

According to the National Institute of Neurological Disorders and Stroke (NINDS), low back pain is an enormous health and economic problem in the U.S. In fact, Americans spend at least \$50 billion annually on the condition. It's the most common cause of job-related disability and a leading contributor to missed work days.

Although most occurrences of low back pain go away within a few days, the NINDS web site states low back pain can become chronic and lead to more serious conditions. However, new research shows there's natural, drug-free and effective help for those with chronic low back pain -- the ancient practice of yoga.

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