Exercise regularly to strengthen the back and avoid the risk of developing a backache. Eat foods rich in calcium, vitamin D, phosphorus, and proteins to help build and repair bones and muscles. Get independent news alerts on natural cures, food lab tests, cannabis medicine, science, robotics, drones, privacy and more. Subscribe Now. Find out everything you need to know about clean and healthy living when you sign up for our free email newsletter. Receive health tips, natural remedies, exclusive in-depth reports on superfoods, toxins, and more what the mainstream media doesn't want you to know! We respect your privacy. You may unsubscribe at any time. Click here to know more about the symptoms, root cause and natural treatment for Backache. Our Doctors have years of expertise to guide you on decreasing spinal muscle spasms and providing relief.

Important Backache Information at a Glance. Backache is one of the most common musculo-skeletal disorders. Causes of backache may be related to vertebrae, intervertebral joints (disc or facet joints), fasciae, and ligaments and could lead to further disabilities if left untreated. Conventional treatments include analgesics and anti-inflammatories. These conventional treatments do not cure back ailments like sciatica and slip discs, they are only meant for temporary relief. Biogetica's unique natural remedies have believed to help thousands regain their life and freedom. When is back pain not from the back? Lots of abdominal problems can cause back pain, including kidney stones and infection, pancreatitis, duodenal ulcers and aortic aneurysms (widening of the aorta) but in these cases, you are likely to have additional symptoms that suggest the underlying cause. How do I know whether my back pain is dangerous? In rare cases, back pain can be due to dangerous pressure on the spinal cord (cauda equina), cancer in the spine or infection. But Australian academic Dr Christopher Williams warns against over-reliance on the red-flag symptoms and says you need to trust your own judgment, too. Red flags are unfortunately not very accurate in screening for serious pathology presenting as back pain.