

REGAIN YOUR  
**HEALTHY BACK**  
IN 5 STEPS



**DYLAAN DOWLATI, M.D.**



*The Secret*  
*Behind Self-Healing*

**Easy 5-Step for Back  
Pain Relief**

By

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## **About the Author**

Dr. Dylaan Dowlati, is a non-practicing physician, has a doctorate degree in medicine and master degree in business administration with a specialty in health care management. He is a success story in many areas of his life. He has earned his successes in life despite many obstacles and life-threatening situations, simply by using techniques that you can find some of them in this book, and his special training programs. He has helped many patients to get back to life despite their life-threatening and critical situations.

He has background in general medicine, neurosurgery and neurocritical care (Neuro-ICU). He has published papers in well-known medical journals, invented new techniques and methods of treatment, has spoken in several national and international seminars and conferences on different topics. He is not actively practicing medicine; rather he is working on projects in personal development and using the power of mind in healing and other different aspects of life that will help millions of people worldwide.

The other books from this author, “Life By Design Not By Default,” “Power of Mind in Healing” and “The Land of Opportunity OR The Mind of Opportunity” will be published later this year, 2016.

His support system for members is a very strong and unique system that helps members to get the maximum benefit out of the program to stay on track and achieve their goals.

Dr. Dylaan Dowlati is working on different businesses of his interest and will reveal the secrets of his success in different areas of his life and businesses. Watch for more programs in 2016 and the years ahead.

We wish you a healthy, wealthy, happy, and successful life.

The Tower of Life

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# Introduction

Back pain is one of the most common unfortunate conditions man is dealing with worldwide. It is one of the most debilitating condition and one of the most financial burden conditions on families and governments.

One out of every four people in some points of their life get back pain. Many people get chronic back pain. It has been estimated that there are 100 million back pain cases in the US.

Lower back pain is the one of the leading causes of doctors' visit in the US. Back pain costs over \$100Billion dollar annually in the US. Average spending for a person with back pain per year is about \$35,00 - \$4,000.

Some of the causes of back pain could be serious and for that reason when you get back pain for the first time or if there is changes of the pain pattern, it is always recommended to see your doctor and get medical advice from a licensed medical professional person.

**In the majority of people with back pain, a specific treatable or curable reason for their back pain cannot be found. So they join the chronic back pain club and they rely on the following treatments with no real benefits to many of them and a lot of side effects and complications.**

Current treatments that are called standard of care rely on painkillers as known as analgesics. The truth is, they are not very effective. Besides, the Non-Steroidal Anti Inflammatory Drugs (NSAIDs) have gastrointestinal and other side effects especially when they are used for long period of time.

Steroid injection has its own multiple side effects and possible complications.

Narcotics put the patients in the danger of addiction. Besides, they prevent patients to function normally.

Chiropractic adjustments that is okay for some types of back pain but not for everyone especially for long term. I personally was under chiropractic treatment for several months with no long-term benefit.

Physical therapy is good for some people but not everyone. When I had back pain they put me under tension physical therapy for few sessions and my back pain got worse.

There are some other types of surgical or nonsurgical treatments, which are not the points of our discussion in this book.

The truth is, our lower back muscles are not strong enough to keep the heavy weight of our upper part of the body. This is true, especially for the lower back. Our lower back basically is on our vertebral column with the support of only few muscles and ligaments.

Overweight and obesity especially heavy abdomen and excessive weight of the torso put a lot of pressure on the vertebral column and make it prone to injuries.

Wrong movements like bending and twisting at the same time and unfavorable positions of our body during sitting, standing, moving, exercising, sex, and even sleeping are among major reasons for chronic back pain.

Emotional stress and not feeling well intellectually cause tense muscles and that causes back pain.

Other causes of back pain will be discussed more in details in the related chapter. However, **regardless of the cause of the back pain that sometimes we cannot find a specific cause for our back pain, the important thing is how to treat it or at least how to get relief of the back pain. This is the main aim of this E-book.**

**There are different ways of healing or treatment and they are categorized under two major categories, Scientific or Medical and Natural Healing.**

It is interesting to know that most of the practitioners and healers claim that their way of treatment or healing is the best and the other one is ineffective. They even persist on that without knowing what is exactly the other type of treatment.

The truth is, we have natural ability of healing for almost any type of acquired diseases or condition and that is true that if we want we can activate this power within by using power our mind and get benefit of our natural power. However, we have brain too that has made possible all scientific and medical knowledge available to us and it is good to use those as well.

We all are made of energy. Keep it in mind that matter, our body, is another form of energy. We all know that different types of energy can affect each other and they can transform to the other types of energy.

On the other side we know our body, matter, obeys our mind, energy.

So our body can be affected by our mind but this doesn't mean we should ignore the science and not to use the medications or the medical types of treatment that help us to heal.

I have studied medicine and mind for many years and I deeply believe that we should consider both sides of the spectrum to our benefit. Ignoring any side of the spectrum of mind and body, or mind and science won't be beneficial to us and I do not recommend it.

In this book I do my best to bring both sides of the spectrum together, under one umbrella. The combination of both sides of the spectrum has helped me to heal my back and also it has helped many patients whom I have shared my knowledge with them.

**Reading this book alone will not help you to fix your back. You will get the most out of this book if you read it carefully and apply it, especially my 5-Step Method.**

With my best wishes to your healthy life,

# Chapter 1

## The Purpose of this Book

This short E-Book is written to help people like you with back pain to get relief of pain physically and psychologically. I have been in the situation you are today and I completely understand the depth of your suffering. I know that your back pain is not just a physical pain. Your pain and your physical condition might have caused you psychological and financial distress. It might have ruined your family relations and your marriage. I know all the side effects of back pain and the level of stress on you and your family. I know that back pain affects people's family and social life.

That is the reason that I decided to write this book to help patients not only to get relief of the physical pain but also to overcome with their life obstacles that have been caused by back pain and its subsequent physical, psychological and financial side effects.

Back pain has huge effects on people's work and financial situation. People lose their job because of back pain and both the back pain and its side effects affect their marriage and family relationship.

Back pain can cause divorce, foreclosure of properties, and even bankruptcy. The financial burden is huge both on patient and the government.

The side effects of back pain can cause isolation and depression.

Unfortunately there is no one uniform and effective medical treatment or natural healing for all types of back pain. Some types of back pain can be treated using different kinds of operation or other advanced procedures. However, for most types of back pain, there is no specific medical treatment or cure. These types of back pain, which are the most common type turn into chronic back pain and affect the patients' life.

My method of back pain relief although it is not a medical advice but it is very effective for chronic pain that cannot be fixed medically or using other types of treatment. My method has saved me from many side effects of back pain and will save you too.

Before getting into my method let's understand some scientific and medical facts about back pain that are from reliable scientific sources.

Please notice that I am the fan of science and medical standard of care and I do not deny the medical advice from your doctor. **What I do is, teaching you how to combine the modern medicine and the ancient methods of healing to enhance**



**the effects of your treatment methods and help you to get relief of your back pain.**

Understanding and using a combination of modern medicine and the power of healing within you will give you the tool to get relief of your back pain. This method can lead you to a healthy condition that you may not even need medications anymore.

Unfortunately when we learn about science we forget about the natural ability of our body. It is interesting that we see medical community and those who are big fan of ancient healing criticize each other and claim that the other type of treatment is not real or effective.

The truth is we all have the natural ability of healing and we have brain and power of mind to think and invent new ways of treatment and new ways of life. Combining these two, modern medicine and ancient medicine give us a better tool to treat our diseases and unease conditions.

When you overcome your back pain you can get back on your feet and continue with your regular healthy life.

**Use my 5-Step method and  
Get relief of your back pain and its side effects.**

**This is not a medical advice.**

**This is an effective way of combining your natural ability of healing  
with the medical advice from your physician.**

## **Chapter 2**

# **Who will Benefit from This E-Book?**

Those patients with chronic lower back pain who are suffering from back pain without effective treatment and seeking an effective method to get relief will benefit from my method.

This E-Book will be helpful to those who are serious and truly want to get their health and normal social life back, those who want to be hero and successful. This E-Book will not benefit those people who want to stay in the victimhood phase of pain and suffering. If you don't want to leave the comfort zone of your victimhood then please do not continue reading because this will not help you.

If you are not serious on treating your back pain and you are looking for some type of magic pill or tealeaf to heal your back pain over night, this is not a good method for you.

This method of treatment is very effective for those who are serious about treating their back pain using a combined method of modern medicine and ancient method of healing.

This method does not require hard work or sacrifice. However, it does require desire for healing, firm decision, an organized plan to use this method, taking action upon the plan, and persistence. If you have these criteria then read this book first, and give yourself 30 minutes twice a day to do step by step of this healing method.

You will be amazed by this method.

Let's be familiar with some scientific facts first.

Although I don't want to bore you with scientific and medical facts but it is important for you to know some of the serious signs and symptoms that need urgent or even emergent attention from your medical professional healthcare provider or your medical team.

# Chapter 3

## Scientific and Medical Facts

### Overview

Like a modern skyscraper, the human spine defies gravity, and defines us as vertical bipeds. It forms the infrastructure of a biological machine that anchors the kinetic chain and transfers biomechanical forces into coordinated functional activities. The spine acts as a conduit for precious neural structures and possesses the physiological capacity to act as a crane for lifting and a crankshaft for walking. [2]

Subjected to aging, the spine adjusts to the wear and tear of gravity and biomechanical loading through compensatory structural and neurochemical changes, some of which can be maladaptive and cause pain, functional disability, and altered neurophysiologic circuitry. Some compensatory reactions are benign; however, some are destructive and interfere with the organism's capacity to function and cope. Spinal pain is multifaceted, involving structural, biomechanical, biochemical, medical, and psychosocial influences that result in dilemmas of such complexity that treatment is often difficult or ineffective. [4]

A recent market research report indicates that more than 1.5 billion people worldwide suffer from chronic pain and that approximately 3- 4.5% of the global population suffers from neuropathic pain, with incidence rate increasing in complementary to age. [5]

#### Incidence of Pain, as Compared to Major Conditions

Pain affects more Americans than diabetes, heart disease and cancer combined. The chart below depicts the number of chronic pain sufferers compared to other major health conditions.

Condition	Number of Sufferers	Source
Chronic Pain	100 million Americans	Institute of Medicine of The National Academies [6]
Diabetes	25.8 million Americans (diagnosed and estimated undiagnosed)	American Diabetes Association [7]
Primary Heart Disease (stroke and chest pain)	16.3 million Americans 7.0 million Americans	American Heart Association [8]
Cancer	11.9 million Americans	American Cancer Society [9]

### Important Notice

**Before getting to the healing part it is better to make yourself familiar with some terms and symptoms that need urgent or emergent medical attention.**

## **Definition of Chronic Back Pain**

Low back pain (LBP) is defined as chronic after 3 months because most normal connective tissues heal within 6-12 weeks, unless pathoanatomic instability persists. [2]

Back pain includes lower back pain, middle back pain, upper back pain or low back pain with sciatica. Nerve and muscular problems, degenerative disc disease, and arthritis can result in back pain. Back pain symptoms may be relived with pain medication or painkillers. [3]

## **Symptoms**

Most people have experienced back pain sometime in their lives. The causes of back pain are numerous; some are self-inflicted due to a lifetime of bad habits. Other back pain causes include accidents, muscle strains, and sports injuries. Although the causes may be different, most often they share the same symptoms.

Symptoms of back pain can include:

- Persistent aching or stiffness anywhere along your spine, from the base of the neck to the tail bone
- Sharp, localized pain in the neck, upper back, or lower back – especially after lifting heavy objects or engaging in other strenuous activity; (pain in the upper back can also be a sign of a heart attack or other life-threatening conditions.)
- Chronic ache in the middle or lower back, especially after sitting or standing for extended periods
- Back pain that radiates from the low back to the buttock, down the back of the thigh, and into the calf and toes
- Inability to stand straight without having pain or muscle spasms in the lower back [3]

### **Call Your Doctor About Back Pain If:**

- You feel numbness, tingling, or weakness in your groin, arms or legs; this may signal damage to the spinal cord. Seek immediate medical help.
- The pain in your back extends downward along the back of the leg; you may be

suffering from sciatica.

- The pain increases when you cough or bend forward at the waist; this can be the sign of a herniated disc.
- The pain is accompanied by fever, burning during urination, or frequent and/or urgent urination. You may have an infection.
- You begin to have problems controlling your bowels or bladder; seek immediate medical help.
- Other “red flags” that could point to a serious back pain problem include:
  - A history of cancer
  - Unintentional weight loss
  - You have been on steroids or medication that weakens your immune system
  - A history of trauma
  - Pain that is getting worse and does not get better after you rest
  - Pain that has lasted more than a month
  - Nighttime pain
  - Unresponsive to earlier back pain therapies
  - A history of IV drug use [3]

# Diagnostic red flags

- Pain unrelieved by rest or any postural modification
- Pain unchanged despite treatment for 2-4 weeks
- Writhing pain behavior
- Colicky pain or pain associated with a visceral function
- Known or previous cancer
- Fever or immunosuppressed status
- High risk for fracture (eg, older age, osteoporosis)
- Associated malaise, fatigue, or weight loss
- Progressive neurological impairment
- Bowel or bladder dysfunction
- Severe morning stiffness as the primary complaint
- Patients unable to ambulate or care for self [2]

## Causes & Types of Back Pain

Back pain can be caused by a variety of reasons that include but not limited to herniated disc, muscle strain, muscle spasm, over weight and obesity, misuse of back muscles, bad posture, tension myositis syndrome, degenerative diseases due to aging. Besides, back pain could be because of serious diseases like cancers, osteoporosis, etc.

Depends on the location of pain, it could be upper, mid, lower, or generalized back pain. It can be only in back or it can radiate down to the thighs, legs, feet on one side or both sides. It could be with other symptoms as described above and can be symptoms of other diseases.

### Low Back Strain

One of the main causes of back pain, whether acute or chronic, is low back strain.

### Nighttime Back Pain

Nighttime back pain is a special type of lower back pain that could indicate a serious problem with your spine.

### Do Your Symptoms Indicate You Should See a Doctor?

Nighttime back pain is a special type of lower back pain that could indicate a serious problem with your spine.

## Complications

### Cauda Equina Syndrome

This syndrome may require emergency surgery to avoid permanent damage to bowel and bladder control or even paralysis.

### **Symptoms of Cauda Equina Syndrome**

If you experience the following symptoms, which are usually sudden, call your doctor or emergency service to take you to an emergency room or an urgent care.

- Sever low back pain
- Rectal or bladder dysfunction such as incontinence or retention
- Sudden pain, numbness, or weakness in one or both legs
- Loss of sensation or weird sensation anywhere from your lower back to feet

## **Diagnostic Strategies & Tests**

Depends on the type of back pain and your symptoms and signs your doctor will order different kinds of tests. That might include plain X-Ray, CT Scan (Computerized Tomography), MRI (Magnetic Resonance Imaging), EMG (Electromyography), SSEP (Somatosensory Evoked Potential) Blood Test, DXA (Bone Densitometry), etc.

## **Operative Treatment**

A low percentage of patients may need surgical procedures to treat or cure the cause of back pain. If the patient has severe symptoms and signs of herniated disc(s) that causes dangerous pressure on nerve roots; if the patient has organ dysfunctions like bladder or rectal dysfunction, or the symptoms of Cauda Equina Syndrome or other serious problems they may go under surgery emergently or as an election surgery.

## **Non-Operative Treatment**

Fortunately a high percentage of patients with back pain does not need surgery and can be treated with medications, exercise, and some stretches.

Usual medications are non-steroidal anti-inflammatory drugs (NSAIDs), other types of painkillers or analgesics, muscle spasmolytic medications, steroids, etc.

I recommend that always talk to your doctor first. If your back pain is not because of a serious disease or it does not need surgery and you want to treat it using the traditional methods then you can use those methods plus using your power of mind in healing to boost your recovery. The power of the mind when it is used correctly will enhance the effects of all other treatments and in some cases the patient may not need to use medications anymore.





# Chapter 4

## My Story of Back Pain Healing

Several years ago when I got a severe back injury while I was doing fitness exercise and it was because of a wrong move I did and accidentally my sweat pants got stuck and with 110 pounds in hands the back injury became inevitable. I felt a sharp pain in my lower to mid back and couldn't move anymore.

I was taken home to rest. The pain was excruciating on both sides of my back. On the right side pain was shooting down to my leg. I took rest for two days, put a cold and hot pack and used some painkillers but no relief. I was taken to a hospital and MRI was done on my back that showed acute disc herniation on three levels, T12-L1, L3-4, and L4-5. I didn't have bladder or rectal dysfunctions but I was very weak on my right leg.

My doctor told me that I would be scheduled for surgery for herniated disc removal. I refused to do so and went home. My wife insisted on surgery.

While still on schedule for surgery in three weeks, I started to do back exercise and using Ibuprofen and Acetaminophen (Tylenol) intermittently. I intensified my back movements gradually that was helpful.

**I used hot towel to relax my back muscles before the back exercise. The muscle relaxation and exercise in conjunction of occasional analgesics (painkillers) helped me and by the day before surgery, I felt much better.**

I postponed the surgery and promised myself to be back to normal in three months. After six weeks I could walk but still weak on my right side. I canceled the surgery and continued with self-healing. Before three months I was walking normally and then started to jog and gradually I could even run. I became the man of the house once more and took responsibilities for almost all works around the house and helped my wife and my son.

I do not recommend you to take the same approach I did. If you need surgery it's better to do it. However, it is possible to avoid surgery and I did it. If you have serious problems with back pain you'd better talk to your doctor and take his/her advice or do whatever you decide.

After few months I forgot about my pain so I didn't take the back exercise and daily activities seriously that caused me another episode of back pain. I had several episode of back pain that cost me to pay a huge price physically and psychologically till finally I decided to take it seriously and I discovered a better approach that will come in more details during the following chapters.

In two-year period I had several episodes of recurrent back pain that hurt me a lot. The surgeons who reviewed my case told me that surgery wouldn't help me because the herniated discs were not the main problem anymore. They diagnosed my back pain as a chronic back pain because of muscle problem. They recommended several types of treatment including medications, chiropractic, and physical therapy but unfortunately none of them was effective more than a temporary relief for a few days.

Because of lack of enough mobility I gained weight and high blood pressure. The physical, psychological, financial and social side effects of the back pain affected my life dramatically.

**I was desperate to find a way to solve my problems. Finally I discovered a way to overcome with my back problem. Since 16 years ago that I have fixed my back problem I never got back pain again. I may get mild muscle spasm especially when I am not active for a while but I fix it in few hours or a day. My weight went back to normal and my blood pressure is just like my teenage time.**

I have shared my method with many patients and they have had amazing results. You will learn about the whole five steps of my method that over time it has been improved till today's date and it will help you to get relief of your back pain and get back to your healthy and happy life.

## **Chapter 5**

# **Stop & Read Carefully**

*Read this part carefully and re-read it at least twice and do exactly the way you are instructed to do.*

### **How bad your back pain has affected your life?**

The possible consequences of back pain can be as follow:

- Bad mood because of suffering from pain
- Gaining weight because of lack or decreased level of mobility
- High Blood Pressure (Hypertension)
- Using sick days or PTO (Paid Time Off)
- Unable to help your family
- Socially withdrawn, not being able to participate in social gathering or activities
- Less work hours
- Losing job
- Financial burden
- Foreclosure of real estate
- Bankruptcy

- Unhappy marriage
- Reduction in sexual activities
- Divorce
- Depression because of psychological pressure

I hope you are not in any of the above situations. Even if you are in one or more of those situations you can fix it.

*Worrying and stressing out are among causes of back pain and they go in a vicious cycle. So it is better to stop worrying and start the method that can help you to be back to a healthy and happy life.*

**Remember that body obeys mind in any condition. Physical facts are undeniable, however, you can deny the power of that bad condition on your life. This is the key factor in healing your back and any other condition.**

**Believe in yourself, have a strong desire, make irrevocable decision, make an organized plan, act upon your plan and be persistent and you will achieve your goal.**

Back pain does not kill you but if you live with the misery of the condition you are making your condition worse. You have to live the rest of your life so it is better to live in a better way and you can do it like many others who have done it.

**The real secret behind back pain healing or healing from any other diseases is in your mindset, goal setting, and goal achieving. This does not rule out using modern medical methods and techniques. Use those in conjunction with your power of healing within you and get the amazing results.**

**Healing and regaining your health must be an important goal to you.**

**Please,**

- **First**, know where you are with your back pain or disease.
- **Second**, define your goal, in what condition you want to be.
- **Third**, if you want to achieve that goal, give yourself some time because you won't get better magically in one day.
- **Fourth**, follow the instruction bellow and do it every day for 21 days.
- **Fifth**, build a habit. When you do something every day for 90 days you will get used to it and it will be easy and routine for you.
- **Sixth**, Be persistent with your goal achieving and you will achieve whatever you want.

**For any goal in your life answer the following questions before you start your goal achieving process.**

- What do you really want?

- When do you want it?
- Why do you want it?
- In this goal achieving is there good for others too besides you?

# Chapter 6

## How Did I Heal My Back Using 5-Step Method?

### **This Easy 5-Step will Help You to Stay Pain Free**

All knowledge is present, the reason we suffer from back pain or any other pain or diseases is ignorance. When we have the knowledge of how to heal our body then we should use that knowledge and do it.

Ignorance is opposite of awareness. When we become aware of the knowledge we need to solve a problem then it is time for us to desire and decide to do it. After the decision, next step is planning and then taking action on the plan. Persistence is a must to achieve any goal.

We all have natural ability of healing. What we need is, to activate that natural ability using the power of our mind.

#### **The “secret” is no more complicated than this:**

Scientists have proved that meditation before exercise or any treatment makes you mentally prepared to do your exercise or any type of treatments more effectively. Therefore, the cure is easily attained.

You may study the related articles on my Blog Post.

<http://thetoweroflife.com/blog.html>

Using these five simple steps, you too can be pain-free from your chronic back pain. Before starting the 5-Step method, when you get back pain for the first time or if there is change in your back pain pattern please, consult your doctor to make sure it is not because of a serious disease.

I am here to help you to enhance the effects of medications and get you to the point that you can be pain-free without using medication regularly. Although there is no guaranty but it is attainable. Everybody can use his/her power of mind in healing and this is your birthright to use the natural power within you. I believe that modern medicine is good if you use it wisely and whenever it is necessary. However, ignoring your natural power within you makes your condition worse.

Body obeys mind's command; we act upon the emotions originated in our subconscious mind. We think with our conscious mind but we act upon the commands from our subconscious mind. Get your subconscious mind under your control.

One out of every 4 people worldwide suffers from back pain at some point of his/her life. Many people with back pain suffer from chronic back pain for years and they use medications and other methods of treatment with no good results. However, they are not aware of the natural way to get relief of their back pain.

## **The Secret of My Method**

The secret of my method is the awareness of how to activate your natural ability of healing and how to use it.

**So the secret is actually within you. I help you to recognize it and use it to heal your body and get rid of the back pain.**

My 5-Step system is a combined method of modern and ancient medicine. It will enhance the efficacy of your current treatment including medications or other types of treatment. You may continue your current treatment from your doctor while you are starting to use my method and then you will decide if you want to continue any of the methods or both of them in conjunction of each other.

# Chapter 7

## 5-Step Back Pain Relief To Be Pain Free

The method is simple however do not let the simplicity of the method deceive you. It does not require a lot of hard work; in fact I want you to stop trying hard to stop your back pain. I want you to help yourself and relax.

### **Step 1: Gift yourself one-week break**

Working hard physically or mentally put a lot of pressure on your backbones. Mental pressure, stress, anger, resentment, and negative thoughts make your back pain worse and in many situations actually they cause you back pain. Remember the moment that you are extremely angry. Let's illustrate this with an example. Imagine you are driving normally and another car cut you off on the road and put you in danger of accident to the point that you have to break hard and you bring the car to halt. Imagine how angry would you be at that moment and then think where in your body do you feel pain?

### **Serenity and calmness lead your body to heal.**

Do you remember when you cut your finger? What is the main factor in healing? Keep it clean and give it rest without tension. The healing process begins spontaneously and continues but if you put tension or pressure on the edges of the sore you actually interrupt the healing process. Your back muscles use similar mechanism for healing. When you have muscle strain or spasm your muscles need rest and calmness without tension or pressure in order to start healing.

The first step to heal your back pain or any other pain or disease is giving yourself a good rest, physically and mentally.

Take one week off your work and relax your mind and your body. I will show you how to do it but the first step is to plan one week off work and stay in a calm place. If your home is not a good environment for this purpose it's better to find a calm place far from any stress and noise.

**You may say you cannot afford it. I say you cannot afford not to do it.** Think about the amount of money you have spent on doctor's visits, medications and all other types of treatment and yet your life is miserable even after many months or years. If you won't treat your back correctly you will continue spending money and time plus suffering from pain, for many years to come.

Plan to give yourself a gift of time and relax for one week. Plan it the way you won't be worried about paying bills or dealing with any kind of stress.

When you plan to stay in a calm and peaceful environment then plan to take with you this book and few other books that are listed at the end of this book. You will need your computer and Internet connection if you have purchased my guided meditation and back exercise video. If you have downloaded those already you are okay.

\*\*\* If you are planning to go out of town for this one week back pain healing, add the time you need to go to your destination and your return. I recommend using your home as far as possible and if not go to somewhere close to your home, in town or close to your town. I do not recommend long drive or long flight because usually they aggravate the muscle spasm and back pain.

Now that you have secured the quiet place to stay and do the rest of your five steps please proceed to step 2.

\*\*\* **Important Notice:** Please notice if one week break is not feasible now, do not let this fact hold you back from your back pain relief process.

Be creative and use another alternative approach. Maybe you can have an extended weekend for 3-4 days. Maybe you can use your home in those hours that there is nobody around so you can focus on your goal. There are many possibilities and alternatives that you will find out when you think about it.

**“Start where you are.  
Use what you have.  
Do what you can.”  
Arthur Ash**

## **Step 2. Relaxing your mind**

Every day, minimum for seven days but preferably for 30 days write down manually, the chapter on “Serenity” from the book “As a Man Thinket by James Allen and read it. This must be handwriting. I suggest you to read the whole book also. It is a short book with only 12 pages.

The reason for manually written is, when you write or draw something manually your right side of brain is involved and when you read it your left side of your brain is more



involved. By handwriting and reading you get both sides of your brain involved and you get a better results to deeply understand and absorb the information.

Here is the Serenity chapter as follow:

## **“Serenity**

CALMNESS of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence is an indication of ripened experience, and of a more than ordinary knowledge of the laws and operations of thought.

A man becomes calm in the measure that he understands himself as a thought evolved being, for such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees more and more clearly the internal relations of things by the action of cause and effect he ceases to fuss and fume and worry and grieve, and remains poised, steadfast, serene.

The calm man, having learned how to govern himself, knows how to adapt himself to others; and they, in turn, reverence his spiritual strength, and feel that they can learn of him and rely upon him. The more tranquil a man becomes, the greater is his success, his influence, his power for good. Even the ordinary trader will find his business prosperity increase as he develops a greater self-control and equanimity, for people will always prefer to deal with a man whose demeanour is strongly equable.

The strong, calm man is always loved and revered. He is like a shade-giving tree in a thirsty land, or a sheltering rock in a storm. "Who does not love a tranquil heart, a sweet-tempered, balanced life? It does not matter whether it rains or shines, or what changes come to those possessing these blessings, for they are always sweet, serene, and calm. That exquisite poise of character, which we call serenity is the last lesson of culture, the fruitage of the soul. It is precious as wisdom, more to be desired than gold— yea, than even fine gold. How insignificant mere money seeking looks in comparison with a serene life—a life that dwells in the ocean of Truth, beneath the waves, beyond the reach of tempests, in the Eternal Calm!

"How many people we know who sour their lives, who ruin all that is sweet and beautiful by explosive tempers, who destroy their poise of character, and make bad blood! It is a question whether the great majority of people do not ruin their lives and mar their happiness by lack of self-control. How few people we meet in life who are well balanced, who have that exquisite poise which is characteristic of the finished character!

Yes, humanity surges with uncontrolled passion, is tumultuous with ungoverned grief, is blown about by anxiety and doubt only the wise man, only he whose thoughts are controlled and purified, makes the winds and the storms of the soul obey him.

Tempest-tossed souls, wherever ye may be, under whatsoever conditions ye may live,

know this: In the ocean of life the isles of Blessedness are smiling, and the sunny shore of your ideal awaits your coming. Keep your hand firmly upon the helm of thought. In the bark of your soul reclines the commanding Master; He does but sleep: wake Him. Self-control is strength; Right Thought is mastery; Calmness is power. Say unto your heart, "Peace, be still!" "

From the book, As a Man Thinket by James Allen

### **Step 3: Relaxing your Back Muscles**

If you do exercise with tense muscles before making your muscles relaxed and ready for exercise not only it would not be beneficial but also it may hurt your muscles more.

To my experience the best way to make your back muscles relax is lying down on a warm towel or pad under your back and listen to a guided meditation or a relaxing music for 5-10 minutes. This would help you to be ready for the back exercise both physically and mentally.

Please have a warm pad or warm towel ready, put it on the floor the way you can lie down and put your back on the pad or towel. Put your headphones on and listen to my guided meditation. This guided meditation is for five minutes if you feel you need longer time you may repeat it again. If you have not purchased my guided meditation you can listen to a relaxing music or natural sounds like water sounds.

If you have not purchased the package including the guided meditation and back exercise and would like to purchase it you can click on the following link.

<https://mypowerandme.clickfunnels.com/squeeze-pagerejwgx8g>

While you are listening to the guided meditation or a relaxing music see yourself healed in your imagination and keep this imagination in your mind for five minutes or the duration of the meditation. See yourself as you are doing your back exercise without any problem.

Visualization is very important in activating your mind power. Practice visualization until you clearly see yourself completely healed and doing your back exercise without any problem.

### **Step 4: Back Exercise**

\*If your back pain is too severe to do back exercise, talk to your doctor to prescribe you painkiller and muscle relaxant for temporary relief to make yourself comfortable for the back exercise. It is okay to use medication temporarily or whenever you need it.

Start your back exercise with small moves especially if you are not used to the daily exercise or if you have pain with moving your back muscles.

Watch my exercise video and practice along the video to any point you can. If any of those moves are difficult for you or causes you pain you can pass it for now or do it to the point that you are comfortable with and come back to it later. Gradually increase the range of motions and the intensity of your exercise.

*\*If you have purchased the package you will have access to the Guided Meditation and the Back Exercise Video. If you have not purchased the whole package and would like to purchase it now you may click on this link*

<https://mypowerandme.clickfunnels.com/squeeze-pagerejwgx8g>

The other alternative to the exercise video is the pictures in the E-Book we send you after purchase. The size of that E-Book is large and you will get it by email.

*If you have not recieved the E-Book with pictures in one business day after your purchase please contact us at [support@thetoweroflife.com](mailto:support@thetoweroflife.com)*

Continue the back exercise 2-3 times a day, every day for 21 days and then repeat this course for at least three times.

Then you may continue jus the daily exercise without warm pad or meditation for 90 days if you prefer to do it this way. You may ask why 90 days? For many people it takes 90 days to get used to a new habit.

The important thing is, you should acquire the habit of daily exercise, keep your body in a good shape and maintain your correct posture in sitting, standing, and sleeping positions. If you are overweight, release your weight gradually to your ideal body weight and keep it that way.

If you need help on releasing weight (Weight Loss Program) please contact us at [support@thetoweroflife.com](mailto:support@thetoweroflife.com) and put Weight Release or Weight Loss on the Subject Line. We will release a very effective program soon and we will update you on that.

## **Step 5: Right posture**

Keeping your body in a right posture is very important key to maintain your back free of pain.

Posture is the position that you hold your body against gravity in different positions such as standing, walking, jogging, running, working, bending, sitting, semi-sitting

when you're watching TV for example, sleeping, and when you are engaging in sexual intercourse.

In any position some of your muscles are contracted and some are in relaxed state. By maintaining good posture you will put less strains on the supporting muscles for that position that will result in less wear and tear of your muscles.

In the following paragraphs I will briefly mention about correct posture in some of those aforementioned positions.

**Posture in Standing:** stand tall and strong, meaning pull your upper body up and maintain the natural curves of your spine. Pull your abdomen in and your chest out and up. This posture will diminish the pressure on your discs and your vertebral column.

This posture in standing that is a type of charismatic posture especially when you talk to someone or speak in front of audience not only helps your body but also you will leave a good impression on your audience.

**Posture in Walking:** like standing position, when you walk, keep your body nice and tall, relax your shoulder, tuck in your abdomen and your buttocks, look about 20 feet ahead, keep your chin straight, parallel to ground, and touch the ground first with your heel then roll your foot toward your toes then push off with your toes to take the next step. Do not slap your foot on the ground that hurts your legs and your back.

Leaning forward or backward is not good for your body when you are walking except if you walk up the hill you can slightly lean forward.

Swing your arms in a relax manner that is in coordination with rotating your upper torso and hip.

**Posture in jogging and running:** keep your body straight, do not lean forward or backward, keep your chin straight and look forward 10-20 feet ahead, swing your arms in normal and relax position, keep your hands at your waist, touch the ground with the middle of your front foot and roll it to your toes. Do not touch the ground with toes or striking the ground by your heels.

**Posture in sitting:** types of sitting in different places are completely different. For example when you sit at your office and you are dealing with others such as your coworkers and clients are different than working at your home office.

When you are at a place that you have to sit formal, sit all the way back to the end of the chair, make your back comfortable and maintain the normal curves of your back. Put your feet flat on the floor and distribute your weight equally on both sides. Use the arms of your armchair to make yourself comfortable.

If you work behind a desk for few hours or more, change your position to standing position every 30-60 minutes if it is possible or at least get up and walk and stretch your body for a few minutes.

I recommend having a sitting-standing desk or having two desks, one for sitting and one for standing position.

If you work at your home office and you have more liberty, use a reclining chair and put your laptop or keyboard on your lap while you are leaning backward and make yourself comfortable in the chair. The other option is to put your feet on your desk while seating comfortably in your office chair and leaning backward. This will help you to put your back in a relax position with minimal stress on your supporting muscles.

When you watch TV, sit comfortably either on a couch or a reclining chair. Do not crumple your body in the couch nor lie down on one side with using the arm of the couch as a pillow or having your hand under one side of your head. This position put a lot of stress on your muscles. Some people stay in this position for hours to watch a movie or even they fall asleep in this position and they wake up with muscle spasm and tension.

**Posture in sleeping or lying down position:** find a position that you are comfortable with and there is less strain on your muscles especially your back.

If you lie down or sleep on your back, do it on a comfortable mattress that is not too soft and saggy nor too firm. Put your head on a pillow that is thick enough to keep your head straight in a comfortable position. Don't put your shoulders on the pillow. Fill up under your knees to the point that they are slightly bent. If your mattress is firm or you are lying down on the floor put a towel under your waist to fill up the empty space.

If you lie down or sleep on your side, use a pillow that is thick enough to keep your head straight in a comfortable position and do not put your shoulder on the pillow. Bend your knees slightly but not too much to your chest. Use a towel or blanket or thin pillow between your knees and your ankles.

Lying down or sleeping on your stomach is not recommended especially on soft mattress and for longer than few minutes. This position puts a lot of strain on your back.

The correct posture of your body in any condition is one of the most important keys to help you to get relief quicker and stay pain-free.

**Posture in Sexual Intercourse:** many people with back pain diminish or even ban their sexual activities with their partners because of their back pain. This issue may

leads to a relation problem because it can be misinterpreted by lack of interest in partner and it may causes psychological and relationship problems. Many people assume that their pain will get worse if they are engaged in sexual intercourse.

The truth is people with chronic pain can find some positions that they can enter in sexual intercourse without hurting or without too much pain and difficulties.

The following paragraphs will show you some possible ways to enter your sexual intercourse that might be helpful to you. You too can try different positions and find your comfortable position that is good for you and pleasurable for your partner.

Usually people with chronic lower back pain are comfortable and have less pain in one of two general positions, extension and flexion. Find your comfortable position and read the helpful hints as follow.

**If you are a man with back pain and you feel better with extension posture for example if you feel better when you bend backward or standing up and straight, the following sex position might be helpful to you.**

Missionary position, woman under, man over. Woman bend her knees toward her chest and man can support himself using his hands on the bed to help him to bend slightly backwards to the point that is not painful or would not cause too much tension or stretch. This position is also called "The Cat."

Another position for this situation is, man lies down on his back with pillow under his back and woman straddle him either face to face or face away. These positions are called "Cowgirl" and "Rivers Cowgirl"

**If you are a woman with this type of back pain and you are comfortable at extension position.** Missionary position with a pillow under your back would work or you but don't bend your knees too far that may hurt your back. You may also try other positions. You may lie down on your abdomen with pillow under your chest and your partner can lie over your back and enter you from behind (this is not anal sex).

Another position for a woman with this type of back pain is, man sits on a chair and the woman straddle on his laps face toward him or away. In this position the woman has control on positioning her lower back and the movements.

**If you are a man and you feel better in flexion position, bending forward, the following sex positions might be helpful to you.**

Your woman can kneel on bed or at the edge of the bed and you can kneel on bed behind her or bend over behind her if she is bend over the edge of the bed and enter her from behind (this is not anal sex). The other position might be helpful to you is,

spooning position, both man and woman lie on their side with knees bent, woman in front and man in back and enter her from behind.

**If you are a woman and you feel better in flexion position, the following sex position might be helpful to you.**

Missionary position, you lie on bed with knees bent toward your armpit to the point that you are comfortable; your man lies over you face to face and enter you from front. Another position might be helpful to you is Mountain Climber, which is similar to missionary but your knee bent toward your chest and your man is using his arms and abdomen muscles to the movements like push ups.

The G-Whiz position, you lie on your back and bring up your legs on your man's shoulder and your man faces you and enters you from front.

You may try other positions as discussed above or new positions that you are comfortable with.

The important key in sex position is to find a comfortable position to have your intimacy and healthy sexual relation, which it will help you to decrease the level of stress and that leads you to less pain. Remember that peaceful environment at the time of sex is very important to your health. Soft music and candlelight will help you to make your sexy time peaceful and friendly.

## **An Important Key to Stay Pain Free**

Make the back exercise and fitness exercise a habit and make them fun activities every day.

**The more active you are the less back pain you get.**

## **Helpful Tips**

If you are on chronic usage of medications, whenever you feel you are ready to cut off your medications, first talk to your doctor and then start to taper off your medications gradually in few weeks or so. Do not stop them abruptly.

My suggestion: whatever method of treatment you choose based on your doctor's advice and your decision, use it with the power of mind and when you are ready for back exercise do it in a correct way and make sure you do not hurt your back. The key to stay pain-free is, continuously and regularly doing your daily back exercise, staying

fit and using your back wisely. Do not overuse your back muscles and do not do wrong and jerky movements on your back.

As I mentioned above, if you have a sedentary job and you sit behind desk get up and stretch every 30-60 minutes. If you can afford a sitting-standing desk purchase one. Then you can adjust the height according to your need that would help you to lessen muscle spasm and back pain. The alternative to that type of desk is having two desks, one for sitting and one for standing position.

Walk for 30 minutes every day.



# Chapter 8

## Back Exercise for Lower Back Pain

The following back exercise will help you to eliminate your back pain if you do it twice a day for three weeks as the first step and then continue for at least once a day forever.

If you continue this exercise for 90 days you will build a new habit, which will help you to stay pain free and lessen the episodes of back pain.

Before starting the exercise please lie down on a warm pack or towel under your back for 5-10 minutes and relax your back muscles.

On our back pain exercise package we have offered 5 minutes guided meditation that will help you to relax your back muscles and use your power of mind in healing, which is very effective.

If you have not purchased our package and would like to purchase the guided meditation and the back exercise video you can click the link bellow.

<https://mypowerandme.clickfunnels.com/squeeze-pagerejwgx8g>

\*\*\* Before any back exercise, it is recommended to talk to your physician.



1. Raise your hip & lower back to make a straight line then bring down your back one vertebra at a time. Do it 5 times.



2. Raise your leg straight and hold it for 5-10 seconds, then switch it to the other side. Do this 5 times for each side.



3. Pull your knee to your chest; hold it for 5-10 seconds then switch to the other side. 5 times for each side.



4. Pull both knees to together to your chest; hold them for 5-10 seconds then release. 5 times.



5. Cross your leg and gently push your knee opposite of your trunk.



6. Switch to the other side and do the same thing. 5 times for each side.



7a. Cat-back-stretch, breathe out.



7b. Then breathe in. 5 times for each move.



8a. Look at your toes



8b. Then turn it to the opposite side for 5 times then switch it to the other leg.



9. Lie down on your abdomen and raise your leg straight. Keep it for 5-10 seconds then switch it to the other leg. 5 times for each leg.



10. Go on your hands and knees. Stretch the opposite leg and hand, keep it for 5-10 seconds then switch it to the other side. 5 times for each side.



11. Raise your hip and lower back then bring it down in stepwise fashion, right, left, right, left, right, left till you put your back on the floor then do it again for 5 times.



12. Lie down on your abdomen flat then turn around to one side keep this position for 5-10 seconds then switch it to the other side. 5 times each side.



13a. Arch your mid-back. Push down your tailbone and your upper back on the floor. Keep it for 5-10 seconds and release it.



13b. Same move, just showing you the area that should be arched up. You can see the light of the flashlight that coming through in the previous picture.



14a. Lie on your back, bend your knees and turn your knees to one side and your upper body to the opposite side. Keep it for 5-10 seconds.



14b. Then switch it to the other side. 5 times for each side.

# Chapter 9

## The Secret Behind All Effective Types of Treatment Methods

My experience with patients and observing carefully how people respond to different methods of treatment including operative or non-operative methods of treatment is controlled by the mighty power of the patient's mind. I have seen many patients who have responded well to some regular medications and even sometimes just placebo (sugar pills) or injectable distilled water. On the other side, some patients go under extensive methods of treatment without any good response.

Everyday there are millions of patients around the world who are fighting diseases and wishing for healthy body. Many patients have been diagnosed correctly and using right medications but they do not get the results they want. There are many people who do not respond to any methods of treatment and regardless of the efforts of the healthcare provider, the back pain would not go away. This fact has puzzled both the physicians and the patients for many years.

Using the expression "right medication" or "right method" of treatment, in fact, depends on two factors. The first one is, how will your body respond to any type of medications and the second one is, if you believe in that medication or treatment.

When we are talking about different medications for the same disease and we know different people respond to different methods of treatment differently so there is preference for methods of treatment and medications used for any specific disease.

Based on the modern medicine in developed countries or even some developing countries, there are some standards of care that are generally accepted by authorities in health care systems.

The question is why not everyone responds the same way to the same standard of care for the same diagnosis? On the other side why different methods of treatments work for the same disease?

The answers to these two questions are simple. The truth is, not only everybody has specific **genetic make up** but also the response to medications or any other methods of treatment is based on the patient's **mindset** to accept, reject or being indifference to a specific method of treatment.

**To make any methods of treatment highly effective, you need to have two pieces of information. The first piece is, your genetic makeup information to predict the**

**way your body responds to medications, and the second piece is, your mindset if it positively accepts the chosen method of treatment.**

In recent years, the scientists came up with genetic tests that are available in the United States and a limited number of European and other countries that can predict how the patient will respond to a specific medication.

Although at the present time this test is not for every single medication but, at least, it is an excellent way to predict your body's response to many common medications that are commonly used in different diseases, especially those medications that have serious side effects.

If you are interested in this topic and want to find out how you or your loved one can be tested, you can contact me at [support@thetoweroflife.com](mailto:support@thetoweroflife.com)

If you live in the United States the test can be done easily and you will get the results usually within 7-10 days. Your doctor must order this test; you cannot do it on your own. The test is called pharmaco-genetic (PGX) test and it is a cheek swab that can be done in one to two minute. However, as I mentioned before, the results will be ready in 7-10 days. For more information please visit my website:

<https://www.medxprime.com/dylaan> and email me at [support@thetoweroflife.com](mailto:support@thetoweroflife.com) to talk to your doctor and explain it how helpful this test would be to you. If you live out of the Unites States keep in touch with me and I will update you when it is available in your area or you can do your own research and find out about availability of this PGX test.

**The facts about drug reaction:** each year over 2,000,000 people in the US are hospitalized because of drug reaction and over 106,000 of them die because of severe drug reaction. That is about 300 deaths a day. If you hear such news that everyday an airplane crashes with 300 passengers onboard, would you fly anymore?

**The other main factor that plays the most important role in the type of response to any methods of treatment is the mindset of the patient** and to some degrees the mindset of the healthcare provider too.

If the patient does not believe in the physician and the type of treatment no matter how good and strong the medications are the patient will not respond to them properly.

You may have had such experience or heard that no matter how hard the physician tried and no matter how good the medications were, the patient did not respond to the treatment.

In some cases the patient dies regardless the amount of efforts that are provided by the healthcare team. This topic is discussed in depth in my book “**The Power of Mind in Healing**” that will be published later this year, 2016.

# Chapter 10

## Conclusion

Although it is always good to seek professional healthcare provider's opinion for any types of disease, however, do not ever neglect your natural ability of healing. The power of healing is within you.

Study about mind and its power, **realize the superpower within your mind, realize the natural power of healing within your body and activate the power of healing by using your power of mind. The power of mind is real but it needs practice to realize and being able to use it.** You can use your power of mind in conjunction with the other methods of treatment that are recommended by your doctor. Using the power of mind in conjunction with the standard of care that is offered by modern medicine will get you the best results.

Your genome is different than anybody else.

Genetic ID is the future of medicine and in near future, everyone should have own genetic ID to avoid drug reaction and to predict the way the patient's body reacts to different medications. PGX test helps doctors to prescribe the most effective medications, the right medication with the right dose and less drug reaction.

**Genetic ID and the power of mind go hand in hand and will be the future of healthcare systems.** Read about these two key factors and use them properly for a healthy, wealthy, happy, and lovely life.

# Helpful Books to Study

Love, Medicine, and Miracles

By Dr. Burnie S. Sigale

The Power of Your Subconscious Mind

By Dr. Joseph Morphy

As the Man Thinket

By James Allen

If you are interested in more information on back pain and related topics you can visit our blog post.

<http://thetoweroflife.com/blog.html>

Should you have any questions related to back pain please contact us at [support@thetoweroflife.com](mailto:support@thetoweroflife.com) ; We will be happy to help you. We will post frequently asked questions on our website soon.

I wish you the best of health, wealth, love, happiness, and success.

The Author,

The Tower of Life

<http://thetoweroflife.com>



# Disclaimers

Disclaimer 1: This E-Book or any other documents from The Tower of Life or the Author are not medical advice. They are for education and entertainment. That is your choice to use them or not.

Disclaimer 2: Currently I am not practicing medicine and I do not have active medical license in the US.

Disclaimer 3: I am Certified Trainer with MedxPrime, a section of Financial Halo Inc. a nationwide networking company.

Disclaimer 4: I do not rule out the modern medicine, medications, and the types of treatment that are standard of care in the United States or any other countries. I combine the modern medicine and your power of mind, the superpower within you to enhance the effects of current treatment methods that are recommended by your active licensed physician.

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