

Lumbago - Low back pain treated with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide

By Robert Kopf

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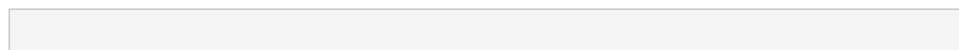
Lower back pain is extremely common. Lumbago is the general term referring to low back pain. Symptoms of lumbago and lower back pain may include muscle ache, pain that radiates down the leg (sciatica), paralysis and numbness in the leg, limited range of motion of the back, inability to stand up straight and shooting, dull, sharp, piercing, burning or stabbing local pain.

Causes of lumbago and lower back pain can be linked to muscle or ligament strain due to heavy lifting, injury or overuse, bulging and herniated or ruptured disks, spondylolisthesis, osteoarthritis (can lead to spinal stenosis - a narrowing of the space around the spinal cord), sacroiliac joint dysfunction, spinal tumors, skeletal irregularities (scoliosis), osteoporosis (can lead to compression fractures in the spine), fibromyalgia, piriformis syndrome (a compression of the sciatic nerve), excess weight, lack of exercise, metabolic disorders, an acidification of the body, depression and anxiety. Also problems in an underlying organ, such as the kidney, may cause backaches.

In this naturopathic adviser, I will give you recommendations how to treat lumbago and lower back pain with homeopathy, Schuessler salts (also named cell salts, tissue salts, biochemistry), herbal tinctures and acupressure. I will present you the most proven homeopathic remedies and Schuessler salts, including the appropriate potency and dosage.

Homeopathy works holistically. It does not treat only single symptoms of lumbago and low back pain. It treats the whole body, spirit and soul. I wish you much success in your treatment, joy of life and especially your health.

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Kellie Stephens:

A lot of people always spent their free time to vacation or go to the outside with them family members or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity that is look different you can read the book. It is really fun for you. If you enjoy the book that you read you can spent the whole day to reading a book. The book Lumbago - Low back pain treated with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide it is very good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. Should you did not have enough space bringing this book you can buy the particular e-book. You can m0ore very easily to read this book from your smart phone. The price is not very costly but this book features high quality.

Terrance Pitt:

Within this era which is the greater man or woman or who has ability in doing something more are more treasured than other. Do you want to become one among it? It is just simple method to have that. What you must do is just spending your time almost no but quite enough to get a look at some books. One of many books in the top listing in your reading list is usually Lumbago - Low back pain treated with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide. This book that is qualified as The Hungry Slopes can get you closer in getting precious person. By looking up and review this publication you can get many advantages.

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