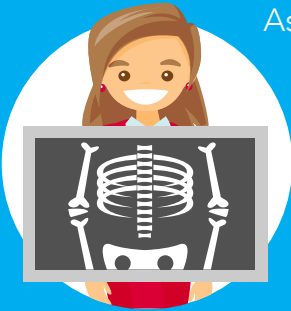


Did you know?



1. Researchers at the Centers for Disease Control and Prevention cite low back pain as the second leading cause of disability in the United States.

2. An estimated 31 million Americans are experiencing low-back pain at any time, according to the American Chiropractic Association.



3. Most people who undergo back surgery experience no complications. Modern techniques and technological advances have improved the safety of back surgery.

4. During recovery, one of the best things you can do to prevent inflammation is to avoid eating sugary foods and instead choose complex carbohydrates, like whole grains, that are rich in fiber.



5. Eating health-promoting foods with the right nutrients enhances your immune system, which speeds up the healing process.



6. According to the American College of Surgeons, if you can resist lighting up a cigarette after your surgery, then you'll lessen your potential for wound complications by 50 percent.