



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.

Robert Kopf

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Mora Miller:

Do you have favorite book? In case you have, what is your favorite's book? Reserve is very important thing for us to find out everything in the world. Each book has different aim or perhaps goal; it means that publication has different type. Some people experience enjoy to spend their a chance to read a book. They are reading whatever they take because their hobby is definitely reading a book. What about the person who don't like reading through a book? Sometime, man feel need book once they found difficult problem as well as exercise. Well, probably you will require this Lumbago - Low back pain treated with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide.

Jennie Miller:

A lot of people always spent their free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you read you can spent all day long 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 extremely good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore simply to read this book from your smart phone. The price is not too costly but this book provides high quality.

Paul Delatorre:

Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you may have done when you have spare time, and then why you don't try point that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Lumbago - Low back pain treated with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide, it is possible to enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't buy it, oh come on its referred to as reading friends.

Dorothy Frazier:

What is your hobby? Have you heard this question when you got college students? We believe that that query was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. Therefore you know that little person like reading or as looking at become their hobby. You need to understand that reading is very important in addition to book as to be the point. Book is important thing to add you knowledge, except your current teacher or lecturer. You find good news or update concerning something by book. A substantial number of sorts of books that can you choose to use be your object. One of them is actually Lumbago - Low back pain treated with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide.

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