

Bone Spur Testimonials

Hi Everyone

Several of us nurses have had wonderful relief and "healing" for our plantar fasciitis and heel spurs using Cistus, applying it before bedtime and twice during the day. Of course foot exercises are a must to stretch the fascia. If the pain continues and you are on your feet for long hours, a podiatrist can make inserts that will help long-term. It took me a year to get total relief from the pain before I discovered Young Living! This painful experience taught me to thank my feet every night for carrying me around all day, by massaging them with a moisturizing lotion, to which I add an oil of my choosing and putting on a pair of cotton socks. This keeps them soft, smooth and uncomplaining while getting rid of those awful calluses that crack and bleed. Appreciate your feet, folks, or they will refuse to take you anywhere! Julianna

Hi Jan and everyone

We have had great results using RC oil to dissolve the calcium deposits or bone spurs. We've been rubbing it on location and it works wonderful! I also agree that the person should be taking a good Calcium/Magnesium supplement like Super Cal or Coral Calcium. Blessings, Grace Hays

Hi Jeannie

RC is great on spurs. Just rub a little on the spot every night and morning. I knew a postmaster who was about to go into disability retirement because she had such severe spurs on her feet. She had been to specialists and all kinds of doctors and nothing helped. She walked so lopsided, it was sad to see. I gave her a bottle of RC and said, "You've tried everything else, now try this and see if it helps." She called me less than 2 weeks later and was elated because one foot was noticeably better. After several more weeks, no pain in that one foot and the other was tolerable. Now she has no pain whatsoever and talk of retiring is gone! Julie

Hi Friends in Young Living

Just wanted to add my experiences with RC and bone spurs. Way back in December 1996, I had just received my second YL order, which was the

Golden Touch 1. In a Frank Burns newsletter was a testimonial about RC and heel spurs. What a blessing that was.

At my church we had our Christmas Special on a Saturday evening and one of the members had arrived solo. When asked about her husband's whereabouts she told us that he had a heel spur that was so painful that he could not walk at all and a visit to the doctor only resulted in being told that he was to need surgery. Not good just before Christmas. Not good at any time if you ask me.

I recalled what I had just read and gave her my "precious" bottle, begging her not to pour it on but just take 2 drops and rub in every 2 hours or so. She took it home. Next morning at church there she and husband walked into the church. He had used about 6 drops (2 drops 3 times) and woke up in the morning with no pain. And it never did come back. Wow, we were impressed. The member and her husband are still in my downline ordering month after month after all those years. I'd say knowledge at the right moment combined with the right ingredient surely pays off. Hugs, Margarete

Good day Carol

I have used RC in RT for a gentleman for this particular irregularity along his spine and he had great, immediate relief. He was amazed and I was thrilled to be able to be a messenger.

Yours sincerely, Jeanette Reb

Hi there

I may have some ideas as I have had a very similar problem for about 2 years. I have not successfully been able to stop it but I do have pain reduction using a Thyme, Basil and Peppermint on the bottom of my foot. I feel this crystallization around the area and so I work it with the oils. I also suspect that some Birkenstock shoes may take care of this problem, at least stop it from getting worse. Maybe there is a pressure on one area of the foot causing the issue. I will keep you posted if it does help me. In the meantime, these 3 oils have helped and I noticed that when I added the Basil, the pain dispersed from the concentrated area to the whole foot and so then I have started massaging the whole foot and ankle regularly. I hope that this at least helps. I do plan to have mine looked at so that I know what is happening and can treat it accordingly with natural means as I would never allow any cutting to take place in my body either. All the best, Robyn

Hello

A friend had a bone spur on her heel. After taking BLM for 5 days the pain was gone. She had cortisone shots from the doctor that did not take the pain away like the BLM. Amy Young Lapp

Hi

For immediate pain relief, I would opt for PanAway, Ortho Ease and probably try Regenolone as well. Long term, RC is supposed to dissolve bone-spurs. Boel (pronounced Boo-el)

(For shin splints) Toe tap exercises and paper cup filled with water frozen - peel the paper away and rub the shins down every day with the ice. Marisa

I had a heel spur and I used RC on it. It took about 3 weeks applying it morning and night. I haven't had any problem since with it. That has been about 6 months. Also a friend of mine had one and she was getting shots for it and not helping it. I gave her some RC and she has no problem with it since. Laconda

Hi Oilers

I have had good results with Alfalfa for bone spurs the minerals seem to dissolve them. So maybe try the minerals or check out VitaGreen for the alfalfa content. Usually takes a few weeks for this to happen. Peggy

Jeri

I had a bone spur in my hand, at the base of my thumb. I was at convention and Gary Young was touting the wonders of Idaho Balsam, so I bought some and got good pain relief but continued long past getting home, maybe three weeks and then suddenly realized that I was no longer applying the oil to the spur - it just wasn't there! So try that if RC isn't working and if Idaho Balsam doesn't work try something else, but it won't be overnight! Anna

RC on my heel worked beautifully to get rid of my bone spur. First I put Valor all over the bottom of my foot and then I rubbed RC on the heel. Within a week the pain was gone and a month later the x-ray showed the bone spur was gone. Debbie Hurley

April

I am writing on behalf of Donna Bivens. She said her husband was experiencing heel spurs. Since she is new to the oils, she tried Purification and Lavender. He doesn't have any problems with the heel spurs anymore and is very sold on the oils. Rosemary

I have had personal success with Cistus for healing a heel spur. After visiting a podiatrist weekly for a month for whirlpool and taping of my foot, a few drops of Cistus was given to me in massage oil. I applied it in the evening and morning and was pain free in less than two days. This was a year and a half ago [May 1999] and I have not had a recurrence. I sent some to a friend who got painful heels after playing tennis on a hard court. She had almost immediate relief. Ten days ago I sent a small sample to another friend who has been seeing doctors for two years with spurs in both heels. I saw him five days later and he told me his heels were 95% healed and that it was the first day in two years that he was not wearing gel cushions in his shoes. Joan Anderson

I have also been dealing with a heel spur. What it feels like is that the entire heel area is badly bruised. Walking on it at all was excruciating. I tried gel pads in my shoes, but those just felt like I was raising up the back part of my foot, making me off balance. My spur is probably 85% gone now after about three months of faithfully working on it. What I have found most helpful is the following: RC - four or so drops neat massaged onto the heel every morning. Wait about 4-5 minutes then add Exodus II - a couple of drops neat massaged onto the heel. Wait a few minutes more and add Animal Scents Ointment (or Rose Ointment) on the heel to seal the oils in. The longer the oils are in contact with the skin the better they work. If I were diligent enough I would probably do this twice a day, but since I work fulltime it is not really convenient for me to do so. So it has taken longer to see the best results. When I do this, I get real relief, not total yet but I am close. If I forget to or run out of the oils, I pay for it in a day or so. I also bought those Crocs shoes for when I am at home because they are much more comfortable than most shoes. I had seen in previous posts that RC worked to dissolve bone spurs and one of my downline had success with RC for his wife's heel spur, so I was more than willing to try. Then I heard in a discussion that Cassia also dissolved calcium deposits, which is what a bone spur is. So since Cassia is in Exodus II, I decided to add it to the regimen. I am convinced that it is really working, although you have to be patient. Terry Price

Bobbie

My sister-in-law was successful in healing her heel spurs using Wintergreen on her feet every night and morning. She had 3 and after a month of using the Wintergreen, her X-rays showed that one was completely gone and another one almost gone. Of course she kept using the Wintergreen! Have a healthy day, Lynne Anne

Idaho Balsam Fir and PanAway can help in addition to RC. I had a friend that got rid of a heel spur using RC and Idaho Balsam Fir. Kathaleen

Mary Jo

I have a friend that successfully used RC and Wintergreen twice a day for spurs in her thumb and finger joints. That was over a year ago and she still has no pain. Janie

Hi Jill

When I was at the Maui training, someone mentioned that bone spurs are caused by not having enough calcium in the diet or by calcium not being absorbed. She said that BLM and MegaCal have been known to help. So that's what I ordered and started on. It's been a month since taking the products and I do believe that my toe (where I have the spur) is finally feeling better. RC did not help me, although it's helped others. I needed to get at the cause. Happy oiling, Jeannie

Veronica Frierdich

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