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## Homeopathy Safe Medicine

Searching for safe medicine. Exposing dangerous drugs and vaccines.

Tuesday, 8 July 2014, Source: Ontario College of Homeopathic Medicine

### Surgery? How Homeopathy can help

Having surgery, whether dental or otherwise, can be a stressful, painful and restless time for all those involved. Surgical treatment is often accompanied by anxiety and anticipation as well as shock and injury, which can feel as painful as the operation itself. This list below illustrates several homeopathic remedies which can help to alleviate the discomfort experienced, whether physical or emotional.

They can be used alongside, and in accordance with any conventional medicine which you have been prescribed.

**Arnica** - this is the first choice of remedy for shock and bruising. Take Arnica 30C immediately after surgery, and then whenever you feel necessary. If you are particularly scared of the treatment, then take the remedy before the surgery as well.

**Calendula** - this is specific for open cuts and wounds and is used externally by applying as a cream or diluted tincture to the area around the incision. Please note, Calendula heals rapidly and can seal dirt into the wound so ensure the wound is clean before applying

**Hypericum** - this remedy is predominantly used if you have injuries to the nerves, when the pain shoots along the nerve tracks. Hypericum is often used instead of Arnica, or if Arnica does not work, after operations to areas such as the nose, fingers, toes, eyes, ears or gums

**Phosphorous** - this remedy will stop excessive bleeding after an operation, such as a tooth extraction. In addition, it can help alleviate the post-anaesthetic "spaced-out" feeling

**Staphysagria** - consider using this when you feel that the operation has invaded your private space, such as rough dentistry or childbirth involving an episiotomy or forceps delivery. In addition, Staphysagria is also useful when the pain or scars are slow to heal.

**See A Naturopath prior to any surgery (dental or other ones) for what is best for you!**

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