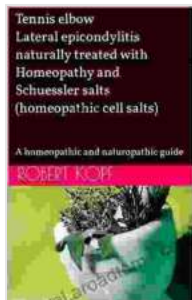


Tennis Elbow Lateral Epicondylitis Naturally Treated With Homeopathy And



Tennis elbow - Lateral epicondylitis naturally treated with Homeopathy and Schuessler salts (homeopathic cell salts): A homeopathic and naturopathic guide

by Robert Kopf

★★★★☆ 4.6 out of 5

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Tennis elbow is a common condition that causes pain on the outside of the elbow. It is caused by overuse of the forearm muscles that extend the wrist. Tennis elbow is most common in people who play tennis, but it can also be caused by other activities that involve repetitive use of the forearm muscles, such as carpentry, painting, and typing.

The symptoms of tennis elbow include pain on the outside of the elbow, tenderness to the touch, and pain when extending the wrist. In severe cases, tennis elbow can make it difficult to perform everyday activities, such as lifting objects or opening jars.

Conventional treatment for tennis elbow includes rest, ice, and pain medication. However, these treatments only provide temporary relief from pain and do not address the underlying cause of the condition.

Homeopathy offers a natural and effective way to treat tennis elbow by stimulating the body's own healing response.

Homeopathic Remedies for Tennis Elbow

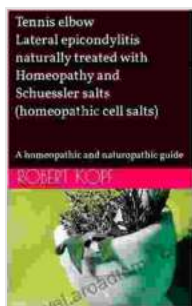
There are a number of homeopathic remedies that can be used to treat tennis elbow. The most common remedies include:

- **Arnica:** Arnica is a homeopathic remedy that is used to treat pain, swelling, and bruising. It is a good choice for tennis elbow because it can help to reduce pain and inflammation.
- **Ruta graveolens:** Ruta graveolens is a homeopathic remedy that is used to treat injuries to the tendons and ligaments. It is a good choice for tennis elbow because it can help to strengthen the tendons and ligaments and reduce pain.
- **Rhus toxicodendron:** Rhus toxicodendron is a homeopathic remedy that is used to treat pain, stiffness, and swelling. It is a good choice for tennis elbow because it can help to reduce pain and inflammation and improve range of motion.
- **Ledum palustre:** Ledum palustre is a homeopathic remedy that is used to treat pain, swelling, and bruising. It is a good choice for tennis elbow because it can help to reduce pain and inflammation and speed up healing.

How to Use Homeopathic Remedies for Tennis Elbow

Homeopathic remedies can be taken orally or applied topically. To take a homeopathic remedy orally, dissolve 3-5 pellets in a glass of water and sip it slowly. To apply a homeopathic remedy topically, dilute it with a little water and apply it to the affected area. Repeat the dose 3-4 times per day until the symptoms improve.

Homeopathy is a safe and effective way to treat tennis elbow. By stimulating the body's own healing response, homeopathic remedies can help to reduce pain, inflammation, and swelling. Homeopathic remedies can also help to strengthen the tendons and ligaments and improve range of motion. If you are suffering from tennis elbow, consider trying homeopathy as a natural and effective way to relieve your pain.



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