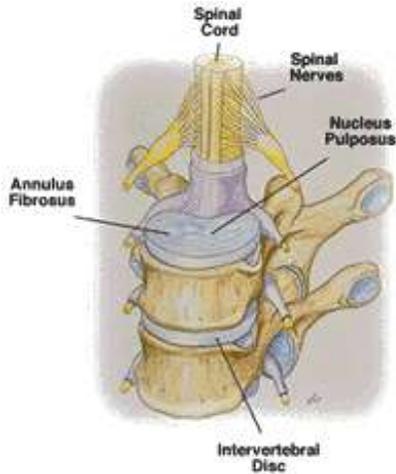


## For backache relief



A backache is the most common reason for seeking professional medical help. In the majority of backache cases the medical cause can not be found. Excessive use of expensive painkillers and frequent visits to the physiotherapist seems to be the only option. There are therapies like,

chiropractic, manual therapy and alexander therapy that also could help. **Homeopathy however is in about 70 per cent of cases effective because it acknowledges that body and mind are one. Lasting health can be achieved when we take that unity of mind and body in consideration. Homeopathy is a safe and natural medicine. It causes no side-effects and combines very well with conventional medication. Homeopathy is an in-expensive medicine because the remedy is included in the consultation fee and on the longer term it reduces g.p. – and hospital visits. Consultation fee € 50.-**

### Contents

- What is homeopathy?
- Homeopathic treatment of backaches
- General backache advice.

Enjoy this newsletter. Regards,  
**Jeroen Holtkamp, I.S.Hom.**

**Homeopathy** is a complimentary system of medicine that applies natural remedies to stimulate one's own recovery capacity from deep within. A wound usually heals of its own accord and acute diseases like the flu, the chicken pox and fever will be overcome gradually in many cases. In chronic disease and complaints like chronic backache this self-recovery capacity is not sufficient enough.

**Although backaches** have a lot in common, each person experiences it in an individual way. These individual experienced symptoms are showing the homeopath in what way our organism attempts to recover. The homeopath prescribes a remedy that would cause a similar but temporary recovery attempt in a healthy person during a trial. A remedy prescription based on this law of similarity will empower the patients' body to get rid of the backache of its own accord.

**The patient describes** the disease in her/his own individual way; explains the disease in her/his personal context; a context that is shaped by his/her own personal history. So, during a consultation, beside the main complaints, automatically other issues, like the history of disease, food cravings and aversions, marriage, etc. will come up. The homeopath encourages the patient to talk in a personal way about her/his symptoms by asking specific individualising questions. The homeopathic consultations are of a holistic nature because of this person-centred and non-directive approach. The homeopath essentially treats the disease as it is perceived by the patient.

**Homeopathic treatment of backache** is focussed on the whole individual and there are many indicated remedies. The indications for prescription of homeopathic remedies are derived from tests on healthy people and clinical evidence. Here follow two examples.

**Nux vomica** is beneficial for patients who are troubled with irritability. They are impatient, ambitious and feel easily offended. They might feel angry at the slightest contradiction. They could be over-sensitive to light, noise and smells. While suffering from arthritic pains they are true workaholics. Their backache is worse at night and causes sleeplessness. Usually they wake between 3 and 4 am.

**Natrum Muriaticum** is indicated when the backache particularly improves when the patients on something hard or presses against the fist or an object. The complaints could be accompanied with headaches or even migraine. The patient can be much affected by a "silent" grief or bereavement and has an aversion to consolation. He/she appears to be too serious, overly proper and responsible. Exposure to sun light seems to make them feel worse in general.

**Homeopathy is effective** in acute back problems. It heals inflammatory based pathology of the spine. The prognosis is worse when structural damage has occurred.

### General backache advice



**Only** do exercises on advice of professional help. **Create** a fixed place for your exercises. **Realise** that you are still recovering when the pains are gone.

**Beneficial factors:** Heat, and variety

of moderate exercises and activities. **Maintaining factors:** overweight and tiredness. **Know your limits; don't wait for the last straw.**

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