

Trauma

What Is Trauma?

Trauma is used to describe any situations or experiences that may leave a person feeling distressed or in emotional or physical pain. Trauma can be overwhelming and make a person feel powerless. It can therefore be detrimental to a person's mental and overall physical wellbeing.

What Causes Trauma?

Any number of life events such physical trauma, surgery, wounds, or injuries can be traumatic and the effects can be long-lasting. The effects are often psychological or emotional, so it isn't easy to determine. An individual may choose to repress their trauma to get on in daily life. On the inside, however, the trauma remains and can manifest itself in various ways in the affected individual. Ultimately, this will affect the mental or physical wellbeing of the sufferer.

Trauma FAQ

Q: My son just had cochlear implant surgery and is unable to move his head because the surgery site is still too swollen. I am looking for methods to reduce the swelling in order for him to feel like his normal self again. Any advice?

A: Start with 2 x 80,000IU Serrapeptase, 3 times per day, 30 minutes before a meal and then gradually reduce to 1 twice a day as he gets better. Temporarily stop taking Serrapeptase 24 hours before an operation and restart 24 hours afterward to help the healing process. Treatment with HealthPoint™, an electro-acupressure device, has proved to be highly effective in treating postoperative swelling and has been used by physiotherapists with great success.

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“First of all, I would like to thank you for your excellent product. I used it last year as part of my recovery plan from surgery for a spinal lymphoma, and my surgeon was flabbergasted (literally) at my quick recovery. I have also recommended it to my 76-year-old father who tells me that it has transformed the pain in his arthritic knees.”

-G.

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Follow the Health Plan as recommended for the best results:

TRAUMA HEALTH PLAN

The following health plan is designed to provide relief for trauma. When combined with a naturally healthy lifestyle, it's possible for symptoms to improve significantly and for good health to follow.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief – in order of priority:*

- **SerraEnzyme 250,000IU** - SerraEnzyme Serrapeptase 250,000IU is needed to get this very difficult condition under control. Take 1 or 2 capsules x 4 times per day, 30 minutes before eating a meal with water and then the last dose before bedtime. Reduce to 1 x 3 after a good relief.
- **Ancient Minerals Magnesium Oil Ultra** - This supports muscle, joint and ligament health. Massage into the leg, neck, back and shoulder areas of trauma muscles on a daily basis after a shower.
- **HealthPoint™** - Use daily on acupressure points in areas of trauma for effective results. This stimulates acupressure points and relieves pain. **(See www.dovehealth.com for more information.)**