Homeopathy Approach for Pain Management and Surgery

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Homeopathy is a gentle, yet extremely powerful form of alternative medicine. In its capacity to mitigate pain, swelling, inflammation and general suffering, it has been greatly underrated and, dare I say, under-appreciated. In my studies and practice which began in 2004, I have seen that using well-chosen single remedies or, in complex cases like surgery or complicated injuries, specially compounded combination remedies during pain or after surgery can significantly reduce the perceived need for pain medications. I use the word "perceived" here as pain is a relative and highly personal experience. What one person experiences as "comfort" may vary vastly from the person sitting next to them!

I think my greatest post-surgical success was with myself as "guinea pig"– my first two children were born via emergency cesarean section - which is major abdominal surgery on top of childbirth! After the surgical anesthesia wore off, I avoided ALL conventional pain medications simply by taking homeopathic remedies liberally when pain first began to return… and I was in very little discomfort through the entire process. Another major success I have personally had is with Gallstones - as of 2026, I have passed over 250 stones since 2004 and still have my gallbladder. Even with colics that lasted as long as 6 hours, with the liberal use of well chosen homeopathic remedies, I have never taken a conventional pain med for them nor had surgery, pancreatitis, blockages or gallbladder infections. Then there's migraines, but that's a story for another time. Suffice to say, I have used no

Tips from the Clinic…

- If you are **using a liquid remedy** (which you would definitely do for surgery/complex injury mixes that I make), you will **Shake/Succuss** the liquid remedy 2-5 times before each dose for best results. **Liquid remedies are ideal** when doses will need to be repeated over and over, as in when there is intense pain.

- **Dosing:** Taking regular doses in the first few days to weeks after surgery is very helpful to keep pain levels to a minimum, mitigate swelling and inflammation and reduce the need for conventional pain medications.

- **Stay on top of the pain.** When you first notice the pain coming back, easing in, you notice your body is becoming uncomfortable, restless, you become nauseated, slightly agitated, anxious, or irritable (or however you begin to feel DIFFERENT than you felt before)… this is when you want to take another dose of the remedy. **You can REDOSE AS OFTEN AS EVERY 10-15 minutes during acute pain.**

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- **ONLY DOSE AS NEEDED.** I know this is hard, but don't think you need to "stay ahead of the pain like you do may need to do with conventional pain meds. Homeopathic remedies work fairly quickly and deeply when well chosen or formulated.

- **Response rate**: Some people will notice the soothing effect of a remedy in a few minutes. For some it may take 10-30 minutes to "kick in". Knowing how you personally respond to remedies will help you increase your success rate in pain relief.

- **When do you start the next higher potency/new bottle?** When you notice that a remedy is not giving you the same relief it once was, it is either 1) Time for a new potency/next bottle, or 2) Time for a new remedy (if symptoms have changed). After surgery, especially in the first week, it's usually the case that it's time for a new potency/next bottle.

- **Benefits**: In Clinic, Homeopaths have observed that homeopathic remedies can help reduce the risk of infection, help reduce the formation of scar tissue, increase the rate of healing and boost emotional/mental health.

- **For intense pain situations**, you may have to repeat the remedy every 5-15 minutes (I have done this 1000's of times in acute pain such as for gallstone colics, cluster headaches, migraines, postpartum pain, after surgery and with freshly broken bones…)

- **As you get further into the healing process**, your need for these post surgery remedies will decrease and "situation specific" needs will arise. For example – in Joint replacement scenarios, you may have continued swelling, infection, stiffness, ligament issues, sharp pains, etc. We can address these homeopathically with specific remedies. **In addition to the homeopathic work**, beginning/continuing bodywork with my husband Bill will be highly beneficial to help your body learn to find comfort again, to ease pain and stiffness and to help you adjust to your new "bionic" parts and changes. I have seen some amazing rehab stories come out of his studio! You can learn more about Bill's work here https://ashevillesystema.com/about-bill/

If you have questions or need help at any time,
please reach out to me ASAP via TEXT or PHONE.
My direct number is 828-707-1290.
Blessings on your healing and recovery!

Christina

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