

Heel or Bone Spur

Written by Delores A. Hampton
Sunday, 26 August 2012 14:13

An often painful calcium deposit found on the bone. Most commonly it is found on the heel, but can be found on any bone including neck, spine, arms and legs.

Arnica and Chamomile– External Purposes: Make a poultice from these two herbs by placing them in a towel. Place the poultice on the bone spur.

Bromelain (from Pineapple) and Curcumin (from Turmeric)- Internal Purposes: Contain anti-inflammatory properties and are said to alleviate pain.