



Metabolism and Metabolic syndrome - Treatment with Homeopathy, Schuessler salts and Acupressure: A homeopathic, naturopathic and biochemical guide

Robert Kopf

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The metabolism involves a complex network of hormones and enzymes. Metabolic syndrome is a group of risk factors linked to the body's metabolism and include increased blood pressure, high blood sugar level, excess belly fat and abnormal cholesterol levels. Any of these conditions increase the risk of serious disease like cancer, heart attack, heart disease, stroke, diabetes, cardiovascular disease, atherosclerosis and osteoarthritis.

Causes of a disturbed metabolism and metabolic syndrome are insulin resistance, an acidification of the body, metabolic disorders, a weakness of the digestive glands, hormonal change and hormonal imbalance, environmental factors, certain medications, mental problems, chronic health conditions, obesity, nonalcoholic fatty liver disease, polycystic ovary syndrome, a lack of minerals and vitamins, lack of exercise, a family history, poor nutrition and overeating with food that contains too much fat, salt, sugar, flavor enhancers and sweeteners.

In this naturopathic adviser I will give you recommendations how to treat the metabolism and metabolic syndrome 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. It 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), 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, joy of life and especially your health. You will find more information about health in my other ebooks.

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