Get Back in the Game: Hernias and Homeopathy



“I thought hernias could only be eliminated with surgery! You mean your hernia is gone from taking homeopathic remedies?”

Marcus was unconvinced.

Yet his squash partner, David, was indeed better.

And he had to admit, the bump was gone when only last week their game had been canceled because of it.

Even David’s doctor acknowledged the recovery. But not after re-reading the chart.

Only months before the hernia, David had surgery for his torn meniscus and suffered relentless nausea and headaches from the anesthetic, so when the inguinal hernia made an appearance, he opted for another way.

His wife had been using a homeopath for their children for years, so he thought he’d give it a whirl, only half believing it could help.

The homeopath explained that she had seen many hernias such as his and that sometimes the remedy resolved the difficulty in short order; sometimes it only aided the pain. David’s hernia wasn’t painful, so he hoped that was a good sign.

She also explained that although he was on blood pressure medications, the homeopathic remedy would not interfere with the meds or his blood pressure.

Homeopathy also has a reputation for being non-addictive and without any side effects.

This was more than what David bargained for, but when she told him the cost of the little pills was $15, it seemed too good to be true.

The remedy the homeopath suggested was *Lycopodium,* but she said it wasn't the only one they might work with.

Part of her decision to use it was also based on the fact that David suffered from bloating any time he ate rich foods.

He asked if this would be resolved too. "It's likely to be the first issue to be relieved," was her answer.

"If that's so, I guess this must be why my wife and family have been so adamant about me making this appointment."

The very next day after taking the remedy, David's mom made homemade strawberry ice cream (his favorite), and instead of the usual swelling and belching, he was quite comfortable after eating a bowl.



In fact, he went back for seconds – and admittedly thirds when no one was looking – but no bloating. Only half-heartedly, he thought, "If this is all I can get out of this

remedy, I’ll be happy.”

Yet a few days after his ice cream binge, he noticed his hernia was smaller.

And a week after that it was gone! How’d it get back in there?

But he really didn’t care. It was enough to know he didn’t need surgery.

Homeopathy has a reputation throughout the world for addressing diseases that are considered only surgical cases, only with a simpler, safer, more inexpensive method.

Homeopathy is the medicine of the future. And it has another convert in David.

His squash partner, too.