

Ouch! My Back, Joint and Bone Pain is Killing Me!



If you never experience pain in your back, joints and bone don't read this.

But if you do, consider it a valuable tool in finding the homeopathic that will uproot the main cause, as well as the pain itself.

Whether from an accident, overexertion from work, play or even rehab, each of us knows all too well the physical and emotional stress of joint, muscle or back pain.

What sets us apart is how the pain presents. Learn how to determine this, and the homeopathic medicine that's indicated will become easy to choose. You'll find this below.

Over three decades ago, I chose to treat my family with

homeopathy rather than turn to addicting and *dangerous* prescription medications.

Homeopathy provides a gentle approach to reducing or eliminating pain – whether from mild injuries or conditions or from those that require medical attention.

The best part is that homeopathy does more than just reduce pain; it moves the condition forward at a speed that is often unexpected, while also protecting against degeneration.

This means that it sets the body to work so that the condition lasts for a shorter period of time and the suffering is less intense, thereby calming the overall state of being; even better, this is all accomplished with natural medicines that are *not* synthetic or patented.

You may use more than one medicine. Indeed, if two are clearly indicated, then alternate between those two. That is, you might choose *Arnica* 200 to be taken at noon and *Rhus tox* 30 at 1 PM, then return to *Arnica* 200 at 3 PM and *Rhus tox* 30 at 4 PM until there is identifiable improvement.

Once improvement is established, open up the amount of time by a few hours. We're always looking for that sweet spot in time where the homeopathic can do its most efficient work.

[To learn more go to my Podcast 12.](#)

[*Arnica montana*](#) 6, 30 or 200

So, you went to the gym and overdid it. Or perhaps you were just walking along, minding your own business, and the sidewalk jumped up and tripped you! (At least that's your story, and you're sticking to it.)

Arnica montana (mountain daisy or leopard's bane) is my go-to remedy to relieve the joint and muscle pain that is sure to follow overexertion or falls. It's also a beautiful

medicine to use as part of recovery from surgery. An added benefit is that *Arnica* also reduces bruising, which comes in handy for the klutzy amongst us.

[*Bryonia*](#) 6, 30 or 200

Joint pain is especially ... well ... *painful*, as even the tiniest movement of the joint can cause excruciating pain! Sometimes, the only relief comes from being completely immobile. Unfortunately, remaining completely still over the course of the day is all but impossible in the real world. *Bryonia* (white bryony or wild hops) is specifically helpful for this type of pain. Also, if your pain feels improved by applying pressure to the area, that's a good clue that *Bryonia* can help.

[*Hypericum perforatum*](#) 30 or 200

Injuries to the back are so common and taking prescription drugs to treat this pain has reached epic proportions. Lower back pain with shooting pains running down the nerves' paths can be especially difficult to treat. For all nerve-related pain, choose *Hypericum* (St. John's wort). It not only works for this type of back pain, but also pain resulting from aggravated nerves. Think of it when you have dental work or a puncture wound where nerves may be affected, or especially any injury to the nerve-rich areas of your fingertips. Consider *Hypericum* as "the *Arnica* of the nerves."

[*Rhus toxicodendron*](#) 6, 30 or 200

For those times when your joints are debilitating, stiff, and painful when you've been resting for a while, don't rely solely on making grunting noises like your grandpa did as he got moving after too much gardening. Instead, reach in your kit for your *Rhus tox* (poison ivy). It's also brilliant to have on hand if you are in physical therapy ... when joint pain is intense at the beginning of the session but lessens as the joints "warm up."

[Symphytum officinale](#) 6, 30 or 200

Bone injuries can certainly be extremely painful as well.

Symphytum officinale is for any bone injury, bone bruise or even skull trauma. It not only relieves the pain but also assists in healing after a break or fracture has been reset. It's a sterling choice for arthritis and achy joints and is a great accompaniment in 200 to *Rhus tox* 30 for not only arthritis but pains of muscles and tendons.

Join me in learning how to deal with pain of the joints, muscles, bones and back by choosing homeopathic remedies rather than addicting drugs. These gentle, scientifically studied medicines can help you minimize pain without risks.

I've posted a short YouTube video of me explaining this information. I hope it helps you decide which remedy would best suit you and/or your family. I invite you to check out the video (and all the other helpful videos on my YouTube channel) here:

If you buy any of these remedies directly from Boiron, you'll save 20% on your purchase by using the code **Joette** during checkout.

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a large, elegant loop at the end.

P.S. If you find this helpful, I'm certain you'll find my other blog articles helpful, too. I've been publishing this blog for nearly 9 years; many years of practical homeopathic methods for you to learn today and use tonight.

If you don't find the help you're looking for here, try Googling my name and the condition, as I've authored numerous articles for other blogs and journals as well.

Access to these is always free and available for you to share with your friends and relatives.

In fact, that's all I ask: if you find benefit from this information, please share it with others.

Joint, Muscle & Back Pain

Ouch!

 **Joette
Calabrese**
Homeopathyworks



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