

WHAT IS HOMEOPATHY

Homeopathy is a safe, effective system of medicine that uses tiny doses of specially prepared substances which stimulate the body heal itself. Homeopathy was developed into a medical system in the late 1700's by Samuel Hahnemann, a German physician who was disillusioned with the abrasive and damaging medical practices of his day. It has been used successfully now for over 200 years and is practiced in almost every country in the world.

One of the fundamental principles of homeopathy is 'like cures like.' Which is to say, if a substance can cause symptoms in a healthy individual, it may be effective in alleviating those same symptoms in a sick patient. For example, if a patient is suffering from itchy, water eyes and a nasal discharge (typical allergy or hay fever picture), a homeopath might suggest *Allium cepa* (a homeopathic made from the common red onion), because an onion causes similar symptoms in a healthy individual.

Homeopathy is very safe because of the diluted nature of the remedies. During the process of manufacturing, the remedy may be diluted literally hundreds of times. For example, a common 6x potency is a 1 in 1,000,000 dilution! Thus, homeopathic remedies are more energetic than chemical in their activity (often resulting in a good deal of confusion). There are no contraindications, which means it may be used with any form of medical therapy. It is especially effective with children, the elderly and even pets, and can be valuable in treating many conditions.

LIQUID OR PELLETS

With rare exception, liquids are the medium of choice for the serious healthcare professional. Research has shown that the 'memory' of the homeopathic remedy is partially contained in the water/alcohol matrix of the solute. While there are other dimensions as well, the physical molecular structure of the solution is one of the most important modes of information transfer. Liquids have a greater surface area than solids do, they begin acting faster due to the vapor pressure over the liquid in the mouth, they contain no fillers such as sugars or gum binders, and finally, there are times when a homeopathic should be applied to the outside of the body rather than orally (such as dental work or with a fussy infant). Clearly, liquids are the medium of choice for healthcare professionals.