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A small grey Ferguson 18 hp tractor with no driver ran over my back in 1956 with no permanent injury. I was walking next to it, turning the steering wheel to go between bales of hay that I was loading onto the trailer on my own. The recently bought old peat was very rough and my foot got caught in a hole. I thought I could pull it out in time, but was too late so the tractor pushed me over and climbed up my leg and back, tearing my shirt. Being young, I got up and continued loading and stacking the hay.

Then I damaged my back in 1958 when bending over a calf, teaching it to drink milk out of a bucket. After Physios didn't help, neighbours recommended I go to the Morgan Clinic which fixed it after two visits, but repeats were necessary each time I strained it, a few times a year until 2013. John Spence there suggested going to Steven Parson in Hamilton who found that my right leg was shorter than my left leg, so put 5 mm thick pads in my right shoes and boots.

I had the bad habit of standing with my weight on my right leg and was told at a physical session to always stand straight and evenly on both legs.

I stopped running for exercise because it jolts joints and the whole body, which is bad for all joints.

Athletes are not sedentary (don't sit all day), so why do they get lower back pains? Those who play sports or exercises that involve running, jumping, or rapid movements, all produce tension in the lower back suffer. When these activities are repeated without properly stretching and releasing their tight joints to allow lubricants to re-enter joints, 'overuse' injuries can occur.

Some people who sit or stand a lot all day in jobs such as super market checkout staff, weight-bearing workers, long time drivers of tractors and quads suffer with bad backs. Joint operations are a costly nuisance and don't always work perfectly. Elderly retired people sitting in comfortable soft chairs most of the day, without getting up and exercising enough, can develop painful backs.

Solutions - Leg Lifting: Because I work long hours sitting at the computer writing farming and health chapters on most days, for exercise I developed leg lifting at the computer and do it dozens of times each, of up to a hundred lifts, while computing, and I stretch my back and knees each time I lie down after meals, to allow the lubricants back into the joints. Swelling in feet and ankles is called edema, and there are a lot of things that can cause it, from high blood pressure to pregnancy. What's happening is your body is having trouble fighting gravity to move blood and fluids back up your legs, so your ankles, feet, and even your legs can swell. Swollen ankles can also be from a lack of feet, ankles and legs exercise, excess salt and/or low iodine.

I was advised by health specialist Charl Marais who was checking by sore back, to never sleep on my back, but do so on both sides. He noticed that my back was bent from always sleeping on my right side. Read more about Leg Lifting in its chapter, in Human Health.

Mercury (Hg): This is a very bad heavy metal that is used for chelating (glueing) papers and for amalgam with silver in teeth holes. The Kinleith Paper Plant uses Hg to make their paper as do most paper manufacturers. Kinleith waste runs into the Waikato River which then has 6 ppm of Hg in Hamilton. It binds joints so should be drained out of your body. Read how bad 'Chelating', which uses mercury, is in 'Human Health Minerals'. Chris Rhodes (see Human Health Specialists, drains Hg, Mn and other toxins out of bodies in the best way I know of. My body Hg level was 40 from acid soil, and he got it down to 3. Toxin Test (see Human Health) toilet and tissue papers to avoid the toxic ones.

Mercury is in most paper and in many vegetables and foods grown with superphosphate and other acid fertilisers and insufficient LimePlus. Read Minerals > Calcium.

The newish stronger pain killers Paracetamol, Panadine and Panadol are very effective, but after they raised mercury toxin levels in me, I analysed them and found they contain about 20 ppm of mercury, a major toxin causing Attention Deficit (AD) in children of pregnant mothers who took these pain killers. Mercury causes sore joints, pimples, boils and things caused by amalgam in teeth. Lead and cadmium also cause Attention Deficit and Autism in children. Manganese (Mn) causes Parkinson's disease in Mn mine workers in all countries, Alzheimers, bad tempers in some animals and some people, causing animal abuse when they kick and excrete.