant sciatica when they are sitting down: the piriformis is no longer cushioning the sciatic nerve; your full weight is compressing the nerve.

However! If the source of the problem is a disc abnormality, the student may experience more sciatica pain while standing. It is very important to realize that when a student approaches a yoga teacher complaining about sciatica, the cause is not always piriformis syndrome, and the treatments for piriformis syndrome can be quite harmful to the student if the problem is actually discogenic. Knowing the cause of the problem is important before prescribing a cure!

Other Causes
There are many potential causes of sciatica. Let's say disc issues cause 50% of the cases: some studies have shown 66% of the remaining non-disc occurrences of sciatica are attributable to the piriformis (so about 33% of all cases). What causes the remaining 1 out of 6 cases? Here are some of the more common sources:
Gynecological problems
Sacral fractures
Sacroiliac joint issues
Tumors
Infections
Trauma
Arthritis
A host of other, rarer pathologies
Idiopathic (unknown) causes

Diagnosing Sciatica
The symptoms give some clues to the cause of sciatica but to be sure more investigation may be needed. There are several ways to diagnose the problem, from provocation to MRI imaging. In provocation a therapist will move the body to see if the condition is made worse. For example: if flexing the hip, moving the leg inward (adduction) and rotating the thigh internally creates or worsens the pain, there is a good chance that the cause is piriformis syndrome. MRIs can be useful in discriminating disc issues, but we may also get some false positive correlations because many people have disc abnormalities that do not create any pain. Plus MRIs can miss subtle problems.

What do to do about Sciatica?
That was a lot of background but it was necessary because, as we have seen, depending upon the cause of sciatica the cure can be quite different. Many times, just leaving things alone is enough: avoid movements or activities that cause or make the symptoms worse. However, for persistent occurrences more definitive solutions are needed. Since discogenic causes are the most common, let's begin here and see what, if anything, yoga can offer.
When the Cause is Discogenic
Options here range from therapy to surgery to steroids. Unfortunately, the use of steroids has been found ineffective, although many doctors are still prescribing this approach. Surgery may be required to repair a degenerated or herniated disk and many people have found permanent relief through this option. However, delaying surgery has also found to be effective! Allowing time for the body to heal using more conservative treatments often works; thus the lesson may be - don't rush to go under the knife. There are also several physiotherapeutic approaches including yoga practices that could prevent the need for surgery.

**McKenzie Therapy:** If the cause of sciatica is a bulging or herniated disc, then flexion of the spine is contraindicated; it would simply make matters worse. The idea is to move the spine in the opposite direction: [Sphinx Pose or Seal Pose](#) may help. The spine is placed into extension, which effectively pushes the jelly back into the disc, relieving the stress on the sciatic nerve roots.

**Spinal Flossing:** Occasionally the bones of the spine grow, perhaps creating little spurs that press against the nerve. Arthritis and other degeneration of the bones may also cause the nerve to become adhered to the bone. Nerves can release a chemical that can "melt away" the bones that press against them, but only if the nerve is free to slide a little bit. If a nerve is stuck, flossing of the nerve can stimulate secretions from the nerve that will dissolve the impingement. Traditionally, flossing of the whole spinal cord is done by a therapist, often while the patient is seated, as shown here. The idea is to pull up on the whole spinal cord by flexing the neck, keeping the pelvis and legs neutral; and then pull down on the spinal cord by returning the head to neutral or extending the neck while flexing the hips or by extending the legs. By pulling at one end of the spinal cord and releasing at the other we assist in moving (or flossing) the nerves along their
pathways, which can help dissolve away any adhesions. There are several yoga practices that serve the same function.

- **Up Cat/Down Cat (aka Cat/Cow)** - on hands and knees undulate the spine up and down. You can enhance the effectiveness of the spinal flossing by moving the hips closer to the heels as you look up, and moving the hips forward as you round the back high.

- **Lying on the back hip/neck flexions** - Lie down with your arms under you, palms flat on the floor under the pelvis (to provide support for the lumbar), knees bent, feet on the floor. Inhale and straighten the right leg straight up in the air; exhale, lower the foot back to the floor as you raise your head, bringing your chin to your chest. Again, inhale, lowering your head and raise the other leg up in the air. Keep alternating legs. You could raise both legs together if you like: maybe work up towards that. If the neck starts to tire, use your hands to support the head. Repeat for a minute or two. If there is any pain, don't do this!
Spinal flossing has helped many people, but it can also create an acute sciatica experience. Go slowly at first, and let your health care provider know what you are planning to do!

**How to floss your nerves and why it helps**

To is important to perform regular exercises for sciatic nerve pain when experiencing sciatica. These exercises are called nerve flossing. Nerve flossing helps to get the nerve moving within the body and decreases pain and inflammation. These exercises should be done as part of a [sciatica home treatment](#).

All of our nerves travel through our body in small tunnels. Your nerves are attached at the origin of the nerve at the spinal column, and at the end of the nerve (usually the hand or foot).

As they travel through these tunnels they can get pinched or stuck from tight muscles, scar tissue or adhesions. When they get stuck they create nerve tension that can manifest itself as pain or tightness, just like with sciatica.

Nerve flossing helps to pull the nerve through these tunnels and helping free them up from entrapment and adhesions. Research has shown that the nerve can travel a couple of centimeters within it's tunnel when nerve flossing is performed.

The idea is to pull from one end of the nerve while relaxing the other end of the nerve (like a puppet). Nerve flossing exercises for sciatic nerve pain are performed by pretending there is a string from your toe to your forehead.

**In a sitting position, bend your knee backwards under the chair. This pulls the imaginary string from your forehead causing your head to lower at the same time.**
Now raise your head to look at the ceiling, at the same time as you straighten your leg (the toe gets pulled by the imaginary string).

This exercise should be performed multiple times daily when experiencing sciatica, and can be used as a vital part of sciatica home treatment.

It is important to stop performing nerve flossing if you experience increased pain during the exercise.

This exercise can be performed sitting or lying on your back.

Sciatica stretches also provide relief for sciatic pain. For best treatment results you should always use a combination of therapies and stretches.
When the Cause is Piriformis Syndrome

Sitting, as we have seen, can also cause sciatica symptom: the pressure compresses the nerve and part of that pressure may be coming from a tight, short piriformis. There are many styles of yoga that involve a lot of seated poses, such as the Primary Series of Ashtanga yoga. It is not surprising that our yoga practice, when overdone, can actually lead to problems. We have to pay attention and notice when problems arise so that we can correlate what we have been doing to what we are experiencing, and then consciously decide to, perhaps, try something different.

If the piriformis is the culprit, if it is tight and short, then we need to take action to lengthen it. Remember: when the piriformis contracts it externally rotates and abducts the leg, and to a very small degree can extend the hip. Moving the leg in the opposite directions, then, will stretch the piriformis; and there are many poses that can perform these movements, some more effectively than others, which is welcomed because some of the poses may not be available to everybody. For example, students who have had a hip replaced are often strongly advised never to adduct the legs and perhaps avoid internal rotations as well. In those cases only flexion postures would be advisable for stretching the piriformis.

Pursuing the Perfect Pigeon

Just as we are all unique and different, no two pigeons are exactly alike. Some versions of Pigeon Pose can be very useful in addressing piriformis syndrome but other versions are less than helpful. The version shown in the picture at the left below shows a very tradition Pigeon Pose where the front leg is externally rotated, abducted and there is some flexion of the hip of the front leg. If we are looking for internal rotation and adduction to stretch the piriformis, this version of Pigeon will not be helpful in curing the problem (it may however help relieve any current pain.) However, the middle picture shows a different version of Pigeon. Notice here that the front leg is not out to the side but is in towards the midline of the body (adducted) and neutrally rotated. With the upper body folding forward, as shown in the right picture, there is more flexion in the hips; so this version of Pigeon is moving the body in two of the key directions we need to stretch the piriformis. This version of Pigeon may be great for healing piriformis syndrome, and in the Yin Yoga world, where the pose is known as Sleeping Swan you may marinate here for many minutes.
There is some confusion over Pigeon (or Swan) being a solution for piriformis syndrome: it is only a solution if the front knee is in, so that the front leg is adducted, not abducted, and ensuring that there is no external rotation happening, because active external rotation contracts the piriformis muscle, whereas we want to stretch it.

For some people, even the Sleeping Pigeon is not available due to pain in the knee. In these cases there are a couple of other options: the Sitting Swan or the Wall Eye-of-the-Needle. These are shown here and can be effective as well because there is still flexion and adduction of the hips but there is less stress on the knee. And, of course, there is the traditional lying down version of Eye-of-the-Needle.

Again, the point is to stretch the piriformis muscle by moving it into adduction and flexion, and if you can find a pose that offers some internal rotation along the way - great! But do listen to your knees - don't swap one problem for another.

**When to Use These Yoga Tools**

B.K.S. Iyengar in his book *The Path to Holistic Health* makes a crucial distinction for dealing with sciatica. His remedies include what to do when you are currently experiencing pain and what to do when you are pain free and want to avoid future problems. This is an important observation: when you are already experiencing sciatica, especially if it is due to piriformis syndrome, attempting to stretch the piriformis will just further aggravate your symptoms because these movements also stretch the sciatic nerve. However, if your cause is discogenic, or more specifically a bulging disc, then doing the poses recommended above may help both reduce pain and fix the underlying problem at the same time.

Let’s consider piriformis syndrome again: if you have pain right now, it is caused by the piriformis pressing down on the sciatic nerve. If you tried now to flex, adduct and internally rotate (FAIR) your leg, this would increase the stress on the nerve and increase the sciatica pain. So, point #1 - "No FAIR!" when you are currently in pain caused by piriformis syndrome. Instead, we want to take the pressure off the nerve and we do that by moving the in the opposite direction of FAIR (the no-FAIR direction.) This means we abduct the legs and we externally rotate the legs (think Butterfly or Straddle in the Yin Yoga world or Baddhakonasana or Upavistakonasana in the Yang world), and we can extend the hips too (think reclining Butterfly or Supta Baddhakonasana.) These poses and similar ones will relax the piriformis and hopefully reduce the stress on the sciatica nerve, providing some relief from the pain. Point #2 - when the pain is gone, then try the postures that are FAIR, as described above, but only if they don't provoke pain again.
Unfortunately it is not easy to get "out of pain" when the symptoms are upon us: other remedies can include anti-inflammatories, rest, and easy breath work such as ocean breathing or alternate nostril breathing.

Other Yoga Poses

Many seasoned and senior teachers have offered their advice for helping with sciatica, and while working with these teachers in person would allow the greatest chance to experiment and modify the poses to suit the individual student, sometimes the only access we have to these teachers is through their writings. Unfortunately, this drastically limits the value of the advice. For example, there are suggestions offered in several books that include flexions of the hips, such as Janusirsasana (one-legged, seated, forward fold); Paschimottanasana (both legs straight, seated, forward fold); and Downward Facing Dog. These do provide a stretch to the piriformis muscle via flexion of the hips, but they also lead to flexion of the spine for many students, especially those who do not have a teacher handy to advise them to keep the spine straight in these postures: flexion of the spine may be exactly the wrong remedy if the cause of sciatica is discogenic. Plus sitting may be the cause of the sciatica and adding more seated posture may not be what the student needs. Finally, if the student is currently experiencing sciatica, these poses would not be helpful at this time. The cause and currency of the problem must be considered before poses can be prescribed!

Don’t Take Advice From the Internet!

By now it should be obvious: sciatica is a complicated problem with many possible causes and many possible solutions, but unless you know the cause, some solutions may make the pain worse instead of better. Check with a knowledgeable health care professional or yoga teacher. The advice offered here are just some ideas and guidance that you can use, in consultation with your health care team, to see if you can avoid the more drastic remedies of surgery or steroids. Practice mindfully with full attention to what you are feeling and with a clear intention of what you are trying to accomplish. And, good luck!

Footnotes:

1. See Back Care Basics: A Doctor’s Gentle Yoga Program for Back and Neck Pain Relief, by Mary Pullig Schatz, M.D., page 133-4
2. See Low Back Disorders: Evidenced-Based Prevention and Rehabilitation by Stuart McGill, pages 216 - 217
5. See Magnetic resonance imaging of the lumbar spine in people without back pain by Jensen et al, JS. New England Journal of Medicine; 1994:69-73. This study found that 30% of people who had significant spinal abnormalities were completely pain free.


8. This provocation test is referred to as the FAIR assessment: flexion, adduction and internal rotation. There are other provocation techniques that can be used as well.

9. MRIs are not able to image nerves directly, however, a new methodology called Magnetic Imaging Neurography can image nerves. MIN has detected many previous unknown causes of sciatica. See New Way to Diagnose Sciatica May Point To a Different Cause by Cedars-Sinai Medical Center, Feb 2, 2005 as reported in ScienceDaily

10. See Spinal steroid shots may have little effect on sciatica by Andrew Seaman, published by Reuters Health, Nov 12,2012

11. See Low Back Disorders: Evidenced-Based Prevention and Rehabilitation by Stuart McGill page 216 - 217

12. For information on how to come into these poses, check out the YinYoga.com Newsletters #2 and #6
How to treat and prevent back pain yourself.

1. LYING FACE DOWN
   - Place your arms over your head and lower your back to the floor. Take a few deep breaths and hold for 1 minute.

2. LYING FACE DOWN IN EXTENSION
   - Bend your knees and place your feet on the floor. Lift your body off the floor, keeping your hips and shoulders level.

3. EXTENSION IN LYING (PUSH-UPS)
   - Lie on your stomach with your hands extended above your head. Push up until your body forms a straight line, then lower back to the floor.

4. EXTENSION IN STANDING (BACK BENDS)
   - Stand with your feet hip-width apart. Lift your arms over your head and press your body into a straight line.

5. FLEXION IN LYING
   - Lie on your back with your knees bent and feet flat on the floor. Slowly lower your head and neck to touch your chest.

6. SITTING CORRECTLY
   - Sit with your feet flat on the floor, knees bent, and back straight.

7. LIFTING CORRECTLY
   - Use your legs to lift, keeping your back straight.

Back care is your responsibility. The exercises and guidance provided by the authors are intended to help you manage and prevent back pain. Always consult a healthcare professional before starting any new exercise program.
Title: FLEXIBILITY, Restricted Range of Motion
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Large Scale Study of the Safety and Efficacy of the SCIO Device
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This study was performed in the field by practicing Biofeedback technicians. Data was collected and the study supervised by the Ethics International Institutional Review Board of Romania. The Data analysis and study presentation is done By the The Centro Ricerche, University of Venice + Padova, Italy

Abstract:

This study demonstrates the safety and effective qualities of the SCIO device used in a large scale study. A large scale study of over 97,000 patients with over 275,000 patient visits reported their diseases. Many of them reported this disease. And the results of their therapy is reported in this study.

FLEXIBILITY,
Restricted Range of Motion

This groups significant SOC cut off was 130.

The Large scale study had over 98,000 patients and 275,000 patient visits we have direct evidence of the safety and efficacy. A placebo group was used for the large scale test to help validate the results.

This disease group total number of patients was 9,345

Subspace Treatment 2,941 patients, 6,404 SCIO Harness Patients

OVERALL ASSESSMENT

A. Subspace Treatment 8,504 patient visits
   There were ---- cases of patients who reported a negative Improvement.
   None of these cases reported any major difficulty.
   There were
   29 cases reporting no improvement of Symptoms, .001 % of Subgroup
   23 cases reporting no improvement in feeling better, .001% of Subgroup
   21 cases reporting no improvement in stress reduction 25%---- Percentage of Improvement in Symptoms
   21%---- Percentage of Improvement in Feeling Better
   33%----.Percentage of Improvement Measured
   34%-- Percentage of Improvement in Stress Reduction
   15%----Percentage of Improvement in SOC Behavior

B. SCIO Harness Treatment 11,897 patient visits
   There were ---- cases of patients who reported a negative Improvement.
   None of these cases reported any major difficulty.
   There were
7 cases reporting no improvement of Symptoms, .001 % of Subgroup
10 cases reporting no improvement in feeling better, .001 % of Subgroup
11 cases reporting no improvement in stress reduction

47%---- Percentage of Improvement in Symptoms
54%---- Percentage of Improvement in Feeling Better
62%---- Percentage of Improvement Measured
65%-- Percentage of Improvement in Stress Reduction
45%---- Percentage of Improvement in SOC Behavior

CASE STUDY REPORT CONDENSATION:

“A 58 year old lady from Vancouver BC had Rheumatoid Arthritis in the hand joints. She had suffered from pain in her joints for the past 10 years and had tried many forms of therapies with little results. She came in one day a little sceptical but wanted to try biofeedback for stress relief. During the biofeedback session I had her wrap her hands in the small pad that I have and continued the biofeedback session. After the first biofeedback session she was amazed at how easily she could move her fingers and wrist without pain. Needless to say she has become a regular client and she is experiencing less stress in her body and enjoys using her hands without experiencing pain.

Vancouver, Canada”

„I am a EPFX/SCIO practitioner from Paris. I bought the EPFX/SCIO device because of my own health condition I was diagnosed Multiple Sclerosis in 1993. I have consulted neurologists in Ottawa (Canada), Paris (France), London (UK), Chennai (India). All had the same answer........ «There is nothing we can do for you ...Your condition will continue deteriorating gradually.....Please come back when your situation get worse......

Since 1993, I tried to manage the degeneration of my condition with natural therapies. I had some good results comparing to other MS patients but my condition was still deteriorating. In summer 2005, I discovered the EPFX/SCIO and my whole life changed. I give myself a EPFX/SCIO treatment once a week.

After 2 years, I can affirm that my condition is NOT deteriorating any more.

My memory is back, chronic fatigue symptoms decreased a lot, I have very much less pain, etc. All is not perfect yet. I still need a stick for walking but I feel so much better......100% much better. I am working now with the device on regenerating my organs and nerves.

I am sure that I will be able to report that regeneration works . With the EPFX/SCIO, I am fully in charge of my health condition!

The EPFX/SCIO changed my life!

Thank you Professor Nelson!

Paris, France”

„I first got involved with the device when a friend of mine called me to get hooked up. She knew I was
having a terrible time with my shoulder and seeing a chiropractor twice a week for (by then) three weeks. The pain was unbearable and I couldn't even sleep on that side. I finally told my Chiropractor that I couldn't stand to come and see him anymore. Then I got Mahrukh's call. I went to see her and after one session I could actually comb my hair again as I had regained some of my range of motion. The pain was finally bearable. I actually bought a device pretty much right away and have not looked back. I called my Chiropractor and told him I had been doing the Biofeedback and asked if he would just give me an evaluation as to whether I could go back to working out again. He gave me the a-okay. I have received my Certified Biofeedback Specialist accreditation and am helping many, many more people with similar and some with much more complicated circumstances. The science is fantastic and proves the body truly is capable of restoring when handled with respect and by paying attention to what the body is telling you.

City unknown, Canada”

“A 7 year old with medically pre-diagnosed rheumatoid arthritis came into my office in severe pain. She was unable to move without major discomfort, playing with any mobility, bike riding and running were out of the question. Even sitting was agonizing and she sat the majority of her time reclined. Using the EPFX to attempt to rebalance her stress she showed continual progression in her improvement. By looking at imbalances in minerals, vitamins, amino acids, and fatty acids her mother was able to make some lifestyle changes in the child's eating habits to help her balance those frequencies. After 8 visits the child's knees, which were equivalent to very large grapefruits in size, had reduced to normal dimensions and other inflamed areas and joints had also gone to a more normal size. She was now able to go out biking and playing with her siblings and school friends. The mother reported that the doctor did not know what was happening, but that he was ecstatic and as she quoted "whatever you are doing please keep doing it for her, it seems to be working."

Shortly after this time her aunt decided to purchase a device and the child's biofeedback care was turned over to her. I saw the children and their mother a month ago and she is looking healthy and is no longer in pain according to the mother. Another success story using biofeedback.

I am not an expert in the field of AIDS or HIV but I received a 56 year old male homosexual client in need of help. He was determined to use natural methods, supplements and stress reduction of massage and biofeedback to maintain his health and keep his HIV at bay. He decided to use the biofeedback therapy every other week and has done so for over a year. During this time it has been interesting watching his imbalances; when there are more he informs me he is under more stress at work, when the numbers are more balanced he informs me it's been a very relaxing period in his life. He has continued to amaze his physician and his counts continue to improve. Under one very stressful period his counts decreased and he added homeopathics which were to help with balancing his thymus and came in for his normally scheduled visit. He rebalanced to the doctors amazement and has remained stable and happy over the past two years. He now makes an appointment when he feels highly stressed and is only on a maintenance visit as he calls it.
A 39 year old woman who is having a stressed second marriage, and has been in three long term relationships is unhappy because she cannot get pregnant. Her current husband does not wish for more children as his two are teens and this is causing more stress according to my client. She does not understand why she cannot get pregnant and neither can her medical doctors so she has decided to try biofeedback. I worked on her for several visits and she reported that she was feeling much less anxiety in her life. Using this technique of biofeedback and realizing that her hidden emotions were causing her more stress she agreed to talk more to her husband about their issues. She reported back to me on her 7th visit that she was expecting a baby. Our appointments were terminated at that time until after pregnancy and I am happy to report that she delivered a healthy, happy and wonderful baby boy just after to her 40th birthday. She then scheduled her "a tune up" after that when she felt overly stressed.

A 46 year old woman with diagnosed Fibromyalga was helped into my office. She was taking 7 prescribed medications and felt that they were no longer helping her and that she was getting worse and worse. Her decision was to try more alternative help and try and de-stress her life. We began her appointments. Over the next year of monthly visits she and her doctor reduced her medications down to only one, and her Fibromyalga rarely flared any longer...unless she became overly stressed. She latter purchased her own EPFX for her families private use, although I do still see her as a client about every six months, when she says it's "her turn to get pampered".

A 35 year old woman with five children came to my office. She was always tired, had constant headaches, heart palpitations and anxiety attacks, and was under a doctors care. The doctor could find nothing wrong with her. Her family had grown up Amish and had convinced her to seek outside help for her problems other than her medical doctors. She came to my office once a week for a month and then monthly for the next six months. While she was doing biofeedback for stress reduction she realized that she had the energy for her children, was able to function as she should and had very few anxiety attacks. She has since purchased a biofeedback device to try and help herself and her family remain healthy.

A 69 year old woman with major stress started seeing me for stress. She was working two jobs and had divorced and felt a failure, yet she could not keep from being in contact with her ex-husband. She stated she felt unloved and that everyone abused and used her and she was tired of being depressed. We began Biofeedback sessions, she chose to come in on a weekly basis even though the sessions appeared to be helping longer than that. It did not take me long to discover that the biofeedback was only part of her help. What she needed the most was simply a shoulder to lean on and someone to talk to. It is sad when someone has to pay for a friend that they feel has nothing to gain from them talking to them. She stated that her "friends" always had an ulterior motive for seeing her and talking to her. She started de-stressing enough that she began dreaming at night of past issues and traumas of her childhood and realized that this is one of the reasons she was feeling so depressed and admitted that she had been feeling suicidal. But, that with the help we had gotten from Biofeedback she no longer had the wish to die. I suggested that in order to speed up her past traumas she seek professional help and gave her the name of a psychologist who could help with past life trauma as well as trauma regression. She started to see this professional and continued to come to the office for a monthly appointment. This continued for two years. She remained health and felt fine and has gradually decreased her appointments. When I began traveling more and at the office less I referred her to a different biofeedback technician.
A 56 year old male who had served in the Golf War made an appointment at my office. He had been exposed to Agent Orange and had returned injured and with Paranoid schizophrenic he was currently under the care of the VA Hospital. At that time he could not go out during the day without help and medication for fear of someone hurting him. The voices in his head were telling him to kill himself and that other were after him. After six weekly his trust to me and willingness to talk had increased, he had informed me the voices had reduced but he was still having much of the same symptoms as before. At this time he informed me that he had a metal plate in his skull from his war injury, so we changed the placement of his electrodes within the next three visits he reported that he was much better. He had gone to the VA and they were extremely impressed with the biofeedback therapy he had been undergoing. If things were better yet again at his next appointment they were going to re-evaluate his medication and they suggested he continue the biofeedback. We continued with two more biofeedback sessions using the EPFX and he made his next appointment at the VA hospital, where they not only re-evaluated but removed his medication. Many of these prescription’s were psychotropic medications; his body did not respond well to this and within two days of this removal he tried to commit suicide. He was then institutionalized.

A 65 year old male who had a cancer scare with previous skin melanoma had decided to try biofeedback and alternative health therapy. He and his wife 63, had both been feeling very tired as of lately and more stressed than in the past, because of this they decided to try biofeedback. After one visit they realized they were sleeping better and feeling more energy. They decided to continue this process on a monthly visit. They continued this process for a year while going to their physician who had been watching several pre-cancerous lesions. Most of these lesions had disappeared and both the doctor and the client were thrilled. They now remain on a yearly visit with biofeedback to monitor their stress levels.

A 76 year old woman who had taken care of her sister came into the office. Her brother had died a year before and her sister had cared for him while he was sick with a stomach issue. Shortly after this her sister became ill for several months with the same mysterious symptoms that the brother had had and she had taken care of her until her death. My client was now nervous because she had had diarrhea for over 6 months which were part of the same symptoms. We began biofeedback and had 10 days until she was scheduled for a colonoscopy. She had earlier had a cancerous polyp removed from the colon and was concerned of what would be found now. Because of our limited time we met every other day to do stress balancing using the EPFX. She went to her scheduled appointment and was pleased to report to her doctor that the diarrhea was now gone and that she was feeling better. She was able to eat more now that she had been over the past six months without felling bad and able to keep the food down and had begun to put back on some of her earlier weight loss. The colonoscopy test was complete and showed only one bacterial polyp. She was thrilled with the results.

Michigan, U.S.A.”

„41 year old woman, very stressed and complaining of many aches and pains. Only one session with her and she called me the next day to tell me that she had no pain or aches. She particularly mentioned her right hand (I didn't know this in the session) and that she was able to address her mail. This was
something that she had not been able to do for years.

City unknown”

„I've suffered with chronic pain for decades. Nothing helped. I'd eaten an ocean of Ibuprofen, Tylenol and anything else I could find to stem the pain. Not chiropractor, no message therapist even though it seemed better for a few hours after the fact it returned with a vengeance.

Last year I was forced kicking and screaming to a practitioner in Sandy Utah. It was snake oil as far as I was concerned. But finally after months of mild badgering and the person dragging me driving and paying for it I reluctantly went.

I went into delta sleep some time during the session. they woke me up as they were finishing up. Told me I'd sleep for a day or so and feel 100% better. I groused and said OK whatever. and was driven home. I was in a euphoric state of mind as we drove north for an hour. I went in the house, took a shower. laid down on the bed, flipped on the TV and woke up two days later. During that time I didn't so much as flinch in my sleep. I went into the bathroom then back to bed. I went back to sleep and drifted in and out of delta sleep for the next two days.

When I finally actually woke up it took me a while to realize it. I even grabbed my cane and actually hobbled over to the desk out of habit. BAD HABIT.

I was awake for almost an hour catching up on things when I finally realized I had NO pain anywhere. I even tried twisting and bending in ways I knew would cause excruciating pain. No pain. I was like a kid in a candy store. I even OVER did to just to see if I could stir up some sciatica. NOPE.. I felt better than I had in 20 years.

What the practitioner found was that I was in adrenal failure, in the exhaustion phase and my body was so inflamed from sero negative spondlitis she was amazed that I had not gone suicidal. actually I was. My retirement plan was 38 special. I was going to work until I could work no more and end it. That was it.

The effects of this encounter with the EPFX were top be far reaching. a month went by before I even got another twinge of pain anywhere. I had tried everything to kill the pain and even methadose (synthetic heroin) barely took the edge off the pain and the Epfx was no less than a miracle in my book.

City unknown”

„I was shocked to saw a lawyer told me that he was totally convicted our device has a miracle effected on him. Before I start to test him, the device told me he was angry - later confirmed by himself that he has argument with his colleague. Later he confirmed me that my test on his brain was truth because he had an serious accident which lead him to coma for weeks. The third miracle is that he was convinced by our device after bending his back to touch his toe with his hand without pain. The last but not least, He count on 20 second to found that his pain in his arm was gone instantly!!
He will bring the honourable professor of U.T to try our device soon and promoted it to all insurance company!

City unknown”

“A little girl was brought to me. The mother wanted to see if the stress reduction treatment could help her little girl..She had behavioral problems at school and home. Always in trouble..and picking fights..I tried to visit with the little girl and she would not talk to me so I just talked with the mother while we started her session 45 min later she started to giggle..The mother looked at her in disbelief..She does not giggle,„ever...about 10 minutes later her husband called and he also said But she doesnt giggle..They came back the next week with such good news..It seems the little girl as a baby had many ear infections and damaged her hearing to the point she could not pronounce her words correctly and had been to a speech therapist just before she had come to see me the first time and also the second time..The speech therapist wanted to know what happened to the little girl because she was speaking so well..The parents didnt know what to say..When she came the second time she said I know your name and I said I know yours too...The mother said you dont understand she has not been able to remember anyones name but she has been talking about you all week..Amazing..Just think what a little stress reduction can do.

A man in his forties came to me in a lot of pain and ask if doing stress reduction could help him..He was in a car accident 6 yrs. ago and had not had any relief from the pain in his back..no feeling in his feet and he rode saddle horse to round up cows and move them around..he could get on a horse and ride but someone had to take him off..During his first treatment he said he was real relaxed for the first time in a long time..at the end of the treatment he felt much better the pain was still there but bearable..he came back next week and said he was much better and he was beginning to feel his feet and lower legs and not so much pain..he came back the next week feeling better than that and could not believe that the pain was leaving..He stated we all need stress relief

City unknown”

“I myself was in a motor vehicle accident just recently. It was in New York State USA. I felt the whip lash setting in almost immediately.

Breathing exercise and relaxation tech. helped a great deal at the time but the drive home it was hard to repeat the relaxation.

But the time I got home 2 hours later my muscles were tight and I was very stiff and new that by the morning I would have whip lash all over again. Once home I got ready to do a session on the EPFX and went through various biofeedback programs. When I was finished I felt better. I needed to get up and move around and stretch which helped release the tension in my muscles and joints. I was fine after and have be great since.

Another client of mine has a new born daughter. She was 4 months old and was waking up during the
night crying and this was also keeping her mom up.

I entered her daughter’s profile into the EPFX and ran through several biofeedback protocols. After talking to her mom I discovered one was her smoking which was causing a stress on her daughter. The other was indigestion and a birth trauma while in labour. The EPFX biofeedback balancing was a success. The daughter slept that night and every other night since for 8 hour or more. She has been fine and her mother has been able to get her sleep as well.

A young lady I know has been having headaches for months. She has tried many things to get rid of the headaches and be able to return to work but nothing has helped. From morphine to cranial sacral with no help.

I then told her about the EPFX and talked about different types of stress that could be causing the headaches. We final thought that a session with the EPFX would be in order. After the biofeedback session with her attached to the EPFX plus a upper shoulder and neck massage I was told that that night she returned home with a slight headache. Upon waking in the morning the headaches was gone and she has been headache free for 3 weeks. Her mother believes 100% that the EPFX was the main reason for her daughter’s pain relief.

There was a time that was demonstrating the EPFX to a colleague of mine and during the session I saw things that lead me to believe that she may be trying to get pregnant. I asked and yes she was for some time.

I told her I did not have time to go further but would look into her problem at a later date. Once I had time to look deeper I found a few thing of interest and then questioning her with my finding was told that I was 100 percent accurate. She never mentioned any of the thing I found but told me the medical profession was aware of her situation.

I gave 2 more session to her and then was unable to see her for about a month. On meeting her I asked if she had heard any news and the smiled told me the answer. She believes what I did along with some other things she was doing helped but more of what I did was the turning point. Both parents are very happy and are amazed at things worked out with the help of the EPFX.

I am helping a local dance studio with some competitive dance groups. The teacher has noticed a difference with the students and this will be a ongoing study for the dance studio and myself.

Ontario, Canada”

„My client is a female 48 years old and has Multiple Sclerosis. She is unable to walk at the present time and is in a wheel chair. I first started seeing her November 1, 2007 for biofeedback session on the EPFX. When she arrived at my office her father and I had to basically pick her up and transport her to the chair. Every session she told me she was getting stronger. After three sessions she was able to dress herself again. At her last session which would have been number 5 she pushed herself up from the wheel chair and stood and transferred to the chair by herself. When she was ready to leave she did the same thing again, pushed herself up and stood and twisted around and sat in wheel chair.”
My client is a female 54 years old and has the Shingles. She had them for 2 months before she came to have a biofeedback session on the EPFX After 4 days she called me and wanted me to know that they were drying up. Two weeks later she came in for another biofeedback session and they were dried up completely.

My client is a female 41 years old. She has had 7 back surgeries and on pain medication every day. After her session on the EPFX she only had to take pain medication twice in the next two weeks before she returned for another session. She now comes every 2 to 3 weeks for a biofeedback session on the EPFX and is not pain free but able to manage her pain without any narcotics.

My client is a female 54 years old. She has been diagnosed with Alzheimer’s. When she first came for a biofeedback session she had blank look in her eyes and was very quiet. She was not able to tell me her birthday and other input information. After 5 sessions on the EPFX she is like a different person. She is alert and her eyes are shining.

She is remembering and communication with others alot better. Her family informed me that her whole outlook on life is better.

Mississippi, U.S.A.”

“Case 1:
A 44 year old manager working a very strenuous busy job UPS with:

Bilateral Knee Pain:

Stress History: In September, 2000, working for UPS – “I was working on the belt, repetitively jumping down 3 feet and jumped one too many times and I could not stand.”

Diagnosis: Lateral meniscus tear.

Treatment: Arthroscopic surgery in October, 2000 to repair the tear and shave the patella and physical therapy for 3 months.

Post Surgery and PT: Not able to bend at the knees properly. Developed chronic pain in both knees. Worse in the winter months requiring Vicoden for pain management.

“I was a wiener, complaining all the time about my knee and my back pain. I could not go horseback riding or climb stairs or go bowling without severe pain. It also limited my gardening and my life considerably.” I was depressed, negative and often in a bad mood.

Biofeedback Session: One 1 ½ hour session

Post Q.B. Results: R.C. felt immediate pain relief and started doing squats as she left our clinic. She has been out of knee pain for over 2 months.
“I have been back to bowling and bocce ball. I walked 4 miles the other day without pain or swelling. In the past, if it wasn’t a pill, it wasn’t really medicine. I had a narrow mind to thinking outside the box towards alternative health care. Now I tell everybody, you’ve got to understand, Q.B. will help you to do things you never did before. It will help you with problems you have forgotten, that will come out during the session. You are going to feel better. I feel more energetic, and can go bowling and do whatever I want. I also can handle stress way better and am able to calm other people down. Q.B. reduced my knee pain and my stress which powerfully changed my life. I am so glad I opened my mind and tried QB.”

City Unknown”

INFLAMATION, PAIN:

"The biofeedback sessions helped me to cope with inflammation in my body. After only one session the pain in my knees and thigh muscles completely went away for a few days."

Ocala, FL

“Blood sugar levels as reported by a local medical laboratory decreased thirty points in a type 2 diabetic after two treatments.

An elderly woman reported greater range of motion in her arthritic shoulder after one treatment.

A menopausal woman reported cessation of hot flashes after one session. She had been having about ten per day.

City Unknown”

“I have had my device and have had great success in the stress reduction area. I have a friend who had been going for pain management therapy. Her pain was all over her body to the extent that it was affecting her ability to walk normally. She came for one treatment and saw immediate positive results. Her pain was greatly relieved and she now walks normally without difficulty. All this after only one treatment.
My sister-in-law who was rushed to the emergency room because of heavy bleeding was told that she needed surgery to remove her uterus and ovaries. Because of her low blood count, it was postponed. I used the device on her only once and her feeling of weakness was gone. Her bleeding stopped and she has not returned to the doctors to plan surgery. This took place two months ago.

Spring, Texas

“I have osteoarthritis and high cholesterol and do not want to do the typical medications. Both of my knees have been replaced and I have had ankle surgery. For balance and flexibility I began doing T’ai Chi Chih four years ago. This is a slow moving practice which circulates and balances energy and promotes general well being and health. I am now a certified teacher. With my T’ai Chi Chih, the addition of the SCIO program, and Louise’s guidance, I am eating more and more organic foods and I am able to almost completely do without sugar. I was very addicted to sugar before our sessions. With these changes and very few supplements, I am feeling better than I have ever felt. I have a feeling of general healing from the inside out and feel connected to all things.

Albuquerque, NM

“I have had rheumatoid arthritis for a couple of years and have a problem with pain medication, my chiropractor has a Scio in his office and told me to come in for an appointment, and am I ever glad that I did. The rheumatoid arthritis came up on the Scio and he gave me a correction and I have had no pain in my joints since, I also have had my gallbladder taken out and would always have pain in that area which was very uncomfortable, this also came up on the Scio and I was given a correction, and as like the arthritis, no pain in that area ever since. I was so impressed with the results that I have purchased my own Scio unit for myself and my family.

City Unknown

“One of the few non family members we worked with initially was a friend with multiple health issues. In her forties, she has already had a stroke. She also deals with fibromyalgia and asthma. She is seeing wonderful changes. After two sessions she said she could carry a load of laundry up a flight of stairs without stopping to breathe. It’s been years since she could do that. She was amazed that she even had better balance and could put on her socks without sitting down. She ran out of her muscle relaxant and found she didn't need it. She is not having the cramping in her muscles that were so painful. I love the way she put it.
"I feel like the way I remember NORMAL being, its been a very long
time."

Now that we are seeing results we are starting to work with more people outside of the family. My
husband's secretary has done two sessions with us. She felt immediate results. She was becoming
depressed from her weight gain and the troublesome cravings she would have. She felt very down on
herself and didn't know how to improve it. She, like the others we have worked with, had a lifting of her
depression. She said she felt brighter. She knew she had found the way to help herself. She follows the
recommendations of the SCIO and is amazed at the results. She has been addicted to a type of soda
produced by Weight Watchers. She buys it by the case and has been trying hard to cut back on her 3-4 a
day habit. She was down to one a day when I saw her the first time but it was a struggle. After one
session she was able to go the whole weekend without having any and, when she did have one later in
the week, found she no longer enjoyed it and couldn't finish it. She was very impressed.

City Unknown"

„The subject is a 62 year old male and former football player who works out regularly. He is on
medication for gout, cholesterol and high blood pressure and possibly one for mood balancing.

The client had been diagnosed with gout 15 years earlier and had been on prescription medication for
this condition all of this time period. When I saw this man for a biofeedback session, he could hardly
walk due to pain in his right ankle. This has been the same site for previous gout attacks. He had seen his
doctor several days earlier. The doctor suggested he had pseudo gout which is a type of arthritis, and
not really gout. He was given another prescription drug for arthritis. He then say his physical therapist
later the same day. He saw his chiropractor three days later and his biofeedback session with me was
four days after he saw his doctor and received the new medication. He was still having the same
symptoms of pain and hardly being able to walk when he saw me for a biofeedback session. I use the
EPFX technology to detect stress in his system and followed the de-stressing techniques indicated by the
device. At the end of the session, the man stood without pain. He told me he felt soreness in the area
but not the throbbing pain he had been experiencing. When I checked on him the following day, he was
still pain free. He is, however, still taking the medication provided to by his M.D. - just in case. This has
been several months ago and on recent inquiry he was still pain free.

City Unknown”

„I have a female client 68 years old who had hip pain issues. The Doctor told her that she had very little
cartilage in the joint and needs a joint replacement. He has worked with me for 3 months now and is
walking better and at times pain free. When things get flared up then she books another session.

City Unknown”
„The pain started over four years ago. I was informed that I have Arthroporosis of the spine and knees. I got Physiotherapy and pain pills, nothing helped against the pain and blocks in mine spine and knees. I had two scopes on the right knee.

The doctors told me that in the near future I would need a knee replacement. Between my ribs on the right side a nerve was blocked and the pain, travelling to the front, was sometimes so bad that I could not breathe.

Another doctor told me, I had gallstones. So I was send to the University-Hospital for X-Rays. They found out that it was Arthroporosis (Degeneration of the bones). They told me, they cannot do anything for me but giving pain blocks. Also at the National Hospital they could not do anything.

They prescribed Radiofrequency-Therapy. (Burning off the nerves). They burnt three of my nerves of the lower back.

At that time I weighed 124 kg and needed to walk all the time with crutches.

By the end of the last year I was at the Anglican Church introduce to a couple of two Therapists. I was told that they can help people with conditions like me. They work at “Healthy Habits” with the computer Program called SCIO.

At their office I got a therapy and the result was that I do need neither crutches nor painkillers. And meanwhile my weight was going down to 92 kg.

I am not only free of pain, but can do so much more. I can walk and lift my arms higher than my head. I can run my daily chores and I feel so much younger and more active. My knees are strong again.

There is a friend of mine, she could only walk with a stick and had a lot of pain. Six weeks ago I drove my friends there and they worked on her at a friend’s house. Directly after the Session she walked home pain free and in a good mood, holding the walking stick in both of her hands above her head with a happy smile on her face. Her walking is still strong, and no pain anymore.

City Unknown”

„Young crippled girl 10 years old. She can stand but not alone. Has no muscle control with hands or arms, legs or feet. Various muscles have occurrences of uncontrolled twitching. She is currently being seen at UCLA. Diagnosis unknown.

Client is hooked to the Quantum biofeedback device, usually with just the head harness. I reduce stress through various program... biofeedback (reduce stress in nerves and reduce stress in spine). I can visibly see the difference as she stretches and moves her arms and legs purposefully during treatment. I also
use NLP program and brain balancing program. The girl, who rarely speaks, starts talking when her brain gets balanced. She once left my office and her mother tells the story that she was actually able to speak to her father on the phone that night. They were thrilled.

City Unknown

„I was 59 when I first heard about and tried biofeedback. My chiropractor was the one to introduce me to it. I had been diagnosed with arthritis and was on the doctor's waiting list for double knee replacement. I was in great pain every step I took. I couldn't stand for long. I was afraid to dance, twist or turn or step a wrong way, every move I did cautiously to avoid further damage or pain to my knees. (I also had severe heart burn and bleeding hemorrhoids. The heart burn and hemorrhoids were gone after just two sessions three weeks apart.) My knees started feeling better right away and now, after about 10 months of biofeedback, I am as good as pain free. I even did some dancing a couple months back with no negative effects during or after. I walk and move effortlessly, forgetting that I had such severe problems with my knees. I am now a certified biofeedback technician myself. I am sold on the success I've experienced and want to share it with others.

California, U.S.A.”

„This past summer my mother became disabled with arthritis, she would raise in the morning to spend the first two hours of here day crying from the extreme pain in her hands. The doctor, bless his stupid little heart, said the "she would have to learn to live with it and the pain". I step in with the EPFX and began a regiment of only three session over a period of one month. My mother hands quickly responded to the sessions not only does she no longer have pain in her hands, but the twisted and distorted finger and knuckles have return to normal!!! Her doctor never asked what I did, he just said "whatever you are doing, keep it up. It is working wonderfully".

City Unknown

“I suffer from osteoarthritis and a severely deformed thumb joint. Since my initial session I am now pain free in that joint and can grasp things and wring cloths out like “normal” people.” 64 years of age, female, relief after initial session on Nov 19/07 and symptoms not returned as of Feb 19/08.

City Unknown”

„Age 50, male, Sciatica. Pain reduced after initial session on April 10/07 and gone after second session on April 17/07. He was also doing Chiropractic adjustments in conjunction.
„Age 46, female, arthritis. Had weekly sessions starting March 9/06 until April 24/06, then every other week until July 4/06. She has reported that her fingers are better and pain is less after the first 4 sessions.
City Unknown”

„Age 52 – numbness in left hand completely subsided after one session.
City Unknown”

**SUGGESTED THERAPIES**

**FLEXIBILITY, Restricted Range of Motion**
1. The muscles, cartilage and ligaments of the body are largely responsible for the flexibility of the spine and extremities.
2. Restrictions in flexibility may result from poor nutrition, lack of exercise, diseases such as arthritis and rheumatism, physical injuries and infectious states. Lack of oxygen flow to and from cartilage or ligament and carbon dioxide build up makes them inflexible. When a ligament pops it releases carbon dioxide making the pop sound. This is a release of carbon dioxide and allows oxygen to come in.
3. *FLEX is a blend of Chinese herbs which have been reported to have essential application for increasing flexibility. The action of *FLEX is through its herbal and homeopathic effect in helping the body to restore flexibility to the joints. When used in conjunction with *CONNECTIVE TISSUE LIQUESCENCE, a formula designed to assist the growth of good connective tissue by supplying necessary minerals, vitamins and sarcodes, these two formulas work to increase range of motion (ref. range of motion study).
4. Combine good exercise, good nutrition, and stress reduction for a complete therapy in restoring flexibility. Also, look for any organic connective tissue disease as well.

**MUSCLE**
**BONE**
**LIGAMENTS**
**TENDONS**
**CARTILAGE**
**JOINTS**
The FLEX FORMULA and the CONNECTIVE TISSUE LIQUESCENCE increases joint by supplying needed nutrients and increasing connective tissue oxygenation.
EXH-14

Releases rigidity of personality and body treats inflexibility of mind and body.
SCIO TREATMENT SUGGESTED

**Color** - set patient's favorite if desired, or choose color by chackra that is deficient

**Cosmic**: set 1 for physical body, 2 for astral, 3 for etheric, 4 for mental, 5 for cosmic, 6 for other

**Magnetic Method** - 1+10 is universal, 7 for detox, 8 for regrowth of new tissue, 3 for injury, 2 for metabolic correction, 5 for inflammation, 6 for infection, 9 for psych stress, 2 for energy stimulation.

**Frequency** - 111hz---1111hz, 5575---8850hz

Scalar for 30 min once a month in early stages once a week in later stage.

Zap therapy for 30 min once a month in early stages once a week in later stage.

**Discussion:**

The results show significant improvement in symptoms and feeling better. The Collective results show a dramatic benefit to the SCIO therapist visit.

--- BIBLIOGRAPHY ---

**BOOKS**


**ARTICLES AND STUDIES**

7. **Proteinuria.** Maitreya of Magyar; 1984.
Title: LOW BACK PAIN

Large Scale Study of the Safety and Efficacy of the SCIO Device

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This study was performed in the field by practicing Biofeedback technicians. Data was collected and the study supervised by the Ethics International Institutional Review Board of Romania. The Data analysis and study presentation is done By the The Centro Ricerche, University of Venice + Padova, It.

LOW BACK PAIN

This groups significant SOC cut off was 80.

The Large scale study had over 98,000 patients and 275,000 patient visits we have direct evidence of the safety and efficacy. A placebo group was used for the large scale test to help validate the results.

This disease group total number of patients was 3,034

Subspace Treatment 1687 patients, 1,344 SCIO Harness Patients

OVERALL ASSESSMENT

A. Subspace Treatment 4,878 patient visits

There were 1 cases of patients who reported a negative Improvement.

None of these cases reported any major difficulty.

There were

1 cases reporting no improvement of Symptoms, .001% of Subgroup
1 cases reporting no improvement in feeling better, .001% of Subgroup
1 cases reporting no improvement in stress reduction .001% of Subgroup

21%— Percentage of Improvement in Symptoms

33%— Percentage of Improvement in Feeling Better

25%— Percentage of Improvement Measured

44%— Percentage of Improvement in Stress Reduction

12%— Percentage of Improvement in SOC Behavior

B. SCIO Harness Treatment 3,912 patient visits

There were 2 cases of patients who reported a negative Improvement.

None of these cases reported any major difficulty.

There were

2 cases reporting no improvement of Symptoms, .001 % of Subgroup
2 cases reporting no improvement in feeling better, .001 % of Subgroup
2 cases reporting no improvement in stress reduction .001 % of Subgroup

45%--- Percentage of Improvement in Symptoms

55%--- Percentage of Improvement in Feeling Better

65%---.Percentage of Improvement Measured

66%-- Percentage of Improvement in Stress Reduction

21%----Percentage of Improvement in SOC Behavior

CASE STUDY REPORT CONDENSATION:

“77 year old woman who was experiencing extreme, debilitating pain in one of her thumbs, lower back pain and radiating pain in both hips. After 4 sessions with the EPFX over the course of 6 weeks, she reported that the pain in her thumb was gone as was the pain in her hips, and the pain in her lower back was lessened both in frequency and intensity.”

City unknown

“38 year old male who had had extreme and debilitating back pain for nearly a week. His chiropractor refused to adjust him because he was too inflamed and he was on pain medication which provided him with nearly no relief at all. He said he was so desperate for relief that he would “try anything”. We did one session with the EPFX device and his back pain disappeared. Now 3 months later, his back pain has yet to return.”

City unknown

“I am working with the SCIO-System since 4 years. In my practice my patients are mainly chronically ill patients with e.g. following diseases:

Auto aggressive diseases like ALS, Multiple Sclerosis, Crohn Disease,
Colitis Ulcerosa, Lupus e.,
Chronically digestion Problems
Rheumatism, Fibromyalgia, Spinal Column Problems,
Various Cancer Diseases like Lung Cancer, Mammary Cancer, Leukemia,
Stomach Cancer, Liver Cancer,
Neurologically Diseases like ADS, Depressions, Trauma, Brain Injuries,
Allergies
Skin Diseases like Neuro-Dermatitis, Psoriasis
Migraine
I have used the SCIO to measure my patient's reactance to many various items which electrical patterns
are digitally stored in the system. I have used the device for therapy on my patients and it is highly accepted from them, because it is safe, showing no side-effects and is non invasive. The SCIO-System treats the body’s electric in a safe biofeedback way which helps the body to reactivate its body’s own healing capacitance to finally come back to a well functioning body-regulation-system. It might appear a little futuristic if you do not know the background of the system, but if you would take the chance to look a little deeper, I am sure you would agree on its scientific validity and benefits.

Bottrop, Germany”

“I had a client who stressed the lower back area from jumping off a semi truck. He went to the chiropractor who took x-rays, which showed nerve damage. She had 5 colleagues look at the x-ray and concurred. She sent him home and told him to come back the next day and they would set up surgery. He called me that evening to see if I could help, so I worked on those stressors, as well as others at the same time. That was my first day of training in 2004, to this day he has not had any trouble from that area again. The chiropractor freaked out because it showed on the x-ray he clearly had damage. He told the chiropractor about the biofeedback but has not contacted me about the biofeedback.

Minneapolis, U.S.A.”

“56 year old man with long history of 3 bouts of cancer, radiation and chemo treatments. Arrived with chronic severe lower back pain from his last surgery two years previously. After one 60 minute treatment on the QX the patient stood up and was totally pain free for the first time in two years. The effects lasted approximately 5 days and then we continued with another treatment with the same success. The time between treatments grew longer and longer. The patient was very happy with the results and referred several more people into the clinic.”

“I first heard about the EPFX/SCIO about four years ago. My father who is very conservative in his health care approach, was having a terrible time with low back and sciatic pain. He knows many people who have had back pain, they chose surgery, only to end up with more pain and more disabilities. He was determined to avoid surgery. In the mean time months of pain opened his mind to alternative ways to help his suffering. He wrote me to tell me he had found a EPFX/SCIO practitioner and that after three sessions, he was pain free.

Having chronic pain in my neck and shoulders for over 25 years I was very anxious to learn more about his treatment. I made an appointment and after the first appointment I too was relieved of this chronic pain. I had tried everything (only alternative) I could think of to heal this pain. I am pain free to this day, this was over three years ago.

I knew on the spot that I would become a practitioner and I thank God every day for this amazing technology. I thank you for your amazing contribution.
City unknown

“A 42 year old female presented to me for lower back pain release, she had had physio but found it too painful to continue, everywhere the physio touched caused her tremendous pain and she could not continue. I saw her for 5 sessions of stress reduction and it became apparent during our sessions that she had been emotionally abused and abandoned by her mother at an early age. My client then decided to go onto antidepressants during our early sessions and by the 5th sessions she was off the medication, mainly pain free apart from some occasional sciatic pain, could now continue with her Pilates which she had to discontinue due to pain. The client had been referred to me by her physio who contacted me to inform me of the incredible changes in the client’s pain and emotional state.

A 4 year old boy was admitted to my local hospital with meningitis following chicken pox, he was confused, disorientated and had not slept for 2 days. The parents asked me to do a subspace session on him once the diagnosis was confirmed and within 10 minutes of the subspace session commencing the child fell asleep, the first time for 2 days, remained asleep for most of that day and night, woke up the following morning, temperature was down, he was orientated and discharged later that day.

City unknown

“A little girl was brought to me. The mother wanted to see if the stress reduction treatment could help her little girl. She had behavioral problems at school and home. Always in trouble..and picking fights..I tried to visit with the little girl and she would not talk to me so I just talked with the mother while we started her session 45 min later she started to giggle..The mother looked at her in disbelief..She does not giggle, ever...about 10 minutes later her husband called and he also said But she doesn’t giggle...They came back the next week with such good news..It seems the little girl as a baby had many ear infections and damaged her hearing to the point she could not pronounce her words correctly and had been to a speech therapist just before she had come to see me the first time and also the second time..The speech therapist wanted to know what happened to the little girl because she was speaking so well..The parents didn’t know what to say..When she came the second time she said I know your name and I said I know yours too...The mother said you don’t understand she has not been able to remember anyone’s name but she has been talking about you all week..Amazing..Just think what a little stress reduction can do.

A man in his forties came to me in a lot of pain and ask if doing stress reduction could help him..He was in a car accident 6 yrs. ago and had not had any relief from the pain in his back..no feeling in his feet and he rode saddle horse to round up cows and move them around..he could get on a horse and ride but someone had to take him off..During his first treatment he said he was real relaxed for the first time in a long time..at the end of the treatment he felt much better the pain was still there but bearable..he came back next week and said he was much better and he was beginning to feel his feat and lower legs and not so much pain..he came back the next week feeling better than that and could not believe that the pain was leaving..He stated we all need stress relief
City unknown”

“I have worked with a 2 year old female who was throwing tantrums everyday for many weeks. She had fallen several weeks earlier and bumped her head. I told her mother about biofeedback and Dr recommends homeopathic remedies. She decided to do a session. I took an hour to run my protocol, advised her to use some hompeopathics for the child and she has not thrown a single tantrum since this session.

A friend of mine told me that her friend was diagnosed with endometriosis and that she would have to have surgery for this within a few weeks. She had had many pains and female issues. I had to act quickly so I sent her a bottle of Fem B - Dr Recommends. She took it for 3 days and all of her symptoms disappeared. She told me that she cancelled the surgery during a presentation I gave, in the town she lived in.

I am a 29 year old male and have had acne for over ten years. I have used diet, cleansing and other natural remedies. My symptoms decreased around 80%. I own the biofeedback device and I am the one sending this email. I did a session using the situation method, specifically on this issue. The results showed a possible bacteria problem. I proceeded with my protocol and then used Dr recommends Bacteria Fuge for over a week. My acne is nearly 100% diminished. There is hope for those who seek the truth.

I have scanned my girlfriend who is 25 years old several times. She has had some cramps, back pain and headaches prior to these sessions. She uses Dr Recommends remedies - Fem B, Thyroid Thymus and Parathyroid. Basically I use the device to detect the appropriate remedies for her during the month. She has no headaches, her back pain has decreased by 75% and she has no more cramps.

I scan my mother who is 55. She has been diagnosed with hypothyroid and was taking synthetic drugs for this. I told her to try the Dr, Recommends Thyroid Thymus Parathyroid. She told her physician about it as well. She no longer uses the drugs and she has told me she notices a clearer mind when using the biofeedback and homeopathics.

I worked with a 10 year old girl who had different allergies that were pollen related. I did a biofeedback scan and sure enough it showed on the device both in the allergy screen and in the main matrix. I did the session and gave her the Dr. Recommends Pollen remedy. Her allergies have decreased considerably since this session.
“Treated everyone in my family (using harnesses) when they showed first signs of viruses (particularly bad winter for viruses in my area) and without exception, all viruses minimized or gone by the next day. These were, however, not diagnosed by a physician.

Treated a 16 year old girl with stress fractures in her feet. She is a ballet dancer and bulimia showed in her matrix. This was unknown to her parents. Low minerals were also showing. After one treatment she had 60% less pain – this is after months of traditional approaches.

Treated a 40 year old female with whiplash following a car accident. Previous approaches were physiotherapy, ice, acupuncture, deep massage, exercise, etc. No relief as she is a hairdresser and it was the Christmas season (busy busy busy). After one treatment with the EPFX she had approximately 50% less pain. Subsequent to the second treatment she had virtually no pain despite working long, hard hours at work in less than ideal postures.

Treated a 26 year old male with brain cancer, going through a second brain surgery. On the day of the treatment, he was scheduled for tests for memory, etc. and reported that he felt extremely strong. He also feels that the recovery from his surgery is dramatically different from his previous surgery.

Treated my own back, which I injured for the 3rd time this year by lifting my baby. I suspect it was a bulging disc. The two earlier episodes left me in bed, immobilized, for 2 days each time. This third time, with the device, I was able to go out to an event that same evening.

Treated my own acute abscess. Device reduced bacterial infection from a situation needing morphine to a pain free, non infection state.
POISON:

"This biofeedback with the EPFX has really helped my back a lot. It has helped my allergies and pointed out foods I can eat and those I should stay away from. In addition, it has helped me sleep. During the care we found a rare gas which poisoned me many years ago called Greenland’s gas. It was so impressive that the instrument helped to find the specific name of this gas. The gas had caused a severe case of pneumonia and my body was still stressed by that episode. I was cleared from that problem. On one occasion, we found kidney stones in my system. The next day I passed (11) kidney stones plus gravel safely. Two days ago I had food poisoning and today we found 6 types of bacteria including the food poisoning bacteria."

Ocala, FL

BACK PAIN:

The biofeedback care with the EPFX has helped my back. I don't need to get my chiropractic treatments as much."

Ft McCoy, FL

“It has been some years ago, when during the X-mas holidays a friend of mine called, excused herself and asked me if I -though we had holiday - would treat a friend of hers, who went through a couple of days in the ambulance room of the hospital due to intense pain and immobility in her lower and upper back. She could not sleep and move anymore because of pain and distortion. Nothing had helped, she had gotten all kind of injections. I agreed that I would help immediately. The client, a woman of 28 years, hardly could walk up to the 1. floor, where I live. She climbed up with a stick, her back bent deep down. I must admit when I saw her my heart pounded. She had 2 people to help her to half sit half lie so that I could put the strings on. I went through the whole spinal program, spinal fluid, scanned the bacterias and virus and send homeopathics related to the spine and pain, she also had a very bad stomach infection. After an hour she more and more relaxed, lying straight on her back and when I asked her to slowly roll over her side to get up and stand, I was hit by astonishment and joy of everybody involved. The patient stretched herself in full length, amazement on her face and with a big sigh she said this is the first time since 10 days that I feel painless and I can stand up straight."
City Unknown, Germany"

1. Female - age 33 diagnosed with liver cancer she had regular weekly visits with the EPFX for an entire year. She is now cancer free it's been 4 months as of this writing.

2. Male - age 54 diagnosed with lymphoma he had regular weekly visits for 6 months. He is now free of cancer.

3. Female - age 72 diagnosed with Leukemia. She had regular weekly sessions for 6 months as of today her medication is half what she was taking. She has more energy and also now a boyfriend he's 80.

4. Male age 55 - severe back pain could not move or get out of bed. One session and an evening of rest he was back at work. His partner of 6 years stated it takes him weeks to recover, she has never seen a recovery that fast.

5. Female age 51 - severe food poisoning one session an evening of rest and back in class the next day.

6. Boy age 12 - ADHD 3 months of weekly sessions this was in 2004. His mother took him off medication ON HER OWN I do not advise or diagnose - she called me last week to say he's graduating.

City Unknown”

“I purchased the EPFX for personal use in January of 2007. I was hoping to get some relief from some long-term depression and support my other health issues and those of my family I have received immense help. In fact, it has changed my life. My thinking is different. To some degree, I feel like a different person. I think clearer and have a purpose and a mission. I am volunteering to be in charge of fund raising activities and am more involved in my community. That would not have happened one year ago.

I also had a lot of pain in my shoulder back and legs. All completely gone. The pain I had in my upper left tooth is also gone. I thought I would have to get it pulled. My husband has a very stressful job and is
able to handle all sorts of situations with much more ease. He also had a toothache that was completely relieved of pain after just two sessions. And then he went hiking and had a pain in his hip that just continued to get worse. In two sessions, he was pain free from that as well.

I have also used it to manage my migraines, which are now almost non-existent.

I was able to relieve my Mother of her back pain and the pain in her knee from her knee replacement. We are also trying to work on her Wet Macular Degeneration. We will be monitoring the progress from these sessions, as well.

My sister has many phobias and I was able to help her have more confidence and handle situations with more ease.

The EPFX is a valid and valuable asset. I think every family should have at least one to help support the needs of themselves, their friends and loved ones.

City Unknown”

“1.) My first real experience with the EPFX and Quantum Biofeedback was when my 5 year old son was extremely ill and throwing up for nearly 2 weeks. Conventional medicine had no idea of what to do. The doctor reluctantly gave him antibiotics, but that only made things worse. Suddenly I remembered a visit we had made to an EPFX practitioner about a year previously. We had been recommended by a couple in our birthing class, since he worked with homeopathic vaccinations. I thought that we needed to have him check our son out and see what might be possible. When our son was checked out, there were indications of Food Poisoning from Chicken. The practitioner completed the session to address this and then recommended a homeopathic. He suggested that our son would be 100% better by the next day and all better by the 3rd day - this was exactly the case. Both my wife and I had been thinking about food poisoning and he had had a chicken hot dog the day he first became ill, but conventional medicine was not interested in this. Interestingly he had had a minor bout about 3 weeks prior when he had only eaten 1/3 of a chicken hotdog.

2.) Ongoing issue of my own have been back spasms. An issue that occurs for no particular reason, other than I was an undersized football player and stress has become my middle name. The
A combination of the two seems to create energy jams that are suddenly released for little apparent reason (picking up a hangar), but which initiates a spasm crescendo that cannot be stopped was it has begun. All parts of my back have been involved and the standard protocol was to just relax and enjoy the ride :~) On average the spasms would subside after the 5th day - making for a long week. Since I have had the EPFX to run balancing programs on this issue the average time for the spasms to subside has been reduced to 24 hours.

3.) An acute issue I had was an extreme spasm in my upper intestines. I kept assuming it would subside, but it continued to get worse. I was beginning to think that I was going to need to go to the emergency room when I decided I needed to quickly run the suggested therapy in the EPFX system. The recommended therapy was Auto Meridian. Within 20 seconds of starting the program, the spasms subsided and never returned.

4.) One of my clients called with pains in her teeth. During the session we ran the Pain Rx in the Dental program and several weeks later the pain had still not returned.

5.) One of my clients was a starting running back for a college football team. He had not gotten along well with the new coach the year before and subsequently had not played much. Having suffered a hamstring injury at the beginning of this last year, it did not look good. I along with my partners started working with him and had him back on the field in 2 weeks. We stayed with him for the whole year and he had the best season he has ever had and has a chance of being drafted.

City Unknown

“79 year old male, angry, stressed, not sleeping, having difficulty in his current relationship, problems with digestion, and pain in his shoulders and back. He has had about 6 sessions, monthly for 1 hour. His current companion tells me that he is not angry anymore and they are having a great relationship. He tells me that he feels so much better. He is sleeping and having far less pain in his shoulders and back. He and his companion went out for dinner last week and he said that he could order his favorite foods and not fear that he would have indigestion (and he didn't). His M.D. actually referred him to biofeedback sessions and the client says that he is so glad he found me.

City Unknown”
“Thank you so much for developing the EPFX. I cannot begin to tell you how incredible I find this machine.

Just recently I have had three successes. The first was with a friend of mine, age 55. She suffered with acute hip pain for two months. I hooked her up and did one session with her. Her hip pain vanished by the end of the session and has not returned.

Another friend, age 57, has suffered with a painful tailbone for a number of years. I did one session with her and her pain has gone.

Last week, I strained the lower right side of my back. I could not stand up straight. I did one session on myself and two hours later, my muscle strain was significantly better. After another session the next day, my strain was gone.

City Unknown”

“I have a client who was diagnosed with double scoliosis. She is 53 years old and has been a ballet dancer during her childhood years. She is 5’10” and weighs 135 lbs. Since I have had sessions with her (once per month for 12 months) she is not experiencing any pain in her back. She can do physical activity without feeling any pain. She is now participating in the P90X exercise program and is becoming stronger every day.

I have another client who is a female, 60 years of age average weight and height. She had been feeling pain in her neck and shoulders from stress related activity. After our sessions, she feels taller and pain free. We have also used the anti aging biofeedback therapy with amazing results. Her skin has visibly changed and she is delighted with the results.

Client who underwent cancer chemo therapy and reconstructive surgery. She is a female aged 42 average height and weight. She was diagnosed with breast cancer. I saw her after her chemo therapy and initial reconstructive surgery. She asked me to use the biofeedback therapy for hormone balancing because her hormone levels were very low. It took 2 sessions before we could get a rectification. However, her monthly cycle has returned to normal. We also had some amazing results with her second
reconstructive surgery. I had a session with her the day before and 3 days later. She felt no pain and was able to go on interviews 2 days after her surgery. She was absolutely amazed since she could gauge the difference between the first and second operations' results with and without the SCIO.

City Unknown”

“A 50 year old male with back problems for over 5 years. He had used acupuncture, chiropractic, PT, OT, massage, etc. in the past to help alleviate his symptoms, but could not get to the root of his problem, so relief was short lived. He was needed to use muscle relaxers, which he didn't really want, but needed. After one balancing session he reports that he has not had pain since and can do his work without medications.

City Unknown”

“I have owned the EPFX/SCIO device for 18 months. A couple of years before purchasing the device, I was diagnosed for the second time with a primary breast cancer and underwent surgery and chemo therapy. A year later, upon recommendation, I had my ovaries removed. All of these changes in my body created a very stressful unbalanced system.

The EPFX/SCIO device has helped me identify what areas in my body were out of balance and given me specific ways to correct those imbalances both by using the device and by using supplements and adjunct therapies. In addition, I have used the device with three family members who have seen their symptoms improve after having SCIO sessions with me. One of them was in a car accident and had a lot of pain and digestive problems. These symptoms are now completely gone. Each time my six year old son becomes ill (like with a cold, headache, stomach ache, etc), I run a session on him. Since working with him, the symptoms of his illnesses diminish more rapidly and he just doesn't get as ill any more.

My husband has suffered from bowel trouble and back pain. These symptoms have also gone away since I've been working with him using the device.

City Unknown”

“I am writing to let you know that I feel great! Because of our session, my back isn’t hurting as it usually does and I am able to sleep better at night too. Also, at least four people have come up to me and asked if I had work done on my face! I guess the anti-aging program that you used on me really works.

Thanks again for everything,
“Age 68, male, Lichen Planus, Back Pain, Sleep Apnea. Client since Feb 2/06 with frequent sessions in beginning and now monthly for past year. Skin is “ebbs and flows” but seems to be improving as reported on Jan 3/08. He claims his back is much better. He claims he can feel is toes again and feels warmth in them again. He claimed on Jan 31/08 that his feet never get cold anymore, that he feels 4 inches higher when skiing, and that he can feel muscles in his hip again. On Nov 16/07 he claimed that his lower back is the best it has ever been in 45 years. He claims that his sinuses have improved as well. He thinks his sleep apnea might be improving as well.

City Unknown”

“Age 40, male, TMJ, lower back pain, stress with tachycardia, allergies, throat closes in when eating. Client since 2005. He notices improvements either immediately or within 3 days of each session. His jaw locked after one session and hasn’t bothered him since. His back is much better with occasional pain, which he finds biofeedback better than chiropractor for his lower back and gets relief within 3 days of each treatment. He finds it very relaxing and reducing his stress and heart beat. After using the allergy desensitization stress reduction program he found he could swallow much better for about 3 weeks.

City Unknown”

“Age 32, female, lower back pain with sciatica, stress, blood pressure. Initial Oct 5/07. On Oct 11/07, she reported that she had diarrhea after initial appointment and bowels now loser and better. On Oct 18/07 she reported that she was still achy and swelling in lower back. On Nov 7/07 she reported that her finger swelling was down, her back was really good after doing wood, after walking. On Dec 5/07 she said her lower back still has less pain, but more between her shoulder blades. Her fingers were still swelling some. On Jan 8/07 she reported that her back was good until Dec 24th, which she blames her chiropractic appointment on Dec 22nd for that recurrence of pain. She still gets lots of swelling in fingers. She reported her elbows are not popping out as much. Her eyes are still watery though.

City Unknown”
“Age 50, female, **migraines, low back pain.** Migraines improved after 7 sessions. Her lower back pain improved immediately/ during each session, but only lasted a week or two. She reported that her liver spots faded and her finger nails growing better.

City Unknown”

“Age 44, female. **Osteoporosis, menopause 3 years ago, gastrointestinal issues, pain in lower back with odd sciatic to foot., T8 and L5 narrowing, headaches – neck.** After 3 sessions between Feb 16-Mar 9/07, she reported on March 16/07 that her neck and headaches were okay and that her back was good, but a bit of gastritis still.

City Unknown”

“Female age 52. Back pain. 1 session she said her back pain was gone. She also felt a better overall sense of well being.

City Unknown”

**“Chronic Lower Back Pain”**

About 2 years ago, I began doing sessions with an elderly woman, who for the last many years (10-15) had experienced a feeling of heaviness in her lower back so sever that she was unable to stand for any length of time. After our first session she reported that the feeling of heaviness had left and it has not returned to this day.

**Winnipeg, Manitoba”**

“I am a female, age 49, who suffered with severe back pain for over 13 1/2 years. My mobility in life had greatly decreased over the years. My husband had to do much of the housework, and my life activities were severely curbed. I could do some hiking, but no longer could I play golf, go skiing or horseback riding. Any long periods of standing or sitting gave me pain. I was only comfortable in a horizontal position or swimming.
My regular GP recommended some physical therapy and to also see an osteopath. I had been given much advice over the years as to the reasons for my back spasms. I had a disk that slipped and pinched nearby nerves and sent me to bed in agony for days on pain medication. I was told to do many different exercises to strengthen muscles, to lose weight, to put a 1/4-inch lift in my left shoe. I did all of these things, but even with treatments, my back only got worse.

Since I did a lot of reading, I came across a paragraph in a book that mentioned biofeedback. Then a doctor at Ft. Bliss Army Medical Center in El Paso, TX mentioned it to me. And then a friend told me about it. I figured I had better pay attention! I made an appointment with a biofeedback specialist in town and after my very first treatment, I was 90 percent better. There had been an emotional blockage/connection to the pain which was cleared using the biofeedback energy. At my next appointment, I still had some twinges here and there, but this session plus one session per month for six months cleared all remaining problems.

Today, 2 1/2 years later, all my back strength has returned and I have the same flexibility as I had as a teenager (although I doubt I would attempt a back flip now)! I have my life back and am enjoying every moment.

City Unknown”

“Age 70 – extreme pain in back substantially improved after one session.

City Unknown”

“Age 48 – severe back pain substantially improved after one session. Eliminated after two sessions.

City Unknown”
Posture Training

Jane Meryll clearly remembers her first lesson in posture training:

"I want to that session in pain and walked out forty five minutes later feeling like I was floating," she says. "I know there was a possibility that may back pain could be controlled."

She was in her early thirties then, a professional pianist diagnosed with two degenerated disks in her lower back. "I couldn*t work. I was flat on my back, in the hospital, on painkillers," she says. Her doctor recommended surgery. But she was looking for anything else that might help her.

What she found was a posture training program. Using its concepts, Jane learned a better way to breathe, stand, walk, sit at a piano, sing, and do everything else she needs to do.

The training taught her a way of thinking about her body during daily activities that helps keep her back correctly aligned, with muscles working efficiently to create less tension. Poor posture is the source of many aches and pains, says physical therapist Deborah Caplan, author of "Back Trouble: A New Approach to Prevention and Recovery" and a teacher of the Alexander Technique, the posture training program that Jane Meryll used to alleviate her back pain. And for many people, getting rid of chronic pain is simply a matter of learning how to breathe, sit, stand, and walk correctly.

Learn from the Leaning Tower of Pisa

Think poor posture doesn*t have anything to do with your aches, pains, or fatigue?

Try this easy, at_home experiment. Take a mop or broom. Hold it upright by the end of the handle, with the business end up in the air. Notice how little effort this takes, as long as it remains perfectly upright.

Now allow the mop or broom to lean slightly to one side and try to hold it in that position. Feel how much tighter your grip becomes? Feel how your arm muscles tense up? Feel how your whole arm starts trembling? That*s how much harder your back muscles must work when you slouch or over_arch your back, says physical therapist Tom Loffen, director of rehabilitation services at the Texas Back
Institute in Plano, a suburb of Dallas. "Your body really wants to be efficient. Poor posture makes the muscles work so much harder." No wonder they get tired; no wonder they rebel or just plain quit. Unlike an injury, back damage from poor posture can take years to develop, Caplan says.

Over time, ligaments supporting the back stretch like an old girdle; muscle tone fades. "The whole support system of the back is undermined," she says. Then one day, when you lift something heavy, turn over in bed, sneeze, or get up after a long train or plan ride, you suddenly have severe pain in your back muscles.

Poor posture contributes to backaches in two other ways, says Charles Steiner, D.O., chairman of the Department of Osteopathic Sciences at the University of Medicine and Dentistry of New Jersey in Statford.

It reduces the space between the vertebrae, the bones of the spine, putting the squeeze on the cushioning disks between them. As anyone who has had a herniated disk literally one that has been partly squeezed out of place can tell you, it hurts.

And poor posture can lead to the painful compression of spine-stabilizing bony projections called facets. Good posture, on the other hand, helps maintain adequate space between facets.

The facets help to keep the spine stacked in place by resting one on top of another, but they also need to glide across each other when you twist and turn, Dr. Steiner explains. Facets are covered with cartilage, just like other joints, and they are lubricated with your spine's specially produced lubricant _ the synovial fluid. When facets get jammed together because of poor posture, your vertebrae lock, which can throw back muscles into painful spasms.

Not Just Back aches

Many doctors think poor posture can also contribute to certain kinds of headaches.

Muscle tension headaches, which can creep up the base of your head, can start from overwrought neck muscles. Disk problems in the neck can also cause nerve pain that radiates into the head, says Dr. Steiner. Learning to maintain your head upright without taxing your neck muscles is a major part of posture training, Caplan says. Balancing your head properly while consciously letting go of the tension in your neck muscles can do wonders for this kind of headache, she says.

Jaw joint pain _ temporomandibular disorder (TMD)_ sometimes finds its source in poor posture. Dr. Steiner says, "the position of your head on your spine affects how your jaw hands," he
explains. If you drop your head forward from your shoulders, the slight change in the position of your jaw can be enough to cause muscle tension and jaw and neck pain.

"Improved head/neck/spine alignment is beneficial to TMD whether the cause is structural or related mainly to muscle tension," Caplan contends. And some doctors believe fatigue is related to posture. Poor posture directly interferes with our ability to breathe efficiently, which means it inhibits our ability to provide oxygen to all parts of our body, including our oxygen-demanding brain. "Efficient breathing is not characterized by being able to blow the chest up and take in a lot of air,"

Caplan explains. "It’s characterized by the degree of difference between breathing in and breathing out _ by lung expansion and contraction, just like a bellows. The more the bellows move to open and close, the more movement of air occurs.

If you are sitting or standing slumped over, your rib cage cannot move as freely on the sides and the front, your diaphragm cannot freely move up and down, and thus your lungs cannot fully expand and contract.

"And if you’re sitting up too straight, with your back overarched, your rib cage in back cannot move as freely, either, so that stance also interferes with breathing," Caplan says. Correct posture allows maximum lung movement, at rest or when you’re walking, biking, or running. And deep, slow, effortless breaths lead to instant relaxation. Muscle tension can lead to poor posture, and when muscles go into spasm they consume energy and take away vitality, maintains Dr. Steiner. The vicious cycle of muscle spasm, pain, and loss of motion is reflected in the slumped look of a person in pain, he says.

No wonder the simple act of straightening up like the graceful dancer whose head and body seem to be held by an unseen force makes us feel so much better, says Dr. Steiner.

The Perfect Complement to Sit_Ups

Exercise that stretch or strengthen your back-supporting muscles may help relieve your back pain. But don’t think doing these exercises automatically leads to better posture, Caplan says.

Your can have the shoulder muscles of Johnny Weismuller or an abdomen like Bo Derek’s and still look like Quasimodo if you haven’t straightened up your act. "If you want better posture, you have to learn and practice better posture. You don’t get it doing sit_ups," Caplan insists.
In fact, posture training can be the perfect complement to an exercise program, because it helps you learn to move in a way that doesn’t injure, or reinjure, your back. (Once injured, a back is much more prone to reinjury, experts say.)

Posture training can help you walk in a way that eases back and neck pain and tension, for instance. And good posture is imperative for people who lift weights. Overarching during a heavy lift can lead to painful injuries. "Too often, people begin an exercise program with little instruction and end up getting hurt," Caplain says.

Good posture minimizes strain on back ligaments and muscles and enhances an exercise program. Poor posture, on the other hand, can undo even the most ambitious back-building program, tiring out some muscles while allowing others to weaken, says Caplan. If you do stretches to relieve tense neck and shoulder muscles but then spend many hours hunched over reading a book or with the phone squeezed between your head and shoulder, your tension will be right back.

Strong, flexible muscles can help you maintain good posture. Most people have weaker front muscles than back muscles, so strengthening abdominal muscles becomes a major component of most back exercise programs.

Basic Training

If all of this sounds like a lot to tackle on your own, take heart. There are a number of health care professionals who can give you special training and coaching in the basics of good posture.

Jane Meryll improved her posture and achieved pain relief with a program that has been popular for a number of years with singers, actors, and other stage performers.

Jane’s "good posture" resembles more the stance of a dancer than that of a soldier. With the Alexander Technique, a popular form of posture training, you learn how to "release" your head upward and hold it as though it’s floating or being drawn upward by a string, Caplan explains. You learn to allow your torso to elongate and to let your shoulders "widen" outward in a way that allows the whole body to be comfortably erect without excess muscle tension. The result, says Caplan, is a graceful, fluid way of moving, perhaps even a slimmer, taller, more composed look. Now in her mid-forties and a composer and music teacher, Jane still practices daily what she learned. Whenever her back pain returns, she does her prescribed posture exercises and finds quick relief, she says. For a referral to a certified teacher of the Alexander Technique, contact The North American Society of Teachers of the Alexander Technique (NASTAT), PO. Box 3992, Champaign, IL 61826_3992.

Posture training is also taught by osteopaths, chiropractors, physical therapists, and physiatrists. Back schools – intensive back rehabilitation programs, for instance – usually include training in posture, movement, and correct ways to lift and bend.
Posture Perfect

Poor posture does more than just make you look sluggish – it makes you feel sluggish, too. When your posture isn’t up to par, it can contribute to backache, headache, and jaw pain. To start you on the road to better posture, practice balancing a folded towel on the top of your head. This balancing act will teach you the basics of good posture. You will be forced to relax your shoulders, hold your head high, and bend without straining. Try the towel trick for a few minutes each day as you go about your normal routine. The following set of exercises is designed to help improve your posture by strengthening your upper back and shoulders.

Each exercise should be done using the "6 by 6" rule: Hold each for six seconds at a time and do them six times a day. You will need an elastic exercise band or bicycle inner tube to perform these exercises.

SCIO TREATMENT SUGGESTED

**Color** - set patient's favorite if desired, or choose color by chakras that is deficient

**Cosmic:** set 1 for physical body, 2 for astral, 3 for etheric, 4 for mental, 5 for cosmic, 6 for other

**Magnetic Method** - 1+10 is universal, 7 for detox, 8 for regrowth of new tissue, 3 for injury, 2 for metabolic correction, 5 for inflammation, 6 for infection, 9 for psych stress, 2 for energy stimulation

**Frequency** 2544hz 587hz 8971 11750hz

**Auto trivector** once a month in early stages once a week in more advanced stages

**Injury therapy** once a week.

**Lumbar; Low Back Pain I or II; Injury; Appropriate pain formula:**

**Anti_Inflammation**

**Avoid nicotine and coffee.**
Spinal injury and pain

Using MTENS, and TVEP the SCIO / Eductor can treat the spinal area for injury and pain. Sending in an auto-focused sophisticated pulse different for each patient based on their personal electrical needs.

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Acupuncture Provides Long-Term Relief of Low Back Pain

By Michael Devitt

Back pain is one of the most common reasons people see a health care provider. It has been estimated that up to 80% of the world’s population will suffer from back pain at some point in their lives, with the lower back as the most common location of pain.

Although most episodes of low back pain last less than two weeks, research has shown that recurrence rates for low back pain can reach as high as 50% in the first few months following an initial episode.\(^1,2\)

While there is no definitive way to resolve lower back pain, the use of acupuncture to treat this condition has increased dramatically in the past few decades, based in a large extent to placebo-controlled studies that have validated it as a reliable method of pain relief. The results of a recent study published in the *Clinical Journal of Pain*\(^3\) provide further proof that acupuncture is a safe and effective procedure for low-back pain, and that it can maintain positive outcomes for periods of six months or longer without producing the negative side-effects that often accompany more traditional pain remedies.

Drs. Christer Carlsson and Bengt Sjölund of the Lund University Hospital in Sweden recruited 50 patients (33 women, 17 men) from a tertiary level pain clinic for their study. The median age of the participants was 49.8; each patient had been suffering chronic low back pain for a minimum of six months and had tried a variety of other therapies (such as corsets, nerve blocks, drugs and physiotherapy) to treat their condition, but to no avail.

Subjects were randomly assigned to a manual acupuncture group, an electroacupuncture group or a placebo group. Treatment sessions lasted a total of 20 minutes each and were delivered once per week for eight weeks, with the same amount of time and care given to all patients in each group. A followup treatment was given after two months, and a tenth and final treatment was given after an additional two months.

![Flowchart of the study design](image)

**Figure I:** Flowchart of the study design.

In the manual group, local points on the lower back and distal points on the lower limbs, forearms and hands were used. The number of needles used per patient increased from an average of eight during the first session to as many as 18 during the third or fourth session. Needles were stimulated three times during each session to attain *de qi*.

A slightly different protocol was used on patients receiving electroacupuncture. Patients in this group received manual stimulation only during the first few sessions, followed by electrical stimulation of four needles in the low back in subsequent sessions. A similar number of needles as used in the manual acupuncture group were inserted and activated by hand.
The placebo group was given mock stimulation using what the researchers termed an "impressive" -- but disconnected -- stimulator attached to two large electrodes. The electrodes were placed on the skin over the most painful areas in the lower back. During mock stimulation, flashing lamps from the machine were displayed and made visible to the patient to give the illusion that treatment was being delivered.

Figure III: Mean weekly pain intensity scores for acupuncture and placebo groups. Measurements were taken at baseline and at one-, three- and six-month follow-up assessments. Throughout the study, patients recorded pain levels and other measurements in small booklets called pain diaries. Among the variables measured were pain intensity (recorded twice daily on a visual analog scale from 0 to 100, 100 being severe as possible); intake of analgesics (recorded daily); sleep quality (scored on a scale of "good," "slightly disturbed by pain" or "badly disturbed by pain"); and activity level. These diaries were compiled and their results analyzed by a nurse practitioner at the end of the study.

In addition, assessments were performed by an independent observer who did not know which type of acupuncture each patient received. These assessments were taken at four intervals: baseline, one month, three months and six months after the treatment period. These assessments consisted of a clinical interview and physical examination, after which the observer classified the patient's pain as improved, unchanged, or worse.

"Significant" Changes Observed in Acupuncture Patients

Analysis of the pain diaries revealed "significant" differences between acupuncture and placebo patients at the one-, three- and six-month intervals following treatment, all of which favored acupuncture as a more effective form of pain relief. For example, in the acupuncture group, both morning and evening pain scores were lower than baseline measurements and continued to decrease for the duration of treatment. In the placebo group, however, pain scores were several points higher after one month than they were at baseline, and continued to remain higher than the baseline scores throughout the study.

Activity levels were also markedly improved in the acupuncture group. Fourteen acupuncture patients and seven placebo patients had been on sick leave (either part-time or full-time) prior to the start of the study. By the time the tenth acupuncture treatment was delivered, six of the acupuncture patients on sick leave had returned to part-time or full-time work; another six were retired but still reported improved activity levels. In comparison, only one patient in the placebo group showed an improvement in activity; another patient actually regressed to being put on full sick leave.
Furthermore, acupuncture patients experienced less episodes of sleep disturbance than their placebo-treated counterparts. Before the study, 30 acupuncture patients and 12 placebo patients reported sleep disturbances due to pain. The researchers reported that the sleep pattern was "significantly less disturbed after the treatment period" in the acupuncture group, but that there was "no significant difference in sleep disturbance" in the placebo patients.

Finally, total intake of analgesics dropped dramatically in the acupuncture group, but not the placebo group. At the start of the study, patients in the acupuncture group consumed an average of 31 pills per week; those in the placebo group consumed an average of 23 pills. At the six-month follow-up, the number of pills taken by placebo patients remained almost identical (21.5 per person per week), but had dropped more than 28% to 21.4 pills per week in acupuncture patients.

Independent examination by the blinded observer appeared to corroborate the patients' pain estimates. One month after the initial treatment period, 16 acupuncture patients (but only two placebo patients) were judged to be improved. After six months, 14 acupuncture patients (and only two placebo patients) were still improved. Both types of acupuncture worked effectively; of the 14 patients who showed improvement after six months, eight received manual acupuncture and six received electrical stimulation.

One interesting result of the study was that acupuncture appeared to be most effective in women. Of the 16 acupuncture patients judged to be "improved" at the one-month follow-up, 15 were women. At the six-month follow-up, all 14 patients who were still improved were women. The researchers were at a loss to explain this phenomenon, but hypothesized that it may be linked to estrogen receptors in the central nervous system.

**Treatment Works Best with Specific Types of Pain**

In their discussion, Carlsson and Sjölund stated that the trial "demonstrated a long-term pain-relieving effect of needle acupuncture compared with true placebo in some patients with chronic low back pain." To substantiate this claim, they highlighted several components that had been built into the study to help validate its results. Among them:

- Only acupuncture naïve patients (those who had never received acupuncture before) were selected for inclusion;
- Patients were informed at the start of the study that the treatment might not be felt;
An equal amount of time and care was spent on each patient from every treatment group;
The placebo treatment used in the trial (mock stimulation) was preferred because, unlike sham acupuncture, needles were not inserted, which might have inadvertently skewed the results from the placebo group; and
The independent observer who performed assessments was never made aware of which group each subject was in and specifically avoided asking any questions about the type of treatment subjects received.

Taken together, the researchers concluded that these factors "seem sufficient to establish a true placebo treatment in the current study." They added that based on their latest study, in conjunction with the results of acupuncture trials on other disorders, "there is now reasonable evidence that acupuncture has a clinically relevant pain-relieving effect on certain forms of chronic pain."

Carlsson and Sjölund also advised practitioners that just because acupuncture works on certain types of back pain, it may not produce the same results on every type. "It would be as correct to assess the effect of acupuncture on all types of pain," they observed, "as it would be to study the effect of common penicillin on all types of bacterial infections and calculate some form of 'average.'"

As to the specific type of pain, the researchers believe that based on previously published papers, acupuncture may be most effective for low back pain that is nociceptive (caused by an injury or disease outside the nervous system) in origin. Determining the cause of pain, they feel, is paramount to using a particular therapy for relief. As the scientists stated in their conclusion:

"Acupuncture does not seem to be a suitable treatment modality for neuropathic pain. However, the clinical use of acupuncture is sometimes indicated for the treatment of chronic nociceptive pain. Our study is the first to show that acupuncture may have a long-term effect on chronic low back pain superior to that of placebo. Therefore, it is vital that before acupuncture is applied, a thorough analysis of the pain condition is performed to preclude the indiscriminate, unnecessary, and costly use of this treatment technique."

References

The Desi-astrous Sign of Stress Anxiety

Lack of Concentration
Sleeplessness
Irritable
Overreacting
Stomach Problems
Antsy

Fear
Muscle Tension
Fatigue
Racing Heart
Headache

Stress is caused by the desire for things to be different

Relax
Breathe Fully
Yoga & Exercise
Reduce Distraction

Simplify
Plan & Organize
Reduce Clutter
Set Limits

Identify Triggers
Thoughts Feelings Food

Share
Thoughts Feelings Fears

Nourish Spirit & Intellect
Live in the Present
Journal
Identify Spiritual Beliefs

Avoid
Procrastination Negative Thinking Catastrophizing

Learn to Accept the things you can’t change
Change the things you can
...and find the Wisdom to Know the Difference