

Back Pain Relief: The Power of Meditation

Ron Mann, Ph.D.

Pain management is big business in health care. Health care estimates suggest that Americans spend over \$100 Billion on back pain treatment. Lower back pain is a major cause of sick leave in the business world. We look to medication, surgery, physical adjustments, yoga, herbs and healers to find relief. One cost effective method is meditation.

Western medicine has become more understanding of the mind/body connection. Scientific research has shown that the mind has power to positively impact the body. A strong, positive mind state may be one of the most important factors in health.

Meditation practices use the power of the mind to create wellness and well-being. Research studies have found many positive results from those who meditate on a regular basis. The National Institute of Industrial Health in Japan taught 447 industrial workers Transcendental Meditation and compared them to a control group of 321 non-meditators.

They found Significant decreases in the meditation group in the following areas:

- Physical complaints
- Impulsiveness
- Emotional instability
- Neurotic tendencies and anxiety
- Insomnia
- Smoking

In addition, the TM group experienced:

- Better relationships with co-workers
- Better relationships with supervisors

- Improved job satisfaction
- Greater improvements in general health and employee effectiveness
- Greater decrease in sleep fatigue, job worry and tension

With all these positive outcomes, it is easy to see why meditation lowers stress. Along with the external improvements in life, meditation lowers the stress response: blood pressure decreases, heart rate decreases and breathing rate decreases. The proper meditation techniques also include diaphragmatic breathing, which increases oxygen to the cells. It is well known that stress is the greatest cause of health problems and pain is more exacerbated when an individual is feeling stressed out.

Meditation provides a free powerful tool for pain management. There are several reasons why this is so. One, meditation practice releases endorphins, which create a sense of well-being.

Read Complete Article in Member's Area

©2008 Copyright Ronald L. Mann, Ph.D. All Rights Reserved