

HOMEOPATHY AND YOU

WHAT IS HOMEOPATHY?

Homeopathy considers each person as a whole, and recognizes that each person is a reactionary unit, constantly responding to influences of all kinds. It is based on the law of similars, the theory that “like cures like”. For example, any medically active substance can produce a set of symptoms in a healthy person; a bee sting causes pink, swollen skin with a stinging, burning sensation. *Urticaria* is a skin condition with symptoms similar to those produced by a bee sting. The administration of *Apis Mellifica*, a homeopathic remedy made from bee venom, can alleviate the symptoms of *Urticaria*. In other words, certain substances can cure symptoms that are similar to the symptoms they cause if taken in large amounts. You will find this same basic principal in the theory behind immunization. When a child is immunized, a tiny amount of an irritant is introduced into his or her system. The child may have mild symptoms like a fever, but when exposed to the illness for which he was immunized, he will not be susceptible to it. Since symptoms are actually evidence of the efforts of the body to re-establish balance and health, it makes sense to choose a treatment that aids the body in this task rather than simply covering up the symptoms of an illness.

Homeopathy considers each person as a whole, and recognizes that each person reacts uniquely to the constant influences of all kinds we’re exposed to every day.

THE INFINTESIMAL DOSE

The amount of medically active substances in homeopathic remedies ranges from barely detectable to completely undetectable. In fact, the more diluted a remedy is the stronger it gets. The infinitesimally small dose is critical to the success of homeopathy. Many remedies are so diluted that the medically active substances from which they were originally made cannot be detected by current analytical methods. The infinitesimally small dose spurs the immune system to react against the homeopathic remedy and, simultaneously, the illness itself. Some wonder if the placebo effect is at work here. In his book **Discovering Homeopathy: Medicine for the 21st Century**, Dana Ullman, MPH, states that these remedies have been effective in treatment of animals and infants, and it is highly unlikely that the placebo effect could be at work in these cases.

DOSEAGES OF HOMEOPATHIC REMEDIES

The dosage is the degree of potency of a homeopathic remedy. It’s important that you take the correct dosage of a remedy. Because remedies act in a similar way to a reaction, they must be given in amounts that will help a reaction without making it worse. The more serious the condition, the higher the potency required.

Acute symptoms appear suddenly and will go away without treatment. These may include common ailments like coughs and flu. Chronic symptoms are deep in the body and are long term. Asthma, chronic constipation, and long-term menstrual difficulties require higher potencies of a remedy. Chronic conditions should be treated by a licensed homeopath who can prescribe the proper remedy and dosage for you.

MAKING HOMEOPATHIC REMEDIES

Ingredients for homeopathic remedies are chosen carefully. They come from plant, animal and mineral substances. The **Mother Tincture** is a super concentrated basic substance from which the same remedy in different strength is derived. A **Mother Tincture** is prepared by soaking the ingredients in alcohol for 3 weeks. It is diluted to 1/10th or 1/100th of its original strength. Each dilution is shaken by a dynamizer⁵, which causes molecular agitation in the substance. If the shaking process is omitted, the remedy will not be active. To ensure purity of homeopathic remedies, many manufactures prepare them only in a strictly controlled environment.

HOW SAFE ARE HOMEOPATHIC REMEDIES?

Homeopathy and its remedies are recognized by the U.S. Pharmacopia and the FDA as safe and acceptable over the counter remedies. Because the medically active substances in homeopathic remedies occur in infinitesimally small amounts, homeopathic remedies are non toxic, with no known drug interactions between homeopathic remedies and traditional pharmaceutical products. Thus, the person who is taking an allopathic (conventional) drug for high blood pressure could also take a homeopathic remedy for another condition without fear that the homeopathic product would interfere with the blood pressure medication.

CARE AND ADMINISTRATION OF HOMEOPATHIC REMEDIES

Homeopathic remedies are sensitive to exposure. To preserve their effectiveness, here are a few tips:

- Homeopathic remedies should be protected from all volatile substances. Don't keep them in your family's medicine cabinet because they could be exposed to perfume, ether, or other diffusible substances that could neutralize them
- Try not to expose remedies to excessive light and extreme temperatures
- Keep them tightly capped
- Do not eat 30 minutes before or after taking a remedy
- Do not take a remedy with your hands. You might neutralize it. Use the container they come in as a dispenser or pour the amount of pellets you need in the bottle cap
- Allow the medicine to dissolve under your tongue. Drops can also be taken under the tongue or in a glass of pure water
- Avoid ingesting mint or brushing your teeth with mint toothpaste before or after taking the medicine. Mint can neutralize a remedy
- Smoking or exposing remedies to smoke can disrupt successful treatment. Drinking coffee can have the same effect

THE BOTTOM LINE

The efficacy of homeopathic medicines has been substantially documented via double blind clinical studies published in The Lancet's British Journal of Clinical Pharmacology and in German, Indian and other medical publications. The *British Medical Journal* recently published a review of homeopathic research that showed homeopathic remedies effective in 81 out of 105 controlled clinical trials.

Homeopathy is extremely popular in Europe. The British Royal Family embraces it and the French social security system pays for homeopathic treatment. Homeopathy offers many people freedom from the side effects of conventional medications. We offer homeopathic remedies as a safe and natural alternative to pharmaceutical drugs.