GRANDMA'S REMEDIES

Are You Suffering From Back Or Leg Pain? This Remedy Will Help Your Remove The Pain Permanently!

By bestfolkmedicine · 09/08/2018 · 2 min read



Without a doubt, one of the most common types of pain is the one which is felt in the back and legs, also known as sciatica. Sciatica is named after the longest nerve in the body, i.e. the sciatic nerve. The pain usually begins in the lower part of the back, that is, the lumbar region, and it goes all the way to the knee and sometimes even the toes.

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This pain may be a result of prolonged hours of sitting or strenuous working out. With this in mind, we decided to show one of the best natural remedies to alleviate this type of pain. The DIY medicine is simple-to-make, tastes good, and it is effective in decreasing the pain and it will definitely help you move without feeling excruciating ache.

The best results can be seen after two months of regular use of the cure. Let us check out the recipe below.

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The Main Symptoms of Sciatica

- Back pain
- Pain in the back of the thigh and calf
- Numbness and tingling in the legs
- Weakness in the painful leg and even paralysis
- Pain in the toes
- Difficulty controlling bowel and bladder movements

Conventional Treatment Options

Physical therapy, exercises, and stretches play a crucial role in healing the disc in the back and decreasing the pressure on the nerve. Some medications, such as ibuprofen, are recommended to lower the pain, discomfort, and swelling in the back.

Extreme sciatica cases may require injections and surgery. The former are anti-inflammatory meds applied onto the spine and regulate the swelling and pain. The latter may be needed to eliminate the offending disc and connect the two vertebrae together, but this procedure does not necessarily guarantee pain reduction due to the nerve already being too damaged.

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DIY Cure for Back and Leg Pain

Needed:

A dried fig

A dried apricot

5 prunes

Preparation: Mash the ingredients or blend them in a blender.

Use: Consume the remedy prior to bed for a period of two months.

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Important to Note:

Before trying any type of remedy for your sciatica, make sure you consult your physician.

To learn more on this topic, do not forget to check out the video shown below:

Sources:

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