



## HEAVENLY HERBS and ACUPUNCTURE SHERYL SANCHEZ, LAc.

8093 Skyway  
Paradise, Ca. 95969  
(530) 877-7003

### PRE and POST-SURGERY RECOMMENDATIONS ©

Start these herbs 3 days before surgery, and continue on them after surgery (until the bottle/package is empty!).  
(Of course, follow your M.D.'s pre-surgery instructions also!)

'Traumeel' - Contains 'Arnica', a homeopathic remedy, excellent for healing muscular-skeletal injuries such as sprains, strains, bruising, etc. This excellent herbal combination forms a wonderful anti-inflammatory, analgesic product that will really heal all tissues (organs, ligaments, tendons, bones and nerves!!)

Comes in either liquid or tablet form (and topical crème). Always take sublingually (or under the tongue). Preferably take .5 hour before or after eating/drinking. However, if this seems hard to manage, don't worry about it and take them when you remember!!! The important thing is that they are taken!

    Tabs - Take 4 - 3x/day

    Drops - Take 20 drops: 3x/day

    (Crème - Use after surgery on incision area.)

'Yun Nan Bai Yao' - a Chinese herbal formula for bleeding and pain. Can be used both externally (apply to cuts, especially those that won't stop bleeding, and even deep wounds) and internally (for any kind of internal bleeding, including pathogenic menstrual bleeding).

Recommended pre and post-surgery to minimize bleeding and to speed healing of wounds. This herbal combination is not contra-indicated for those that are on blood-thinners (Warfarin, Coumadin), and also will not actually cause coagulation. (This is why this remedy is so valuable!)

    Caps - Take 2 - 3x/day

(Using this combination of herbal remedies will result in amazing the MD's with your wound healing and increased recovery period, guaranteed!)

Other recommendations:

1) Go on regimen of high dosages of antioxidants at least one week before surgery: Vitamin C (3000-6000 mg, to bowel tolerance), Vitamin D (2000-5000 IU), Selenium (500-700 mg), Pycnogenol/Grape Seed Extract (300 mg) daily and Astragalus.

