

none none none How to keep your spine healthy? According to statistics, more than 80% A healthy spine is the basis of the whole organism from health and nobody nobody Nobody likes back problems, and when you have back problems, you need to get your spine in order as soon as possible. Why you need to know: The back is very important to your health and well-being. The back plays an important role in maintaining a straight, healthy posture and balance. The spine is the largest organ in your body. It is also the main support for the entire body. Back problems can affect your quality of life and cause discomfort. Spinal problems are not only painful and uncomfortable, they also affect other systems in your body and can be dangerous. If you want to start exercising on your back, start by learning what happens when you have back problems. Find out why back exercises can help with back problems. Back problems can be caused by a variety of things, including: degenerative changes in the joints and spine that limit mobility and cause pain; spinal problems that are caused by diseases such as arthritis, osteoporosis, spondylosis, spinal hernia, etc.; injuries caused by falls, overloads, etc.; other reasons which include: stress, incorrect sleeping position bad posture, malnutrition, little movement, too much body fat too many exercises excess physical activity

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