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Getty Images The child is back! Sir Meeks-A-Lot may have tapped these texts more than 20 years ago, but our fascination with homelessness still remains. In fact, from Iggy Azalea's curvy derriere to Sofia Vergara's ridiculously tinted carcasses, behind replaced breasts like this is the body part of the decade. But there's no reason to worry if you think your not on the same level: whether it's pain in the butt of problems to focus on health issues (radiculitis, anyone?) or more cosmetic issues (hello, cellulite!), we have them covered. What is pain (often found in the lower back or hip) that travels along the sciatic nerve that runs from the lower back down through each of your legs. Most of the time, sciatica is due to a herniated disc that bulges and compresses the nerve. But sometimes it is caused by pyriformis syndrome, which is when the striped muscle piriformis (it extends from the sacrum to the upper femur) compresses the sciatic nerve. You are more likely to experience the first signs between the ages of 30 and 50. Years of sitting can increase the risk of sciatica, said Wellington Hsu, MD, professor of orthopedic surgery at Northwestern University Feinberg School of Medicine. There is also a genetic component. Ishias can sometimes occur during pregnancy, when the enlargement of the uterus can push against the nerve. What it feels like is anything from blunt pain to shooting or burning knife pain with an electric shock. An Rx primary care physician or podiatrist should be able to diagnose sciatica through a physical examination. Usually the condition improves with over-the-counter or prescription anti-inflammatory drugs or muscle relaxants, stretching exercises or physiotherapy. Cortisone injections can work for short-term relief. If your pain persists for more than six weeks, you may need an MRI to determine the cause. Problem No. 2: Sacroiliac Joint Pain What is the pain around the sacral joint located in your lower back where your spine and pelvic bone meet. Although it is common to have discomfort in the area during and after pregnancy (as your pelvis expands to prepare for birth, ligaments stretch and tug at the joint, causing pain), many women experience it due to muscle tightness or weakness. Don't ignore the pain: This may mean that the cartilage between the bones wears out, which can lead to arthritis. What it feels like is pain in the lower back and hips (often on one side) that worsens with a bend or activity; It tends to get more serious after you sit for a long time and feels better when you go to bed. Rx It can be diagnosed by your attending physician or orthopedic specialist with physical examination and X-ray. Treatment is usually conservative: over-the-counter means and, if necessary, cortisone injections directly into the joint to relieve the pain. The best prevention is a strong core that helps relieve pressure joints by strengthening the surrounding muscles. Talk to your paper about movements (such as planks and thigh lifts) to do on your own. What's a hole?! If you notice blood in the stern or on toilet paper, or itching and swelling around the anus, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, gastroenterologist at Mount Sinai Hospital: constipation. Your MD can tell if you have an external hemorrhoid (under the skin around the anus) by exploring the area; Hemorrhoids inside the rectum can also usually be diagnosed by manual examination, but if there is bleeding, you may need a colonoscopy or flexible sigmoidoscopy to rule out something scarier like colon cancer. Treatment is usually over-the-counter products with hazelnuts or hydrocortisone to relieve swelling and/or itching, as well as soaking in a warm Sitz bath. Also key: Slowly up your fiber intake to 25 to 30 grams a day, and drink lots of water. If that doesn't work, Dr. Naymagon adds, your paper can perform an office procedure known as band band binding, where it puts a strip around the hemorrhoid to cut off its circulation (strip, and roid, fall within a week). What is an injury to one of your hamstring muscles that run down the back of your hips from your pelvis. While this can happen to anyone who is active, you're more susceptible as you get older because your muscles tighten as you age, says Jordan Metzl, MD, a sports medicine physician at the Hospital for Special Surgery in New York. What it feels like a sharp pain in the back butt or foot during activity (when the actual tension occurs) and also afterwards, along with swelling and bruising. Rx Your first step OF RICE: rest, ice (use cold packs 20 minutes at a time, several times a day), compression with a bandage around your hips and height. If you've been poo for more than a few days, look at your GP or sports medicine specialist. You can do an X-ray or MRI to see if it is a complete tear or tension, and can get crutches or a prescription for physiotherapy. Natasha Sloss/Moment/Getty Images Standard Maytag Furnaces require pushing a series of commands on the stove or oven instruction pad in order to start self-cleaning operations. The Maytag furnaces with AquaLift self-cleaning technology require the addition of water and the destruction of weakened dirt after the self-cleaning operation is over. For a standard Maytag oven, start self-cleaning by removing the oven racks. If necessary, lock the oven door and press the Clean button on the instruction bar. The standard cleaning time is three hours. If there are self-rotating doors in the oven, it remains locked for another hour of cooling. Using the Maytag furnace, which has AquaLift technology, after removing pour 1 cup of water on the bottom of the oven. Pressing the Clean and Start button starts cleaning cycle. When it's over, any remaining water and dirt must be removed by hand. Our editors self-research, test, and recommend the best products; You can find out more about our review process here. We may receive commissions for purchases made on selected links. If you are used to whipping up homemade meals or hosting friends and family for special occasions, you may be on the market for a larger, more effective device to keep up. Enter a double oven, a real workhorse that can shoot down several dishes at the same time. Although a certain luxury, these furnaces are worth the investment for many households. Here are the best double ovens you can buy. For everything you could ever want in a double oven, consider KitchenAid 30-inch Double Electric Wall Oven. It has the power you hope for, including the EVEN-HEAT True Convection to help maintain consistent and consistent temperatures in both furnaces. It's also aesthetically pleasing. The exterior features a sleek stainless steel and black design with a glass touchscreen display, while the interior is covered with a lovely royal blue hue. There's plenty of cooking space, too. At 5.0 cubic feet in the oven, you'll never run short, even on big holidays like Thanksgiving. This model also includes useful extras that help seal the deal, like two temperature probes to accurately measure internal temperatures without having to open the oven and SatinGlide Roll-Out Extension Racks for easy loading and unloading. After all, you really can't go wrong with this wall model. If you want a double oven but don't have a wall space, this gas range is a great option. You won't believe it can fit in just 30 inches of space: five gas range burners with up to 17,000 BTUs, plus half ovens and full-size ovens that make up 6.0 cubic feet of cooking space. Technology is there, too. Each oven has an even-Heat True Convection and a convection fan to provide consistent and even heating. Other notable features include the SatinGlide Rack, which moves smoothly in, and EasyConvect Conversion, which converts the usual settings into convection settings for you. You'll love how easy it is to clean and maintain too, thanks to a hidden bake element that makes wiping the breeze and a self-cleaning system that works to remove any baked in the canteens. If you have limited space and your home is not set up for gas, but you just can't resist the charm of a double oven, fear not: there is an electric range for you. Although it seems compact, this 30-inch electric range model boasts 7.3 cubic feet of cooking between two ovens, as well as five burner elements. You won't sacrifice power on this electric model, either. Busy families will love the convenience of the top oven. It uses fast heating technology so you can get less power on the table faster. Teh Teh Offers just as quick results, thanks to the 3200-watt dual cooktop elements that come to boil quickly and let you match the size of the item for the utensils. Although there is a much larger selection of electric wall furnaces to choose from, there is a limited selection of gas wall furnaces. Want two, and your choices are even more limited (and expensive!). Up: Models available like this one are quality products that will last you for years to come. This oven has incredible power through several features such as standard baking, innovation, convection bake, infrared boiling, and fan modes. The lower oven also has check and dehydration features for even greater functionality. However, it's efficient, warming up quickly, even a broiler that rises to 1,800 degrees Fahrenheit using 18,000 BTUs. There's all the aesthetics, too. The furnace is made of commercial stainless steel and boasts very large viewing windows and simple analog controls. This double electric wall oven has all the basics and then some. With 4.6 cubic feet of cooking space, the capacity is sufficient. Functionality is where this model really shines through. It uses a warm cooking for baking, broil, hot and warm features that are heated efficiently and evenly. The device has a nice, clean look, too, thanks to a profile that is designed to flush with a cabinetry and heavy metal handles that give a commercial European look. However, you have the ability to touch control that we all learned and love. A two-hour self-cleaning function will keep your sanity. There's no need to wipe anything down, just press the button, and sit back and wait for all that dirt to cook away. Consider it the jewel of all double furnaces: If you have space and budget, this extra-special model is worth considering. Not only does it look sleek and about as professional as you can get, but it's also a real powerhouse. The 48-inch behemoth has an unprecedented 8.25 cubic feet of cooking between two ovens, but offers flexibility. Use a smaller oven for quick heating, but rely on more for basic courses and larger chunks of meat. Cooktop is just as effective, offering six burners and a grille with a full range of heat settings from ultra-low boils to intense boils. There's an added bonus you won't get with most other appliances, too: the ability to customize a double oven. When buying, choose any combination of premium finishes and hardware options, including brushed copper, brushed bronze, brushed black, or brushed stainless handles and handles. No matter which model you choose, one thing is for sure: Double ovens are undoubtedly expensive. So don't be shocked by this sticker price. It still wins as a budget bet because it's relatively cheaper, especially when you consider what you get. It's This. The oven has its own against almost all the other models on this list, but won't sting as much. Two large 4.6 cubic feet of furnaces allow you to tackle multiple items at different temperatures, using even toss technology for consistent cooking. You'll love convenience options, too, including warming settings, delayed baking and accustomed cooking options, as well as delaying the clean option. There's no sacrificing aesthetic, either. This stainless steel and black appliance has a sleek control panel that makes a one-touch cooking breeze. If you're trying to squeeze a double oven in a small kitchen, choose a 24-inch instead of a 30-inch. You'll still get plenty of cooking space, but buy yourself a few extra inches for cabinetry or other appliances. Despite its more compact size, this model will live up to all your expectations. It still has an impressive 6.2 cubic feet of cooking space-lots for everyday use and even enough for holiday cooking. The power matches its larger competitors, too, thanks to AccuBake's temperature control system, which surrounds food with 4 temperatures and uses built-in sensors to continuously monitor the oven temperature. You'll even get some extras to deal with, like keeping a warm environment that helps food stay hot and ready to serve even if dinner is delayed. Why Trust the Spruce This review was written by Brigitte Earley, who has written and edited hundreds of food-related articles and buying guides for various publications over the past 10 years. Brigitte also has extensive cooking experience, having been educated at the French Culinary Institute in New York. She cooks with a 30-inch combined KitchenAid wall oven (microwave oven on top; oven at the bottom). below).

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