Homeopathy for Plantar Fasciitis



The other day, I ran into an old friend, Jessica, an avid tennis player. She said that she and a few other people she knew had recently developed plantar fasciitis.

“Would homeopathy help something mechanical like this?”

“Of course, it can!”

Homeopathy treats the ills of humanity. It doesn’t stop at mechanical conditions or injuries.

Plantar fasciitis, also known as “jogger’s heel,” is a common cause of heel pain in adults. The plantar fascia or arch tendon is a broad, thick band of connective tissue that runs along the bottom of the foot from the heel to the toes and supports the arch of the foot. When problems develop,

the heel can become very painful and feel almost bruised.

The disorder classically manifests in pain that is particularly severe in the first few steps taken in the morning or after a period of sitting but improves with activity.

(Hint, hint. This should be triggering ideas in my students who study homeopathy with me!)

The pain may worsen towards the end of the day. Suspected causes of this problem include standing or walking for long periods on hard floors or a sudden increase in physical activity or weight.

Conventional treatments range from rest, stretching and ice to corticosteroid injections, custom orthotics, night splints and even surgery. Nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin or ibuprofen are usually the first thing allopathic doctors prescribe for this problem.

And we all know the dangers of NSAIDs. If you don't, make sure you *do* before placing it in your mouth). And don't ask your doctor about side effects. They rarely know and if they do, they play them down.

Instead, either read the insert that comes in the packaging (get out your magnifying glass) or go online to get a condensed version.

If you're prudent, this will put a stop to your interest in such stuff.

Homeopathy approaches plantar fasciitis in much the same way as we do arthritis or any other chronic problem in the joint, muscle or connective tissues.

For years, I employed *Rhus tox, Ruta* and *Arnica montana* for

this condition, but after working with the Banerji Protocol, I've made a shift and have found that their method is more consistent.

Their protocol is to use *Symphytum officinale 200C* mixed with *Rhus toxicodendron 30C*, taken twice daily until symptoms improve.

The results I've witnessed are more consistent, and I've encouraged chiropractors to add this to their arsenal. Those who have taken my suggestion have seen the same results as I, and their adjustments last longer.

Once symptoms improve fully, it's time to stop using the remedy.

If you don't have access to the two remedies already mixed, simply purchase a bottle of each and mix them together in your mouth.

Sometimes, when there are cramps in the feet, neuralgic pains in the soles of the feet and/or contraction of the instep with pain when stepping, a secondary choice might be needed. That's when I employ *Causticum 30C,* twice daily until improvement.

I jotted down the protocol for Jessica and how to buy the remedies on my card and asked that she please let me know of her success with it.

Not to my surprise, Jessica emailed me, but it was many months later.

She reported that after taking the remedies for a little over a week, she had no pain at all. The reason it took her so long to get back to me?

She didn't believe it would actually work. And when it did,

she thought for sure it was a fluke. She gave it a few more months, just to be sure.

No drugs with questionable ingredients followed by the promise of a new ill.

Only $20 for a bottle that will likely last for years.

But more importantly, Jessica won her local tennis championship because her feet were back to normal and without the burden of drugs.

What could be more frugal, intelligent and satisfying!