



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

*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.

Cases 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.

Acupressure comes from the Far East. During the acupressure treatment special points are pressed, massaged or rapped. As long as the energy is distributed evenly throughout the energy channels (meridians) of the body, the person is healthy. When the energy flow is disrupted, the person is sick. By treating certain points, the energy between the meridians will be balanced and the patient gets enough power to become healthy.

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. You will find more information about health in my other ebooks.

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**Luther Keller:**

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