



**Back pain and Disc disease treated with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide**

*Robert Kopf*

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Backpain is most common in the lower back (lumbago), although it can be felt anywhere along the spine. It usually originates from the back muscles and nerves, bones, joints, tendons and ligaments or disc disease in the spine. The pain is dull, sharp, piercing, burning and can stay in one place or radiate into the arms, hands, legs and feet. Possible are also muscle spasms, cramping, and stiffness.

Causes of back pain include poor posture, an acidification of the body, bending awkwardly, lifting incorrectly, being overweight, lack of exercise, injury or overuse, psychological causes (depression, anxiety, stress), bulging or ruptured disks (press on a nerve), osteoarthritis of the small joints in the spine, a narrowing of the space around the spinal cord (spinal stenosis), spine curvature disorder (lordosis, kyphosis, scoliosis), osteoporosis, spondylolisthesis (a slipping of vertebra) etc.

In this naturopathic adviser I will give you recommendations how to treat back pain and disc disease with Homeopathy, Schuessler salts (also named cell salts, tissue salts, Biochemistry) and Acupressure. I will present you the most proven homeopathic remedies and Schuessler salts, including the appropriate potency and dosage. Homeopathy works holistically. It treats the whole body, spirit and soul.

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), 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.

I wish you much success in your treatment of back pain and disc disease, joy of life and especially your health. You will find more information about health in my other ebooks.

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