



## Back pain

is most often the result of a deficiency in body fluid levels. The disks in our back are in reality little hydraulic shock absorbers. These disks are made up of an outer shell filled with fluid, primarily water. A properly hydrated disk creates a cushion that absorbs the shock of physical activity and supports the weight of the upper body. These discs are self-hydrating as long as there is adequate fluid levels and regular movement.

Movement that compresses and releases pressure on the disc creates a suction that allows water to be pulled inside the disc keeping it fully hydrated. When a disc is fully hydrated the shell of the disc supports 25% of the weight load and the fluid supports 75%. When these discs become **dehydrated** then the shell has to support a larger portion of the load causing pain, swelling and soreness. Passive activities like standing, or sitting at a desk without regular movement, allow constant pressure on the disks that slowly forces water out.

Without sufficient fluid levels, the pressure on the disc increases and results in pain and stiffness. Simply by maintaining a constant and **adequate intake of water combined with regular movement** such as bending forward and backwards with your head and upper body allowing the disks to hydrate, **you can prevent and stop most minor back and neck pain.**

Try it, you'll be amazed how proper hydration can improve or prevent your back pain!

Reference: <http://www.holistichealthtools.com/healing-water.html>



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