



Tennis Elbow - Lateral Epicondylitis treated with Homeopathy and Schuessler salts (homeopathic cell salts): A homeopathic, naturopathic and biochemical guide

Robert Kopf

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Tennis elbow, or lateral epicondylitis, is a painful condition on the outside of the elbow caused by strenuous overuse of arm, forearm, and hand muscles. It is an inflammation of the tendons that join the forearm muscles and the outside elbow bone.

The symptoms of lateral epicondylitis are worsened with forearm activity, such as holding a racquet, shaking hands, bending the arm, squeezing objects or by moving the wrist with force. Tennis elbow specifically involves the area where the muscles and tendons of the forearm attach to the outside bony area of the elbow.

In this naturopathic adviser, I will give you recommendations how to treat tennis elbow with homeopathy, Schuessler salts (also named cell salts, tissue salts, biochemistry) and herbal tinctures. I will present you the most proven homeopathic remedies and Schuessler salts, including the appropriate potency and dosage.

Homeopathy works holistically. It does not treat only single symptoms of tennis elbow. It treats the whole body, spirit and soul. I wish you much success in your treatment of lateral epicondylitis, joy of life and especially your health. You will find more information about health in my other ebooks.

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