

Sciatica Pain :

Relief with Tuning Forks

Sciatica is one the most common nerve pain problems that effect men, women, and children. The sciatic nerve starts at the sacral plexus, in the lower, goes downward through the pelvis through the hip joint and down the back of the thigh. It is the longest nerve in the body. As a medical intuitive/healer, I know that sciatica can be related to spinal problems, lower back injury, poor circulation, poor posture, emotional stress, overwork over exercise or indigestion.

There are many ways to teat sciatica, but I believe the best way is holistically with tuning forks which should relieve the sciatica long term.

If sciatica comes from a lower back injury, I select acupoints (see Pain Relief with Tuning Forks book) on the painful area as well as lower back and use a combination of the nerve fork, circulation fork, and the oxygen fork. In this way, the pain will go away quickly, and the client will enjoy relief long term because the injured lower back is healed at the same time.

Overwork or over unbalance, leading to low Yin, which causes internal heat causing sciatic nerve inflammation. Acupoints are used (see Tuning fork books, Pain Relief, Endocrine, Stem Cells, Lymphatic system, etc.) to balance Yin and yang to clear away the inflammation and remove the pain.

Holistic Medicine (Acupuncture, Acupressure, Chiropractic, Reiki, Sound Therapists, etc.) teaches that the liver and the spleen are in charge of the muscles, tendons and tissue. Sciatica always combines with swollen of the gallbladder and the stomach.

Preventing sciatica is an important as treatment, I suggest eating locally grown organic in season fruits and vegetables. Work, rest and play on a balanced schedule. If you over do it, get rest immediately, or get a tune-up with your locally certified Tuning fork Practitioner. Practice vibrational yoga, tai chi, Qi Gong or other body stretching exercises for the prevention or healing of sciatica.

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