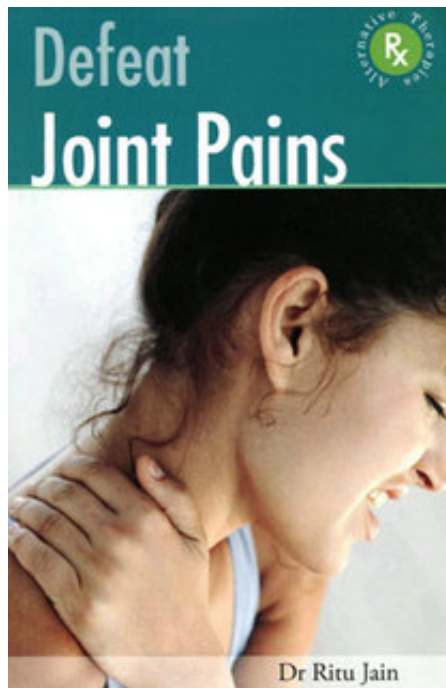


Ritu Jain

Defeat Joint Pains with Homoeopathy

Reading excerpt
[Defeat Joint Pains with Homoeopathy](#)
of [Ritu Jain](#)

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Preface

My purpose in writing this series of books is to provide the general public information on homoeopathy as well as on some other alternative therapies and their uses in particular health disorders like joint pains, asthma, diabetes, high blood pressure, back pain, constipation etc.

People now wish to take more responsibility for their own health. An increasing number want to understand what they can do themselves to prevent illness and, if they do become ill, to understand the causes and determine how they can help themselves recover. Homoeopathy offers a simple, effective, extremely safe, and relatively inexpensive way of accomplishing this—provided it is practiced with common sense.

By understanding the basics of homoeopathy you will be able to take better care of your physical, mental and emotional well-being. In the market, thousands of homoeopathic remedies are available. This book aims to clear the mysteries surrounding homoeopathy and will help you to make an informed choice about homoeopathic self-treatment.

It is my kind request that under no circumstances, however, should patients suffering from serious ailments (or those uncertain of their ailment) consider self-treatment. They should always consult a well-qualified experienced homoeopathic physician.

Defeat Joint Pains with Homoeopathy & others Alternative Therapies is a practical, jargon-free book for all those who are suffering from joint pains and are taking allopathic painkillers, steroids etc. and getting temporary relief with no cure in sight. Moreover, constant use of allopathic medicines causes numerous side-effects which include damage to the liver, kidneys, heart and reduced immunity. This book will help these people to understand the cause and nature of their joint pains and then make them aware about specific homoeopathic remedies as well as other alternative therapies including yoga, acupressure, diet & nutrition which will help them recover rapidly and permanently.

Highlights of the book are as follows:

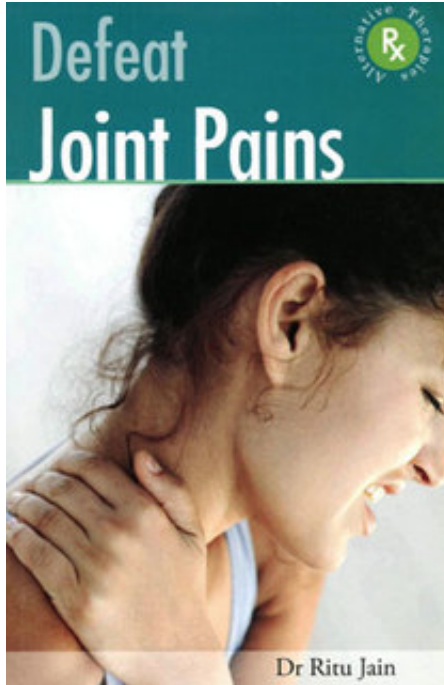
- + Information on homoeopathy—All the questions that you always wanted to ask have been answered. This will help you understand the basics of homoeopathy and integrate it into your healthcare
- + Many figures, diagrams and illustrations have been included to make the topic interesting and easy to understand
- + Various types of joints and their structure and functions have been properly explained

- + All disorders which cause joint pains have been covered:
 - Sprains & Strains
 - Arthritis—Rheumatoid arthritis, Juvenile rheumatoid arthritis, Infectious arthritis, Osteoarthritis
 - Gout
 - Bursitis
 - Tennis Elbow
 - Carpel Tunnel Syndrome
 - Tendinitis
 - Dislocation
 - Bunions
- + Every aspect of each disorder has been explained in easy-to-understand language—Causes, Symptoms, Lab investigations, when to consult a doctor, Treatment and management & Prevention
- + Under homoeopathic treatment, only those remedies which have been found very effective in a particular disorder have been listed with their indicated symptoms and dosages. This makes the choice of remedy very effortless
- + In addition to homoeopathic treatment, the following complementary therapies have been included:
 - Bach flower therapy
 - Home remedies
 - Acupressure
 - Reflexology
 - Herbal therapy
 - Hydrotherapy

- Yoga
 - Diet & nutrition
 - Juice therapy
 - Massage
 - Exercises
 - Physiotherapy
- + With the help of the above-mentioned additional information the patient can complement the homoeopathic treatment with other suitable therapies to get maximum benefit in the shortest time

Above all else, as you work your way through this book, keep in mind a message of hope. Whether your disorder is recent or lifelong, you are walking a road taken by many others. They are still travelling, but the road is getting easier as they move ahead rather than stand still. From this book you will learn treatments that are based on research, evidence and experience. They work—and they will work for you. All the best with your journey. Now it is time to begin . . .

Dr Ritu Jain



Ritu Jain

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