

# Classical Homeopathic Counseling

Ellen F. Bench, D. Hom., H.M.C.

Please call (406) 777-5875 for scheduling. Email [info@homeopathyinformation.com](mailto:info@homeopathyinformation.com)

## RECOMMENDATION SHEET

For Common Surgical Procedures and Dental Procedures

### Preceding the surgery:

Turbo tm Injury Combo and Protect Self: (available in spritz or pellets) Use 3 doses per day for 3 days.

### Following surgery:

Turbo tm Injury Combo: for pain 1 pellet every 5 min. repeated over and over 3 times in a row. Continue with 1 pellet hourly 3 times in a row. Continue 1 as needed for pain to facilitate rapid healing and pain relief. You can take more often if needed following PT or movement or less if unnecessary for up to 2 weeks commonly. When healing is complete discontinue the remedy.

Turbo tm Protect Self: should be used one dose daily for the hospital stay duration and discontinued when back home. If in an extended care facility use one daily to avoid infection.

Turbo tm Calendula Tonic: Recommend use from the spritz bottle directly on the incision 3 times a day or at change of dressing. This procedure helps heal significantly faster and with minimal scaring with minimum chance of infection. No topical antibiotics are necessary when using Turbo tm Calendula Tonic topically. This tonic may be used as an oral rinse by spritzing 3 spritz in 2oz water, swish for 10 seconds and swallowing it. No other mouth rinses will be necessary with evidence of pain relief and diminished bleeding (common w/extractions).

Turbo tm Injury Combo: contains Arnica there is no need to use Arnica separately. The remedy includes remedies promoting healing for muscle, soft tissue, tendons, ligaments, cut/surgical wounds, bone damage/breaks, nerves and the pain from trauma.

For wounds that fail to heal timely or complications, we recommend a consultation for the specifics. This is a general protocol with recurrent good results.

Please call with any questions for your personal, individualized instruction.

**HOMEOPATHIC REMEDIES DO NOT INTERFERE WITH ANY MEDICATIONS OR HERBAL TREATMENTS. THEY HAVE NO SIDE EFFECTS. (See hospital form attached.)**

**Remedies as a pellet or spritz are to be administered one at a time under the tongue in a clean mouth free of food, flavor of toothpaste, and/or mouthwash.**

For any aggravation / healing crisis that you may have the desire to medicate (example a headache or rash) **diluting the remedy will usually diminish or shorten your old or familiar issue.** Please follow these instructions:

1. Place 1 pellet in a bottle of 8 oz. of pure water. Let the pellet dissolve, cover the bottle with a secure lid, and vigorously shake the mixture.
2. Take about a teaspoon of the mixture, swish in your mouth for approximately 10 seconds, then swallow.
3. Save the remaining mixture for future needs. The less you use a remedy the better. Be conservative.
4. If you have an emergency use 911, now care or your emergency facility.

Classical Homeopathic Counseling  
Ellen F. Bench  
Homeopathic Master Clinician Since 1993

Hospital Disclosure

Date: \_\_\_\_\_

To: Hospital \_\_\_\_\_

Attn: Physician \_\_\_\_\_

Homeopathic Remedies are diluted natural substances in nano doses which are targeted to the nervous system promoting balance and rapid healing.

Homeopathic Remedies are FDA regulated and documented safe for all ages.

They do not interfere with any medical treatments, procedures, anesthesia, or pharmaceuticals prescribed.

Homeopathies provided by this office facilitate rapid healing and interface well with the common goal to bring our patients to rapid optimum health. Homeopathy is safe for pregnancy and newborns with no toxicity or side effects.

Herbal and food supplements are not recommended by this office and are not homeopathic remedies.

Herbs work differently as physical doses than nano doses unique to homeopathic remedies.

Any additional information required about homeopathic remedies or the recommended protocol for this patient is encouraged by contacting my office.

Thank you for your professionalism and consideration for the choices and rights of this client.

Ellen F. Bench D. Hom., H.M.C.  
Homeopathic Master Clinician

I give permission for a family member to administer homeopathic remedies as indicated. I have been advised that homeopathic remedies do not interfere with any medical procedures or medications. Homeopathic remedies are being used to facilitate rapid healing and pain relief.

Submitted for:

Name \_\_\_\_\_

Address \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

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