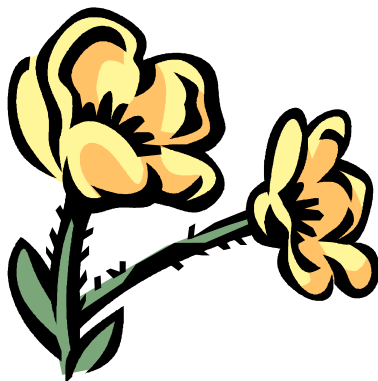


# Health eFX Wellness Center

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## A Brief Overview of



## Homeopathy

### *Homeopathy: What is it?*

Homeopathy: For some MD's (Medical Doctors), it is a post graduate medical specialty. For some ND's (Naturopathic Doctors), it is one of several primary therapies that they offer their patients. For some therapists, it is their specialty and their only offering to the public.

Homeopathy is a scientific medical practice which treats every patient as a singular entity; not all headache patients will receive the same remedy or remedies for their complaint. Each patient has his or her own personal history, their genetics, their particular exposures to disease, accidents, emotional events, spiritual paths, and specific traumas. Homeopathy treats the whole person. It is the totality of the person that homeopathy seeks to treat, rather than to focus on the sickness or the diseased feature. It is homeopathy's treatment of the whole person, the totality, which makes it a holistic regimen of therapy.

Persons who practice homeopathy have either finished their professional medical training and added homeopathy as a postgraduate specialty, trained in homeopathy during their naturopathic education, or studied homeopathy singly at a homeopathic institute.

Homeopathy uses remedies that are made from natural sources in the mineral, plant, and animal kingdoms. They are prepared by the standards and procedures of the Homeopathic Pharmacopoeia of the United States far beyond their origins to become precisely manufactured products that are potentized for predictable results. It is not herbal medicine. It is not mineral supplementation. It is not animal extracts. The samples are diluted and shaken at each stage of production for the highest effect at each level. It is the Law of Infinitesimals, or great dilution, that makes this discipline work. In this case, less is more. But we will explain that in detail later.

### *Homeopathy: How does it work?*

By its Latin roots, *homeo* means "like" and *pathy* means "suffering". So, homeopathy means "like suffering" or "like disease".

## ***Homeopathy: The philosophy***

Man does not become sick in part; the whole of him becomes sick: body, mind, and spirit. The body will manifest symptoms in the illness, but the physical body is not the origin of the illness. At death, the physical body remains, but it is no longer curable. That which is curable has left the body. The vital force has left the body. An imbalance in the vital force is the origin of the illness. The symptoms expressed by the body, mind, and the spirit are simply the signposts telling of that imbalance. Homeopathic practitioners use those symptoms to select a remedy especially for that person in his illness, but the remedy is a potentized substance having an energy force. That energy force acts on the vital force. Once the vital force returns to balance, the person heals himself.

## ***Homeopathy: Three Principles***

Three principles are the bedrock of homeopathy, and have gone unchanged for centuries, their truth continually re-demonstrated through successful treatment of the sick.

The first principle is "*similia similibus curentur*", or "like cures like". The symptom picture of a patient is taken through observation, possible tests, and interview. The homeopath matches that picture with the behavior of a remedy, lending particular attention to the unusual features of the patient.

The second principle of classical homeopathy is that of the single remedy. The homeopath uses one remedy at a time to the sick person to allow clear observation of the patient's response. Sometimes the homeopath will give a remedy at 9:00 a.m., another at 11:00 a.m., and so on until five remedies have been given in a single day. Other homeopaths will give multiple remedies that are in harmony with one another for a specific disease state, for example varicose veins in the lower extremities.

The third principle is the minimum dose. To reduce any adverse effects, the homeopathic practitioner gives the lowest possible dose so as to maximize the beneficial effects and minimize the effects of the medicine.

## ***Homeopathy: What is its history?***

The concept of "like cures like" goes back to Hippocrates, the Father of Medicine, who lived in the 5th century B.C. It was known by Paracelsus, the German physician, in the 1500's. But it was Samuel Hahnemann, a German physician born in 1755, who formalized this concept into a scientific system of medicine which survives today. His first edition of the *Organon*, the basic book of homeopathy, was published in 1810.

Dissatisfied by the medical practices of his day, where many of his patients were not getting better, Dr. Hahnemann gave up the practice of medicine to become a translator of medical books to support his family. When translating Cullen's book, *Materia Medica*, he found an unusual discussion on the use of the Peruvian bark, Chinchona. When Dr. Hahnemann experimented with the bark, he developed an intermittent fever. He then used the substance to successfully treat a woman who had the symptoms of recurring fever.

Extremely lower doses created stronger responses to the remedy, and the platform of homeopathy had begun. Each remedy is tested with a double blind method using a remedy to be proven and a placebo. Nobody knows who is getting which remedy until after the testing is finished. Careful records are kept as to the reactions of the volunteers. These records provide the basis of future use of the remedy using the three principles mentioned earlier. The testing is called a **proving**.

Hahnemann observed that he had difficulty with adverse effects on administering the remedies to patients, and invented the practice of "potentizing" them. This process consists of consecutive dilutions of the remedy, each dilution followed by agitations of the solution. This both activates the solution and reduces the physical dose of the remedy. Observations concluded that this process reduced side effects while raising the benefits.

## ***Homeopathy: Treatment***

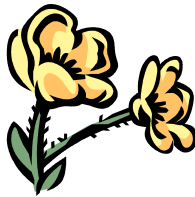
Homeopathic treatment can be offered for acute or temporary short term complaints, as well as chronic or long standing complaints. It is like a vaccination, where a minute amount of something (a virus that is killed and cannot reproduce) is put into a patient. In the case of a vaccine, the patient's body raises an army to fight an intruder that is a fake (not alive), but represents what a live intruder would look like. In Homeopathy it is similar. The patient's internal protection, its immune system, and its biochemical balance network called homeostasis, react to the homeopathic remedy. This sets up responses on a molecular level where the remedy reprograms the chemical computer of the patient, and the patient's own body creates the actual rebalancing chemicals necessary for a return to health. The human body rarely creates substances toxic to itself, nor does it create overdoses. These factors help explain the effectiveness of homeopathy.

## ***Homeopathy: Common Sense***

Now that you understand something about the workings of Homeopathy, you need to know how to take the remedies. Pellets should not be handled or touch your skin. The skin has oils and salts that would contaminate the remedy. Dispense a pellet into the cap, then transfer the pellet from the cap directly under your tongue.

Homeopathics should not be taken within 20 minutes of food or drink, or brushing the teeth. Coffee and minty teas will reduce or nullify the benefits of homeopathics. Pharmaceutical drugs and over-the-counter medicines should be taken at least an hour after homeopathic remedies.

Finally, while homeopathy is natural and the results can be truly astounding, it is not the right answer for every situation. Your Homeopathic practitioner is your best guide to sensible suggestions about your Homeopathics. Teamwork between your Homeopath and your other healthcare specialists will provide you with the best healthcare possible.



This informational pamphlet is provided to you by the

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