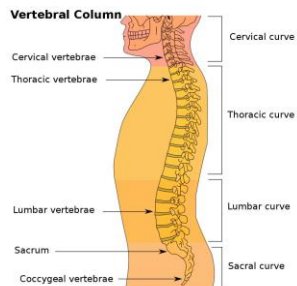


## THIS WEEK'S CREATION MOMENT

### Evolutionists Have a Back Problem



*The fear of the LORD is the beginning of wisdom; a good understanding have all those who do His commandments.... (Psalm 111:10)*

Back pain is one of humanity's most common complaints. And the most common explanation one hears for back pain is that our backs hurt because we stand and walk erect.

Even high school textbooks repeat this myth. Students are taught that our backs bother us

because we haven't fully adjusted to our evolution into human beings. Supposedly, when we were still getting around ape like on all fours, our backs didn't hurt. Then we stood up. The new stresses on the spine caused it to curve forward, leading to backaches. Our backbones still have not evolved to support the stress of upright pressure. Many backache treatments are based on this assumption. So they use exercises that try to reverse the natural curvature of the back. Whether these exercises solve the long term problem is debatable.

The Bible tells us that we did not evolve. We were created by an intelligent Creator who certainly knew how to make a backbone for human beings. Upright posture isn't our problem. Even dogs suffer back problems. That's why some therapists have been reporting good long-term results using a therapy that doesn't assume that our backs hurt because of evolution. Rather, they assume that the human spine is supposed to have a forward curve. They recommend exercises that correct the forward curvature of the spine.

Faulty assumptions that evolution is true do not provide better medicine. However, medicine is improved when it uses the accurate knowledge that human beings have been specially created by God.

Ref: "Your aching back, what doctors can do about it." U.S. News & World Report. Diagram: PD.

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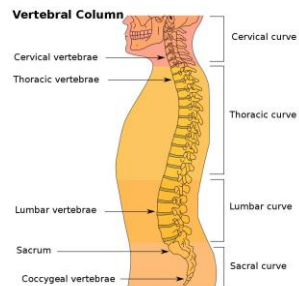
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