Surgery: Answering Your Questions

Time certainly flies, doesn't it?

It's hard to believe it was way back in 2012 I wrote the blog post entitled, "Anticipating Surgery? Homeopathy Can Help." However, even though it has been five years, that surgical protocol can still be quite helpful to you.

Over time, you've also sent me other questions as well, both in the comment sections of my blogs and also on social media.

So, I would like to take a moment to answer some of them. Of course, I am not your doctor nor am I there with you, so I can't address questions about specific cases. But, I am

happy to help clarify any confusion you may have as you further your homeopathic education. Last week, we covered whether *Arnica* is safe to use before or after surgical procedures (I told you about plastic surgeons who recommend the SinEcch™ brand of *Arnica* to their post-surgical patients.)

Here are four other questions I hear time and again:

1. What is the preferred remedy for post-anesthesia issues?

My earlier blog post mentions *Phosphorus* and *Nux vomica* to counteract ill effects from anesthesia, such as headaches and nausea. However, I also want to mention *Camphor* 200 – one dose/one day. This is a powerful medicine to help clear the slate of the ill effects of anesthesia (as well as the myriad drugs one is given before, during, and after surgery).

(I teach more about *Camphor* on the blog "Stop It! How to Antidote a Bad Drug Reaction.")

2. Is there a special homeopathic method to address a sore throat that occurs after intubation?

A sore throat resulting from intubation is not your typical sore throat – it's an injury! As such, there are certain remedies traditionally used for injuries; specifically, *Arnica* 30, a few times per day. When the pain recurs, it's time to take another dose. For instance, if it recurs within three hours, then that's when it's time for the next dose. Frequency is generally based on specific needs as dictated by pain or other presenting symptoms.

Additionally, because *Ferrum phosphoricum* addresses inflammation in tender areas, *Ferrum phos* 6 is taken in the same manner (alternating with the *Arnica* 30). (Remember to scroll down to download your free remedy card.)

3. What if I have emergency surgery and am not able to prepare for it homeopathically?

I urge folks to start where they can. Granted, yes, the protocol is generally designed to start the night before surgery. But for instance, 25 years ago I had a completely unexpected emergency surgery. I certainly didn't have the luxury of starting the protocol the night before.

That's why I was sure to take my kit with me to the hospital! I started where I was. Once I knew I would have the surgery in the next hour or so, I started with my first dose of *Arnica* right then. Also, my husband came into the recovery room to administer the next dose as soon as he could get to me.

4. And what about the anxiety before surgery?

I didn't do it at the time, but I could have taken *Gelsemium* 6 or 30, which would have helped defend against potential anxiety of the forthcoming event. I actually just didn't think to take it. My brain had turned to mush, as is wont to happen to most of us in a situation like that.

I relish receiving your questions, but sadly, there's not enough time in the day to answer every single one (although I try). Rest assured your questions don't go unnoticed, and I hope to do more of these Q&A blogs from time to time. Plus, I also want to share another surgical protocol with you – after the New Year. So, as always, stay tuned!

Warmly,

P.S. I hope the information in my blogs and podcasts help to educate you as you endeavor to provide healthcare to your own family.

I know though, for me at least, I learned so much more efficiently and effectively in a study group atmosphere. Plus, it was a lot more fun to learn! Should you be interested, I offer a guided study group curriculum called Gateway to Homeopathy,

Learn more about homeopathy with your friends and family in the relaxed environment of your homes or online. My curriculum takes you by the hand each step of the way.

There are quite a few study groups starting after the holidays that you can join – or start your own! What better time to commit to learning more about homeopathy? Make it your New Year's Resolution.