



healthcare for the whole family

Sometimes Surgery is Unavoidable

Q: My doctor thinks I should have a hysterectomy. Is there anything I can do to prevent this surgery?

A: No matter how hard you try sometimes there is no getting around the need for surgery. Many women ask me about hysterectomies (removal of the uterus). Sometimes surgeries can be avoided, but often they can't. If you have severe symptoms, it is best to have it removed. If you have to have a surgery, preparation makes all the difference. The best case scenario is to see your naturopathic physician one to three months before your surgery. They will put you on a pre-surgery regime to build up your system. Some supplements will need to be avoided right before surgery. These may include Vitamin C, E and essential fats. Other nutrients are fine to continue right up until the time of surgery. Some supplements should be taken one to three months post operatively. Patients feel better with preparation and find the recovery quicker. Many patients have commented to me that their surgeons are very impressed with their healing.. It is important to prepare for all surgeries.

Be proactive in your health!!