

MEDIGIST

EMBRACE HEALTHY LIVING!

Back Pain?

FIND YOUR
SOLUTION
WITH THE NEW
ALGORITHM
BASED
TREATMENT

HEALTH AWARENESS SERIES



MORE INFORMATION

SATTHY HOMOEOPHYSIO CENTRE

+91 98411 83702

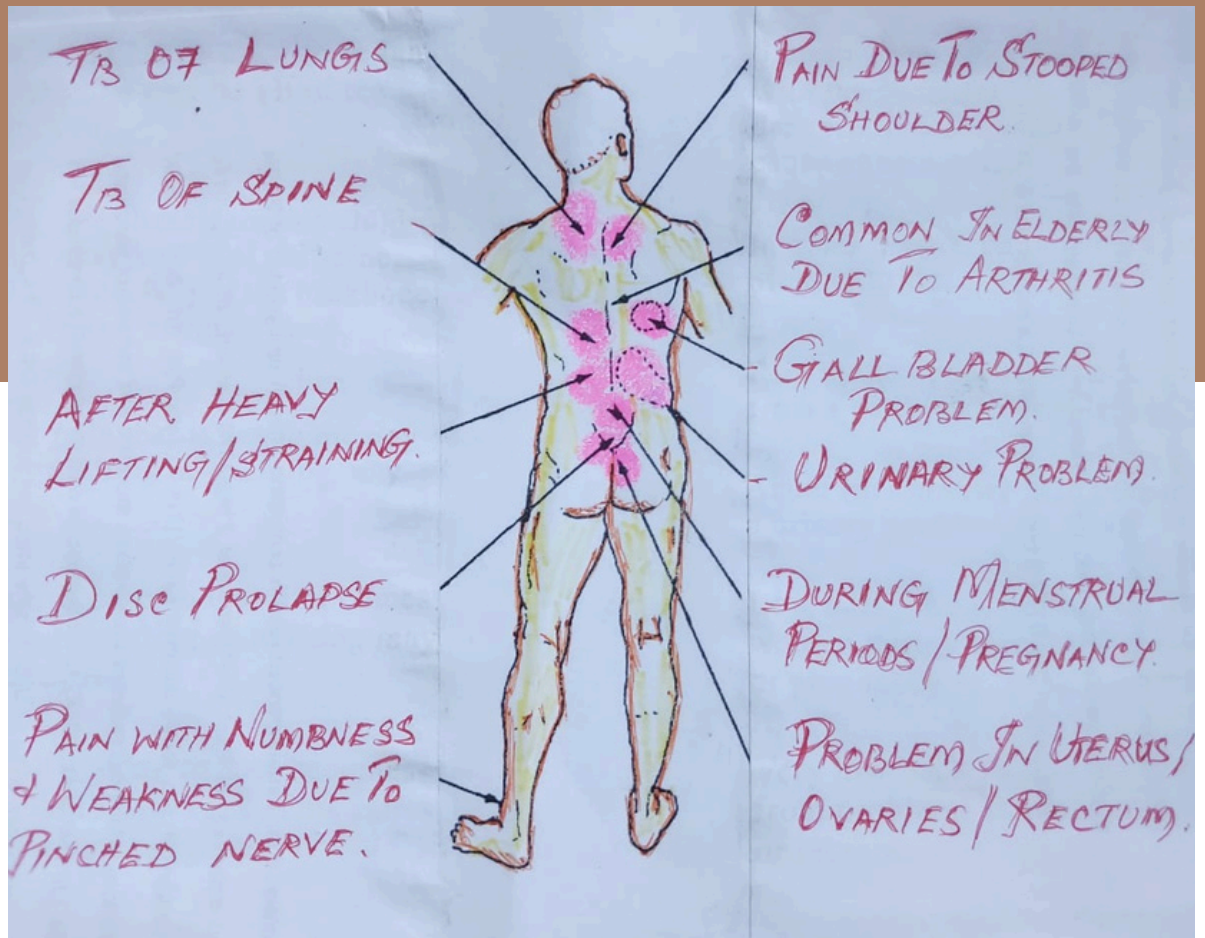
www.healthy100plus.in

A-41, New No.9, 6th Street,
Anna Nagar East, Chennai 600102



Back pain can result from various issues, including those affecting the spinal nerves, bones, and muscles, as well as problems linked to abdominal organs. New algorithm-driven treatment protocols provide promising solutions for full recovery from all forms of back pain.

Back Pain Causes



Do you know why your lower back pain isn't improving, even after doing all the recommended exercises?

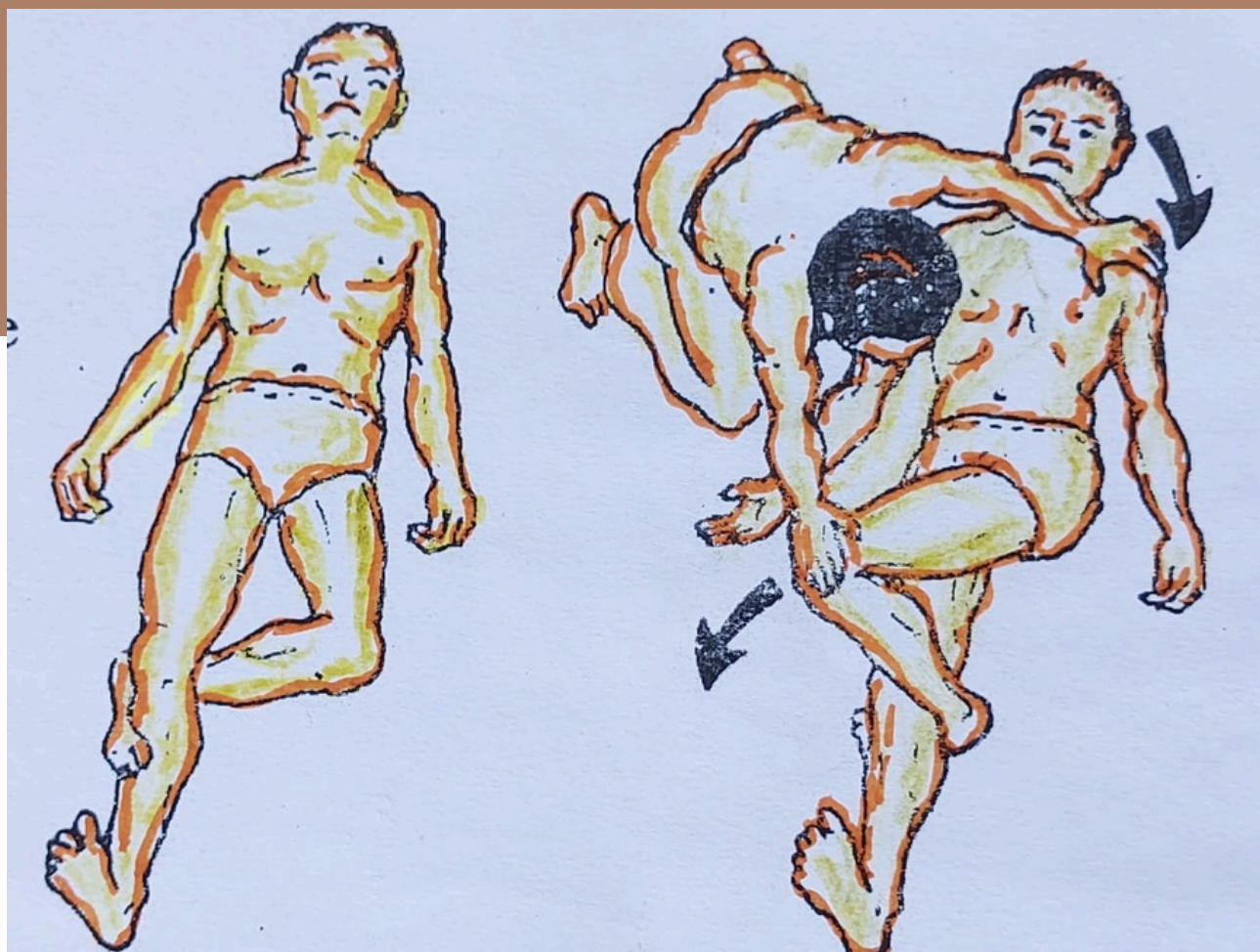
Because, for some individuals, certain exercises may actually worsen the pain. Therapeutic exercises need to be customized for each person, as only personalized routines can lead to full recovery.



Tips for Back Pain

- 1** Avoid sitting or standing for long periods continuously.
- 2** Antenatal exercises are important for managing back pain during pregnancy.
- 3** Many patients who experience painful menstrual periods have found relief through treatment for back pain.
- 4** For sudden, severe lower back pain caused by twisting, lifting, bending, or straining, it can be managed with a quick relief tip.

Quick Relief Tip



STEP 1 Have the person lie with one foot tucked under the knee.

STEP 2 Then hold the shoulder down, and push the knee gently but steadily so as to twist the back.

STEP 3 Do this on one side and then follow the same for the other.

Caution: Do not attempt this if the back pain is due to a fall or injury. Seek medical help using a stretcher.

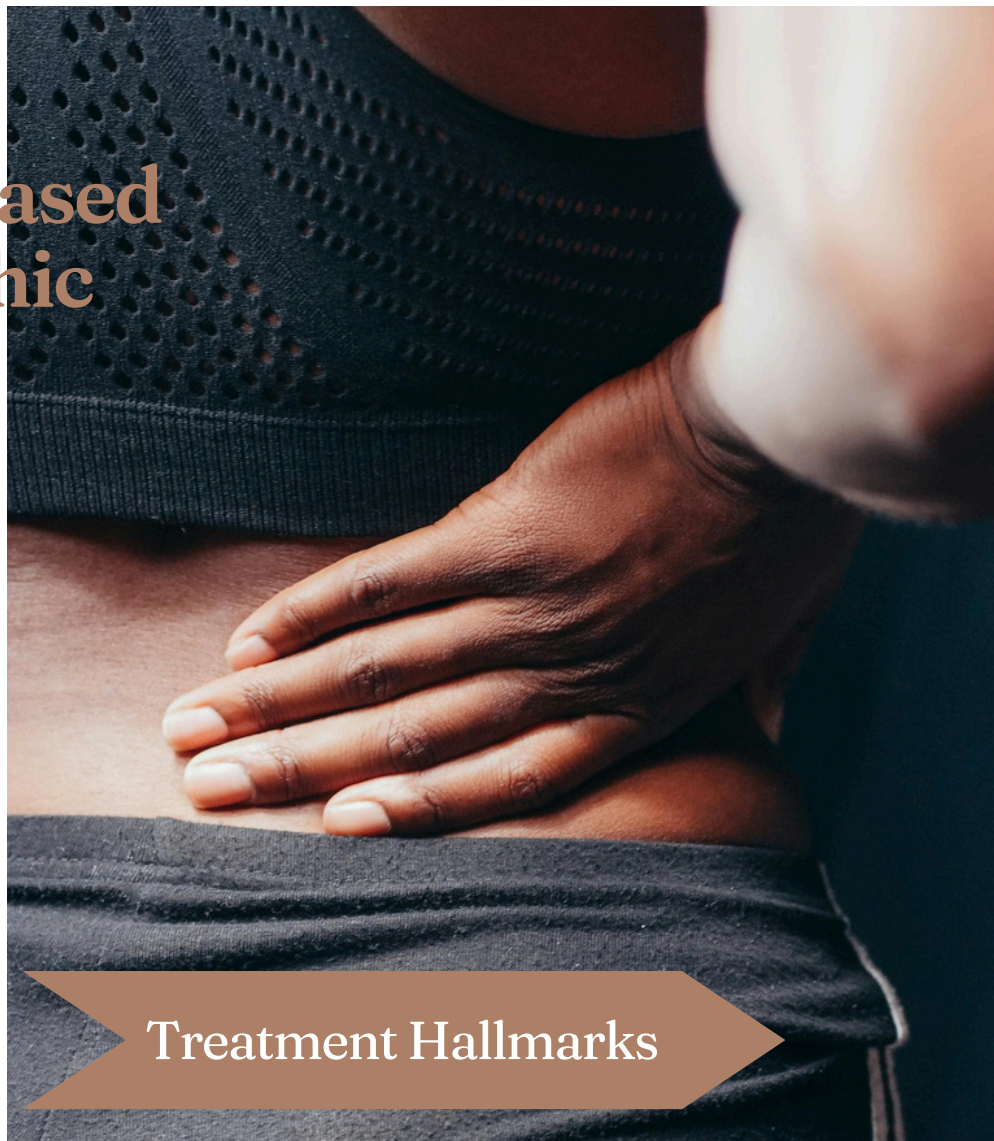
SHPC's New Algorithm Based Homoeopathic Treatment Protocol

*The **New Algorithm-Based Protocol** represents the most scientific approach to addressing back pain. It assists physicians in three key ways:*

> Arriving at the correct diagnosis

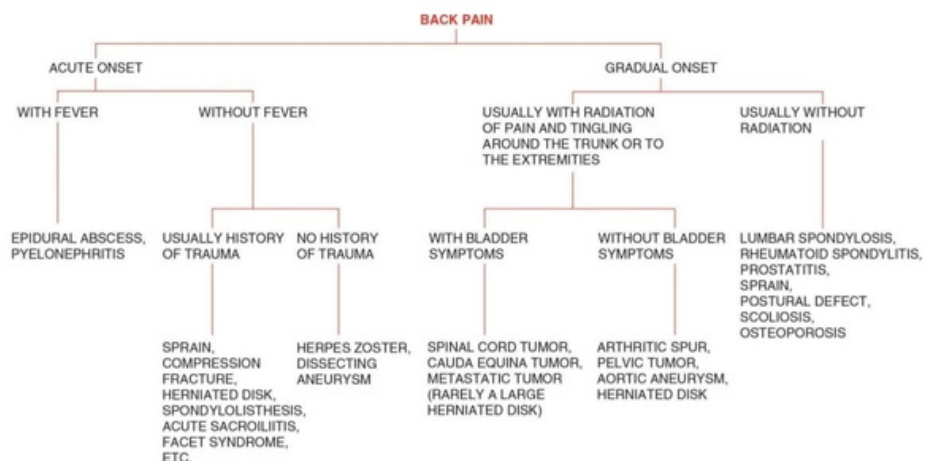
> Determining necessary investigations to confirm the diagnosis.

> Creating an individualized treatment protocol, which includes specific treatment modalities and homeopathic remedies.



Treatment Hallmarks

- Arriving at the correct diagnosis.
- Determining necessary investigations to confirm the diagnosis.
- Creating an individualized treatment protocol, which includes specific treatment modalities and homeopathic remedies.



Author's Profile



Dr. S Alwin Babu

B. H. M. S., PH.D

Dr. Alwin has 24 years of clinical experience in Homeopathic Treatment. He developed a successful 'New Combined Therapy' for all joint related diseases, preventing hundreds of proposed joint surgeries. He also has developed the most successful 'New Algorithm-Based Protocols' for all major diseases.

His "New Prevention Prevails" protocols address both communicable and lifestyle diseases, emphasizing proactive health management. As the Publisher and Editor of 'MEDIGIST', a health magazine Dr. Alwin aims to raise health awareness among his patients and the public. He is also the Founder of M. V. S Trust Medical Foundation, which supports the underprivileged by operating charitable clinics.

*Medigist is a journal published fortnightly, registered with Registrar of Newspaper of India. [New Reg.No. TNENG/2003/11989]
For Private Circulation Only.*