

Senior students, doctors, advanced users of the Internet, magazines, newspapers and television programs about medicine can tell fashionable today version **of the causes of intervertebral hernia**

In short, she is reduced to a few statements that, at first glance, it is absolutely undeniable, because the obvious. But, on the other hand, they are also completely unproven, the true cause of the hernias and pain did not show, so all the methods of treating the disease are either ineffective or dangerous at all.

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In this article I want to talk about an alternative theory of the causes of intervertebral hernia, the validity of which is confirmed by the fact that based on her method of treatment always gives a positive result. But first I want to mention yet that is now on everyone's lips, and how and what is now customary to treat intervertebral hernia.

It is believed that a protrusion and hernia, that is, **the protrusion of the intervertebral disc** is walking upright, which is why the lower spine are over- burdened, and intervertebral discs can not stand it, begins to squeeze and move from their seats, going beyond the vertebrae. This is called a

"protrusion"

. If the shell is straining drive, then it is called a

"hernia mezhpozvon kovogo-disk"

. As you can see the difference is small. For violation of the strength and elasticity of the intervertebral disc in addition to the upper half of the body of high pressure leads also a metabolic disorder associated with the traditional set of blame for all our ills factors such as "ecology, poor diet, sedentary lifestyle, poor muscular frame, overweight , hereditary reasons, trauma, hypothermia, "and much more trouble, after the transfer of which would like to say: "*all right, illness provided me!*"



**Врач из Краснодара Андрей Пономаренко
и врач из Воронежа Инна Князева с пациентами**

Discs, bulging out of their seats, compress the nerve roots of the spinal cord and pain allegedly distributed along the spine. That's about as is now customary to explain the occurrence of back pain and the causes of the occurrence of protrusions and hernias. Accordingly, all the techniques and methods of treatment are directed at elimination of the causes and symptoms of these conditions. Formally, all very logical, who seriously deny that the factors mentioned above in our lives are not present? Of course, everyone will agree that we are walking on two legs, move a little, we eat a lot, do not do sports, have bad habits, and our parents and their parents back pain periodically tested. In general, the fate of us sick. In general conclusion suggests itself that the ineffectiveness of current treatments is due to the inability to remove the causes leading to the emergence of intervertebral hernia. After application of all known treatments, which did not lead to the expected success, conclusion suggests itself that once we have created these imperfect (it's tempting to say "unfinished"), then you need to consult a neurosurgeon, who will take an experienced hand your a sharp scalpel and carve our "extra" piece of cartilage from the spine. It would be nice if after the operated man like Rabbit from a fairy tale, "Oh How It Hurts", "again ran down the path." Yes, it would be very nice if it would be eliminated no consequence and cause of intervertebral hernia, from what she hernia is not a direct cause of the pain, because the pain in the back can be without hernias and hernia can be without pain. Therefore, surgical treatment does not eliminate the cause of hernias and protrusions, does not guarantee their recurrence in the same drive or other drives of the lumbar spine, which by the way the whole five. I have not touched on the reasons leading to the occurrence of hernia in the cervical spine. If we agree that the upright posture leads to excessive load on the spine, then applied to the cervical spine, we can conclude that we have too heavy a head, once in the neck hernia is still there. Yes, we felt our evolution is not over yet,

felts humanoids that we have designed, made it in the end and New Year holidays without Alkozeltsera.

That is because neither bipedalism, or inflammation, or "shrinking of the cartilage and the deposition of salts," or even a pile of all the factors is only a consequence, not a cause of back pain and hernias, does not give the results of treatment in use today.

If you're reading this, you probably already tired of hearing the facts known to you and you want to learn about an alternative, which I want to tell. You know, when I decided today again to write about this very prevalence of misery, pain in the back, then more hours of thought, and then draw a simple picture showing the shock absorber. Of course, I write this article about the physiology and anatomy, but first decided to paint it a shock absorber, with the easiest, and two of his condition, to looking at these images, could anyone draw your own conclusions (even own discovery) of what needs to be done to get rid of a herniated disc. And since I have decided to permanently in the newspaper (see. The next issue on Thursday) to talk about takes a lot of health issues from the perspective of the theory of **"recovery of activity of the nerve centers» (of The Restoration Of the Activity Of Nerve Centers) RANC**

, I will not be in a separate article cover all possibilities and features of this method of treatment. This article is only about hernias.

I deliberately decided not to seek the Internet finished images that would clearly illustrate the mechanism of occurrence of disc herniation, and painted it himself to make an emphasis on extreme simplicity. After all, the most difficult concepts are simplified by means of simple and visual models. And now just look at these two pictures.

