



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

HOMEOPATHIC REMEDIES

Homeopathy - A therapeutic system developed by Samuel Hahnemann based on laws of “similars.” The premise is let “likes” be cured by “likes.”

More and more people are depending on homeopathic remedies as an alternative way of healing. Whether from the flu to surgery, these remedies have proven to give relief from many symptoms and physical problems.

We have used many of these remedies in the office and would like to make you aware of a few that we highly recommend to assist you in your healing process:

ARNICA - 30X Used to help reduce swelling and bruising
Take 4 tablets 4 times a day (16 tablets/day)

This homeopathic remedy has helped to reduce bruising and swelling in many of our patients by as much as one half. It comes in two strengths 30X and 200X, however we recommend the 30X. You may start taking it 4 days before surgery and continue for 2 weeks after.

BROMELAIN - 500mg Prevents swelling, inflammation, and bruising
Take 2 tablets 3 times a day in between meals

Bromelain breaks down debris and detoxifies the body. Since this detoxifies the body, you should drink plenty of water while taking this remedy. Start four days prior to surgery and continue until all bruising is gone.

For women who are antibiotic sensitive and often develop a secondary yeast infection as a result of taking antibiotics, there is a wonderful product that helps restore the “friendly floras” found naturally in the intestines. Oftentimes taking an antibiotic destroys this flora, and you can replace it with acidophilus. It can be purchased in pill or liquid form - both forms must be refrigerated. We recommend Jarro-dophilus. This is to be taken every day, twice a day as long as you are on antibiotics. (if you are yeast prone, you may want to take this product once daily all the time)

One more word about homeopathics... try not to touch the pill directly, instead tip them out into the cap and then from the cap to your mouth. They are to be taken under the tongue and dissolved (they taste wonderful).