



# **Osteoporosis - Treatment with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide**

*Robert Kopf*

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Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone. The bones become weak, thin and brittle. This can lead to painful bone fractures, particularly in the hip, wrist and spine. Women are more affected than men. Symptoms of osteoporosis include back pain, height loss, a stooped posture and frequent bone fractures.

Causes of osteoporosis include hormonal changes and hormonal imbalance, age, eating disorders, metabolic diseases, an acidification of the body, family history, certain medications, alcohol consumption and smoking, lack of exercise, poor diet and circulatory disorders.

In this naturopathic adviser, I will give you recommendations how to treat osteoporosis 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. Homeopathy works holistically and 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) 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.

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

Robert Kopf

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Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could possibly be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the reserve untitled Osteoporosis - Treatment with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide can be fine book to read. May be it could be best activity to you.

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