



SPORTSHERNIA.COM

Advanced Medical Treatment for Sports Related Hernias

HOMEOPATHIC THERAPY

For Pain Control and to Promote Healing After Hernia Surgery

Start three days before surgery:

1. **Arnica Montana 12C** - Reduces inflammation & bruising

Take 5 pellets sublingual three times a day.

2. **Bromelain 500 mg** - Reduces inflammation & swelling

Take 1 Tablet twice a day with a meal.

Start 12 hours after surgery:

1. **Arnica Montana 12C** - Reduces Inflammation & bruising

Take 5 pellets sublingual three times a day.

2. **Alpha Lipoic Acid 300 mg** - Reduces inflammation & nerve pain

Take 1 Capsule once a day

3. **Bromelain 500 mg** - Reduces Inflammation & swelling

Take 1 tablet twice a day

4. **Ginger Root 550 mg** - Reduces inflammation, prevents nausea

Take 1 Capsule twice a day

5. **Super B-Complex** - Reduces nerve pain

Take 1 tablet daily

6. **Turmeric 500 mg** - Reduces inflammation and nerve pain

Take 3 tablets once a day or in divided doses.

This Homeopathic Therapy regimen was kindly shared with me by Dr. Shirin Towfigh of the Beverly Hills Hernia Center.