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*"treating the cause of your problem, not just the symptoms"*

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## Obesity and Back Problems

Of all the possible detrimental things you could do to strain or stress your low back, which one do you think effects 60% of the general population all day, every day? Lifting heavily and improperly? Yes, this is a common one but 60% of us don't do it all day, every day. Poor posture? Good posture is very important, but that is not the answer.



Still cannot guess? Well, one of the most common detrimental things for our low back that 60% of us have allowed to happen is to become *overweight or obese*. Prolonged standing and sitting, which is all too common in today's society, creates significant stress and pressure in your low back. If your occupation or lifestyle requires you to do this, you should expect low back problems and an eventual visit to the chiropractor to correct the problem. But, if you continue to put stress or pressure on your back and you do this while being twenty, thirty, forty, fifty, or even more pounds overweight, you are practically begging for regular bouts of acute low back pain. As well, if you maintain this excessive weight for a prolonged period of time, you will likely develop arthritis in your low back, hips, knees, and feet. Unfortunately, a vicious cycle could begin. You may wish to lose weight by exercising more often but the damage that has been done to your joints from carrying the extra weight for all those years renders you unable to exercise like you need to. Therefore, unless you modify your diet significantly, you could continue to gain even more weight.

As I always say in my articles, the best cure for any physical problem is to address or treat the “*cause*” of the problem, not just the “*symptoms*”. In this scenario, the “*cause*” is the actual obesity and the “*symptom*” is the resulting low back pain and arthritis. Now is the time to lose the weight, not once the low back symptoms begin to regularly appear.

If you have children, be sure to start them off on the right track when it comes to being a healthy weight. Did you know that twenty one to twenty three percent of children between the ages of six and seventeen are overweight and nine to thirteen percent are obese? If they have poor eating and exercise habits now, what will they be like when they are forty or more years old?

In closing, if you think you need to lose a little or a lot of weight, now is the time to get started. If you wait too long, the damage to your low back and other joints may prevent you from making that commitment at a later date. If the thought of dropping more than twenty pounds seems a daunting task to tackle alone, seek out some of the resources in our community to assist you. Your chiropractor, medical doctor or nutritionist can point you in the right direction.