

Traumatic Injury Homeopathic Therapy.

There are many homeopathic remedies highly effective for all aspects of traumatic injury such as sprains, strains, muscle/tendon tears, joint injuries, compressive blows/contusions, head injuries, just to name a few. Homeopathic medicines can be used alone or along with any standard medicine. Standard medicines are basically palliative, meaning, they help suppress the pain, limit the inflammation, or act as antibacterial. Whereas, homeopathic remedies do all that plus work deeply to support your body natural ability to heal itself, without any negative side effects.

For optimal benefit, to select the proper remedies, each situation with each person would be assessed individually as there are many possible remedy options with a lot of potential cross over. However, this is not always possible or appropriate in some situations. Thus, listed below are some of the historically top remedies to help with a traumatic injury.

Arnica 200, two doses (once at in the morning, once at night)

Ruta graveolens 200c, two doses daily

Symphytum officinal 200c two doses daily

If radiating nerve pain: **Hypericum perforatum 200c** (until such pain stops)

(if injury is severe dosing may be more frequent, like every ½ hr until you notice some improvement, then space dosing further apart like every 3-4hrs)

Continue until very much better. (if after a appropriate time frame significant improvement is not realized, then a different remedy may be called for).

Arnica addresses initial trauma including pain, bleeding, and swelling into the tissues that occurs with any such injury. **Ruta graveolens** to deal with the injury and stretching the tendons. **Symphytum** for its ability to help fuse partial tears back together. (Symphytum is from comfrey also known as knit bone. **Caution:** Symphytum should not be used for any bone breaks that are not yet set). **Hypericum** is for nerve pain (like sciatica, shingles, etc).

Helpful hints;

Before or when you start this protocol jot down some notes of your current observations;

Pain level (rate 1-10, ten being worse)

Note quality of the pain or injury (stabbing, throbbing, burning, tingling, numb)

What makes it better or worse (better/worse with rest or movement, better/worse with pressure/touch, better/worse with hot/cold)

What are your emotional symptoms (fear, anger, want comfort, want to be left alone)

If initially your pain is very high you may wish to use the Arnica 200 more often, say 3-4 times a day, until the pain level begins to subside, then reduce to 2xD as indicated.

After the entire protocol of 14 days, update your notes (above). What/how has this changed. If all symptoms are better, stop the protocol. If significantly better but not completely, then repeat again. If no improvement at all, on any level, it would be appropriate to see a professional homeopathic doctor for further evaluation, a different remedy or protocol may be in order.

Remedies should be taken 15-20 minutes away from any foods. Avoid strong foods/substances like peppermint tooth paste, mouthwash, perfumes, essential oils, as they may antidote your remedies. Medicines will not affect remedies except topical and pain patches containing mint, camphor, or other strong smelling ointments.

Remedies should not be touched by your hands. Drop correct amount into cap and disperse directly under or on your tongue.

Potencies and dosing is not like medications. You cannot overdose with homeopathics. A higher potency remedy is not a stronger remedy, simply a different energetic formula. A lesser potency does not necessarily work any less than a higher potency. It's all about matching the correct potency with the type of condition. If one potency does not work, then maybe a different potency will (but need to allow sufficient time for the remedies to work).

For more indepth information on homeopathy and how to use which remedies and when, please consider our 8-week homeopathic study group. We host regular study groups at our office and online. The more you know the better it works.

Disclaimer

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The Homeopathic study group, or individual consult, is a coming together and a sharing of information to serve a common desire to support and achieve health in the client. Working towards health by using Homeopathy is a process of individual awareness and growth, which values and encourages a person's active participation and responsibility.

We provide general information to help people understand homeopathic healing, but it is not a substitute for personal medical advice from your health care professional, medical physician or homeopathic physician. We value the importance of medical diagnostics and communication between all modalities in order to best serve the client. Thus if you have a medical condition it is important you communicate with your doctor. Thus Homeopathy does not replace conventional medicine, and in case of concerns, on going health issues, or an emergency, you should always seek the opinion of your doctor or visit your local Hospital's emergency department. It is advised you continue any treatment or medicine you are already receiving from other modalities/ practitioners as usual. Do not discontinue your treatment without consulting your doctor first.

The uses for products and homeopathic remedies we discuss are based on traditional and current homeopathic practice. They have not been reviewed by the Food and Drug Administration. Any products purchased thru us are as any retailer/customer relationship and only provided as a retail service and convenience to the client.

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