



HOMEOPATHIC HELP FOR SPEEDY RECOVERY

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I had both my children "airlifted" but I still managed to use some of my natural birth education both times: I took a homeopathic remedy religiously after both surgeries.

[Yehudi Gordon's](#) advice for post-operation is to take four remedies (each in 200c potency) 4 times a day for 3 days, then 3 times a day for 4 days. *Arnica* is the main remedy for trauma. *Hypericum* is good for nerve trauma after an epidural. *Bellis Perennis* is to assist healing of deep tissues. *Calendula* to speed up the healing of the scar. The first time I had one bottle with the four combined remedies prepared by the [Royal London Homoeopathic Hospital](#). The second time, I mixed them up myself - I bought the liquid and the four remedies in granules.

Does it really work? Who knows... but I can tell you I always had quick recoveries. Plus there's no harm in trying!

-Michela

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