Homeopathy For Back Pain

with Tanya Renner, CCH, RSHom (NA)
Welcome to the NCH Webinar Series!

Homecare: self-diagnosis, self-treat, and self-manage

This material is offered for educational purposes only. Nothing herein is intended as medical advice nor is any claim made that the comments or opinions expressed herein are approved by any government department or agency. Whenever dealing with a health issue consult a qualified health care provider.
Low Back Pain: the most frequent disabling type of back pain.
What is referred pain?

Pain felt in a part of the body other than its actual source.
Before you start homecare...

Does the injury need to be checked by a medical provider?
Use common sense. Don’t hesitate to get professional help. The better you understand the problem, the better you are able to choose appropriate care and an effective homeopathic remedy.
Imagine there is no such words as ‘hurt’ or ‘pain.’

Burning, Sharp, Cramping, Tension, Throbbing, Tingling, Cold, Pinching, Stitching, Shooting, Squeezing, Stretched ....

1. **What is the feeling?**
2. **What is the worst part about this sensation?**
3. **What is the strongest quality of this sensation?**
4. **What makes it better or worse?**
What specifically is better or worse?

An overall feeling: *I am worse*

A part/location: *My back is better with*
Think like a Homeopath:  

- What caused the problem?
- What were you doing right before the problem developed?
- What makes the problem better or worse?
- Is there anything that makes you feel better or worse overall?
- Does the pain make you want to move or hold still?
- Is there anything specific that intensifies the pain?
- Is it a constant pain? How long does the pain last?
**Position:** Lying, Sitting, Standing ...

**Motion:** 1\textsuperscript{st} movement, Stretching, Twisting, Stooping, Rest, Rising up ...

**Bodily Function:** Sleeping, Eating, Coughing, Sneezing, Urinating, Stool ...

*Case Taker’s observations are important too.*
Sensory Input: Touch, Pressure, Light, Noise, Smell

Temperature: Hot, Cold, Warm room, Cool air, Change in Temperature

Weather: Damp, Rainy, Clear, Stormy, Foggy, Windy, Humid

Better? Worse? What has changed since the injury?
Question Bank: feeling body

Causative or Contributing factors?
• What where you feeling right before the problem developed?
• Common feeling states that bring on a back pain: anxiousness, angry, stressed, tense, over study/single focus, worried, uncertainty, trapped, fear

Change in the feeling body?
• Has there been a change emotional state since the problem began?
• Has the normal emotional state intensified in a dramatic way?
General Inflammation & Pain

**Ferrum phos 6x, cell salt**

Common Dosing: 3-4 tablets, every 3-4 hours for a total of 3 doses per day.

- Ideal for early stage of backache
- Often takes the edge off of later stage backache
- Good choice when you aren’t sure where to start
Bruised and stiff aching

Arnica 30C or 200C pellets, lotion, cream or gel

- Pain immediately after injury.
- Overstretched or overused muscles & tendons.
- The chair and bed feels too hard. Can’t find the comfort zone.

✓ May be taken orally and applied locally at the same time.
✓ Ferrum phos 6x follows Arnica well.

Bruised ache after heavy lifting, digging in the garden for the first time in the spring, an extra long walk or bike ride ...
Initial motion painful, but improves w/gentle limbering

Rhus tox

- Lower back feels stiff and bruised.
- Worse resting too long.
- Restless Body: Moves often to get comfortable.
- Initial moves are particularly painful, but better stretching and limbering. Achy fatigue from overexertion.
- Worse from cold applications and better warm applications or hot baths/showers.

✓ Sciatica or synovitis: cramping, tearing pain, better heat, warm applications, and gentle movement, worse cold, damp.
Arnica and Rhus tox similar in sprains and strains

Both have the same bruised pains and are worse first movement, better limbering up, better rubbing, better warm applications. *The Rhus tox “mood” is generally more irritable or edgy than Arnica.*

In Rhus tox, there is a build-up of lactic acid in tissues causing stiffness, which is why the pain is better continuous gentle motion, heat and massage. In the case of a very recent strain or sprain, pain may be initially better cold until the “heat” in the injury is reduced, but ultimately warm applications improve the pain.

Tosses and turns in bed. Pain is worse from rising in the morning until the muscles warmup and “blood starts flowing.”

When someone has been exercising, the pain may be worse from chilling off after they were overheated. (congestion)
Rhus tox and Ruta similar in strains

- Both are worse first movement and better continued movement, but worse over-exertion.
- Both have pains that are worse in cold damp weather and better with heat and rubbing, especially in adults.
- Rhus tox is more sensitive to cold and Ruta is more sensitive to damp.
- Rhus tox tends to be more restless and edgy.
- Try ruta when everything has healed, yet the lameness remains.

**Ruta**: primary affinity for **tendons, ligaments, cartilage and periosteum**, then deep muscle-big muscles down the back

**Rhus tox**: primary affinity for **muscles**, then nerves, then tendons

☑️ **Primary Sensations**: Rhus tox stiffness. Ruta lameness and weakness.
An Hour Ago: Slipped on the ice. Twisted to break my fall and wrenched my back. I feel like I tore a muscle, maybe more. It's sore! I have to keep moving. When I sit, I have to rub it vigorously!

Two days later: My back is so achy-sore! The pain is better with a hot water bottle on the injury. I can hardly move when I get up in the morning, but once I get going the pain is a little better. By the time I walk to the train station, it's worse again.

1 week later: My back is getting better. The warm Epsom Salt Baths and the heating pad help a lot. Mornings are still worse. Sitting at my desk makes it worse, but it is better if I move around. Mostly my back feels weak.

Remedy Bank: Rhus tox, Ruta and Arnica
Remedy Bank: Rhus tox, Ruta and Arnica

An Hour Ago: Slipped on the ice. Twisted to break my fall and wrenched my back. I feel like I tore a muscle. It's sore! I have to keep moving. When I sit, I have to rub it vigorously! Arnica

Two days later: My back is so achy-sore! The pain is better with a hot water bottle on the injury. I can hardly move when I get up in the morning, but once I get going the pain is a little better. By the time I walk to the train station, it's worse again. Rhus tox

1 week later: My back is getting better. The warm Epsom Salt baths and the heating pad help a lot. Mornings are still worse. Sitting at my desk makes it worse, but it is better if I move around. Mostly my back feels weak. Ruta
Sharp pain, comes on suddenly

Aconite

• Sharp pain come on **suddenly** immediately after injury and especially with **shock to system**.

• Sharp pain after **exposure to dry, cold winds** or made worse dry, cold winds.

• **Mood:** Anxious, Fearful, and Restless or Shock-Like

✓ Nice remedy for Back pain, Sciatica, Earache too when the complaint matches the remedy description
Sharp, shooting pain

Hypericum – “Arnica for the nerves”

• Sharp, shooting pain after an injury to a nerve rich area of the body such as the spine or tailbone.
• Arching the back may bring slight relief.

✓ Nerve pain is often the strongest symptom.
Spasm, twitch or tension

**Nux vom**

- Spasm or tension in muscles.
- Body feels heavy or even lame and “broken down.”
- Exciting cause: dry, cold winds like aconite.
- “Pushing to hard” or over indulging to keep going.
- Worse with motion and cold application.
- Better warmth, hot applications, and pressure.
- Better rest.

Out of harmony: Mood may be tense like his body. Snappish?
Cramping in muscles

Mag phos 6x, cell salt

- Cramping, spasm or tension in back and other body core muscles resulting in lightning-like pain.
- Better hot shower.
- Better warm applications and firm pressure.

Sciatica: Cramping, lightning-like pain, better heat.
Works well for menstrual cramps and leg cramps too the complaint matches the remedy description.

☑ Mag phos 6x works quickest when taken in warm water.
☑ Works well with Calc phos 6x in some cases.
**Remedy Bank:** Mag phos, Nux vom, Aconite, Hypericum

**What happened:** We took the kids ice skating on the pond today, and it was freezing cold and so windy! It was fun at the time, but my family seems to have taken a beating!

Case 1: My five y.o. woke up at 11:00 pm with a high fever and sharp ear pain. His face is bright red. He can't be left alone for a minute; he looks panicky.

Case 2: My husband fell on his tailbone and seemed to be fine, but now he can hardly move the pain is so sharp.

Case 3: I thought this would be a fun activity!! I've been so tense recently. I have been running on coffee and chocolate and a little red wine to unwind in the evening. Now my back is in spasm!

Case 4: My 13 y.o. refuses to get out of the hot bath. She is pushing on her lower back pain with one of those hard lacrosse balls. She is working out a muscle cramp that developed after graceful leaps on the ice.
Remedy Bank:  Mag phos, Nux vom, Aconite, Hypericum

**What happened:** We took the kids ice skating on the pond today, and it was so windy and freezing cold! It was fun at the time, but my family seems to have taken a beating!

Case 1: My five y.o. woke up at 11:00 pm with a high fever and sharp ear pain. His face is bright red. He can't be left alone for a minute; he looks panicky.  *Aconite*

Case 2: My husband fell on his tailbone and seemed to be fine, but now he can hardly move. The pain is sharp.  *Hypericum*

Case 3: I thought this would be a fun activity!! I've been so tense recently. I have been running on coffee and dark chocolate with a little red wine to unwind in the evening. Now my back is in spasm!  *Nux vom*

Case 4: My 13 y.o. refuses to get out of the hot bath. She is pushing on her lower back pain with one of those hard lacrosse balls. She is working out a muscle cramp that developed after graceful leaps on the ice.  *Mag phos 6x*
Increased pain slightest motion

**Bryonia**

- Worse slightest movement.
- **Better** from pressure, **strong bracing** or bandaging or even lying on the affected part.
- Better rest, **local heat**, but prefers a cool room.
- “Back went out” after a sudden jolt.
- **Stiff** and bruised; stands, walks & sits crooked.

✅ Seems odd but some people do well alternating Bryonia and Rhus tox.
Increased pain slightest motion

Bryonia

Case: I misstepped on the stairs and tweaked my back. I can’t even move!! Please bring me one of those really tight back braces, a hot bottle and then if you would go away that would be really nice.

✓ Seems odd but some people do well alternating Bryonia and Rhus tox.
To strengthen and rebuild

Silica 6x and Calc flour 6x
Common Dosing: 3-4 tablets of each, once a day, M-F for 3 weeks.

Or

Elastic Tissue G (Calc flour 6x, Calc phos 6x, Kali phos 6x & Nat mur 6x)
available at 1-800-Homeopathy
Initial motion painful, but improves with gentle limbering. Why does my back hurt so much?
What is your back pain trying to tell you?

- My back is against the wall.
- I am carrying a heavy load.
- I was stabbed in the back.
- This is a pain in the butt.
- I don’t have support.
- I can’t move on.
- I feel burdened.
- I am spineless.
- I can’t bear it.
- I feel stiffed.
- I am inflexible.

- What else do you need right now, beyond a homeopathic remedy?
- How can you shift your relationship to your current situation?
- Is there a pattern that needs to change?
Stand up now. Everyone is doing it.
Strength AND Flexibility

Low Back Pain Exercises

- Cat and camel
- Standing hamstring stretch
- Pelvic tilt
- Partial curl
- Piriformis stretch
- Extension exercises
Nature Heals: nourish & hydrate

Dive into fresh juicy fruits & veggies:

Melons, Sweet Peppers, Tomatoes, Watermelon, Cucumbers, Celery, Lettuce, Berries, Citrus ...

You’re not sick, You’re Thirsty!
(See Book or YouTube Videos.)

✔ Sugar, Refined Foods and Coffee dehydrate.
Nature Heals: re-mineralize

Fall in love with mineral rich foods: Unrefined sea salt, Seaweed, Nuts and Seeds, Leafy Greens, Bone Broths, Sweet Potatoes ...
Draw Out Inflammation

**Live Enzymes in Live Fruits & Greens**

**Live Enzymes:**
*Raw Pineapple and Papaya* on an empty stomach.

**Green Super Foods:**
*Kale, Swiss chard, Cilantro, Parsley*

**Enzymes & Dried Greens**

**Enzymes:** “Wobenzym N” by Garden of Life on an empty stomach.

**Green Super Foods:**
“Raw Organic Green Super Food” by Garden of Life
Dietary Changes?

What’s with wheat? (Search this.)
Cool Inflammation

Turmeric Tea Golden Milk by Wellness Mama

- 2 cups of milk of choice (almond, pecan, coconut...)
- 1 teaspoon turmeric powder or grated fresh
- ½ teaspoon cinnamon powder
- 1 teaspoon raw honey or maple syrup
- Pinch of black pepper to help with absorption of turmeric
- Tiny piece of fresh grated ginger root or ¼ tsp powder
- Pinch of cayenne (optional)

Blend ingredients in a high speed blender.
Gently warm in a sauce pan for 3-5 minutes. Do not boil.
Epsom Salt Bath

Epsom Salt: a naturally occurring mineral compound of Magnesium and Sulfate originally discovered in high levels at the Epsom *Healing Spring* in England. Aids the body in flushing and rebuilding.
Your Questions

Where will you live if you don’t take care of your body?
Resources, homeopathy

We have many wonderful remedies for back pain. Check out these resources.

• **Homeopathy Today, Summer 2010**: “Back in Action!: Beat low back pain with homeopathic healing,” Jamie Oskin.

• *Homeopathy for Musculoskeletal Healing*, Asa Hershoff. Top pick if you are choosing one book.

• *Aspects of Homeopathy: Musculo-skeletal Problems*, Ian Watson. For experienced home prescribers and homeopaths.

• *Homoeopathy for Sports, Exercise and Dance* by Emlyn Thomas. For those regularly working with sports injuries.

• Whole Health Now: 2-Part Back Complaints Course with Joe Kellerstein is for professionally trained homeopaths or students enrolled in homeopathy school. (Not for home prescribers.)
Resources (continued)

- **Homeopathic Research Institute**: www.hri-research.org

- **National Center for Homeopathy**

- For Remedy Relationships: See *Encyclopedia of Remedy Relationships in Homeopathy* by Abdur Rehman if you are a Homeopath or Homeopathy student or a “Relationship of Remedies” Table found in the back of Kent’s Repertory or other repertory.
Resources, general

- **These Bones of Mine** website: See “The Human Skeleton” tab.
- *Deskbound: Standing Up to a Sitting World*, Kelly Starrett
- Free and Pay For **Exercise Programs** are available online. Don’t forget to check out YouTube Videos!
- **You’re Not Sick, You’re Thirsty!**, F. Batmanghelidj. Also see related YouTube Videos by this author.
- **What’s With Wheat?** Inflammation plus more for many people. (Documentary.)
- Learn more about food at FMTV or FoodMatters -- [www.fmtv.com](http://www.fmtv.com)
**Question Bank**
What caused the problem?
What makes the problem better or worse?
Does the pain make you want to move or hold still?
Is there anything specific that intensifies the pain?
Is it a constant pain? How long does the pain last?

**What specifically is Better or Worse?**

**An overall feeling:** I am A part: My

- Position: Lying, Sitting, Standing, etc.
- Motion: First movement, Stretching, Twisting, Stooping, Rest, Rising up, etc.
- Bodily Function: Sleeping, Eating, Urinating, Bowel Movement, Coughing, Sneezing, etc.
- Sensory Input: Touch, Pressure (light, firm), Light, Noise, Smell, etc.
- Temperature: Hot, Cold, Change in Temperature, Cool Room, Warm Bed, etc.
- Weather: Windy, Damp, Rainy, Clear, Stormy, Humid, etc.

**Causative & Contributing factors? Change in the feeling body?**

Describe where you were and what you were doing before this happened.
What where you feeling right before the problem developed?
Common feeling states that bring on a back pain: anxious, angry, stressed, tense, over study/single focus, worried.
Has there been a change emotional state since the problem began?
Has the normal emotional state intensified in a dramatic way?
Many people with back pain do well with 30C.

What about potency?

**More sensitive 30x or 12c**

You...
- Require less medication than the average person
- Avoid certain foods
- Are sensitive to changes in environment
- Have difficulty with confrontation
- Identify yourself as “sensitive”

**More Robust 30C**

You...
- Tolerate medications easily
- Can eat “anything”
- Express a wide range of emotions and are not effected by other people’s emotions
- Enjoy a stable mood and high energy throughout most days

*Always use 3x-12x potencies for homeopathic cell salts.*
What about frequency?

**Potency:** 30x or 12c (sensitive) or 30c (robust)

**Potency-Cell Salts:** Always in 3x-12x, decrease number of pellets and frequency for the sensitive individual.

**Dosing:** follow the instructions or 1-3 pellets per dose

**Frequency:**
- Every 15 minutes for very recent strong clear symptoms.
- Every couple of hours for strong symptoms.
- A couple doses a day for milder symptoms.

**When to stop?**
- Stop as soon as symptoms start to improve. Re-start if the same symptoms return.
- If there is no improvement after 3 doses, stop and try a different remedy.
- If there is no improvement after trying 3 different remedies, stop and contact your health care provider or a professional homeopath.

Back pain often requires more frequent dosing and patience than some other complaints.
Q: Can homeopathic cell salts be taken more frequently than higher potency remedies?
A: Yes, generally homeopathic cells can be taken more frequently than higher potency remedies, but as always, dosing plans should be individualized.

Cell Salt Education

*Homeopathic Cell Salt Remedies* by Nigey Lennon and Lionel Rolfe
Super great book, especially for homecare use!

“Gentle Little Souls” Excellent introductory article Miranda Castro.  
[http://www.mirandacastro.com/articles/CellSalts.htm](http://www.mirandacastro.com/articles/CellSalts.htm)

Excellent 110 minute audio with 9 pg. handout by Kim Kalina.  
[http://www.uheal.net/teaching.htm](http://www.uheal.net/teaching.htm)

“Nurture Your Inner Athlete with Homeopathic Cell Salts”, Tanya Renner,  
Homeopathy Today, Summer, 2015
Q: Can I take multiple homeopathic remedies at once?

A: Most remedies should be taken individually as indicated, but some cell salts also act nicely when combined. Please see your cell salt resources for a more detailed discussion.

Within the homeopathic cell salt system, some practitioners do not recommend taking the following remedies together in the same dose:

- Calc sulph 6x & Kali mur 6x
- Nat sulph 6x & Nat mur 6x
- Silica 6x & Calc sulph 6x

For advanced homeopathy study about remedy relations refer to *Encyclopedia of Remedy Relationships in Homeopathy* by Abdur Rehman.
Always consult a qualified health care provider if you are dealing with health care issue.

This material is offered for educational purposes only. Nothing herein is intended as medical advice nor is any claim made that the comments or opinions expressed herein are approved by any government department or agency.
A Special Thank You To Our Sponsors!
Greetings

About the presenter: Tanya Renner, CCH, RSHom(NA), is a holistic wellness coach, homeopath, passionate educator and speaker. She is dedicated to helping people discover their innate, natural power for healing and growth. In addition to classical homeopathy and gemmotherapy, she has studied herbalism, flower essences, nutrition and Inspiring Homeopathy, and has been certified in CEASE Therapy.

Tanya served as a Core Faculty member and Co-Administrator of the Teleosis Homeopathic Collaborative, LLC from 2010 – 2015. She has a private practice in New Hampshire where she combines her experience as a wellness coach and homeopath in working with clients.