

What Everyone Wants to Know About Homeopathy

Information Provided By:

Abby Beale CCH RSHom(NA)

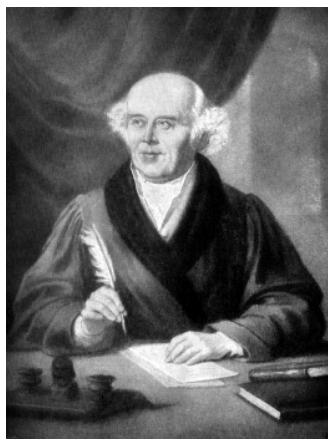
**Office: 413-426-1024
Cell: 203-530-3367**

homeopathyhealings@gmail.com
www.homeopathyhealings.com

What IS Homeopathy?

Where Did It Come From?

Homeopathy is highly individualized medicine that matches a person's unique symptoms to an existing substance in nature. It was developed in Germany more than 200 years ago by **Dr. Samuel Hahnemann (1755-1843)**. He based it on two healing principles:



1. "Like cures like"—the belief that symptoms in a sick person can be cured by a substance that produces similar symptoms in a healthy person.
2. "Law of minimum dose"—the belief that the more a substance is diluted, the gentler and more effective it is in stimulating the body to heal itself.

How was this discovered? After practicing medicine for nine years, Dr. Hahnemann decided to quit because he became increasingly disillusioned and disgusted by the medical practices of the day like bloodletting and purgatives.

Hahnemann then chose to support his family by translating foreign medical texts into his native German language. One day, while translating a text about Cinchona Bark, from which we derive Quinine, he read that Cinchona was effective in the treatment of malaria because it was bitter and astringent. Hahnemann knew this wasn't logical; other medicines had the same properties, but they did not help malaria. Why, he questioned, was Cinchona Bark effective when others weren't?

Hahnemann decided to test Cinchona Bark on himself. Shortly after eating some bark, he became ill with symptoms similar to those of malaria: fever, thirst, drowsiness, diarrhea, heart palpitations, anxiety, and muscle and joint pain. Each time he repeated this, the same thing happened.

Hahnemann wondered then if Cinchona Bark could treat malaria, NOT because it was bitter and astringent, but because it could produce malaria-like symptoms in healthy people. The implications of this were startling; suffering humanity would finally have a way of knowing what each medicine could reliably treat. Over the coming years Hahnemann tested his suspicions by conducting more experiments on himself and others while diluting the substances to reduce toxicity in healthy subjects. In each instance, **healthy people produced similar symptoms to those that they could treat in the unwell**.

Six years passed from that first Cinchona experiment before Hahnemann had enough evidence to release his findings to the scientific and medical community of the day. The concept of "**like treats like**", noted since the time of Hippocrates, had finally been validated. The year was 1796 and to this day is considered the birth year of homeopathy.

Why Haven't You Heard About Homeopathy?



According to the World Health Organization, **homeopathy is the second most used form of health care in the world.** (First is Chinese Medicine and fourth is Conventional Pharmaceutical Medicine.) However, homeopathy is not well-known nor widely used here in the United States. In the early 1900's, there were over 20 homeopathic medical colleges in the US. By 1915, there were two. The demise of homeopathy occurred because the medical community, specifically the American Medical Association (AMA) and pharmaceutical companies, have a lot of money, power, and influence to designate conventional medicine as the only acceptable medicine in this country.

When you work with a homeopath, we fully expect you to be working with other healthcare professionals. We believe that **homeopathy is a wonderfully powerful tool in your healthcare toolbox** but there are other tools you can also use. Certainly, having a primary care physician is needed for yearly check-ups, getting tests done and for any needed pharmaceuticals. Depending on your situation, we also encourage clients to investigate other natural healing modalities including but not limited to naturopathy, chiropractic, acupuncture, massage, emotional freedom technique, cranial sacral therapy and others. Homeopathy integrates well with most all other modalities.

What Can Homeopathy Help You With?

Homeopathic remedies stimulate your body to heal itself. They can be used for home treatment in **ACUTE situations** like insect bites, burns, stomach upsets, bruising and soreness, allergy symptoms, and so much more. Those looking for help with more **CHRONIC conditions**, like the ones listed below, should consult with a professional homeopath as we are trained to piece together all the presenting symptoms and match them to a similar homeopathic remedy.

When people ask, "What do you have for X condition?", we say "We have many possible remedies for X condition but we need to better understand how YOU experience it." Hence there are different individually selected remedies for the same condition.

Some common chronic conditions seen in my practice include:

- Anxiety/Fears
- Allergies
- ADD/ADHD
- Arthritis/Musculoskeletal Pain
- Behavioral Issues
- Depression/Grief
- Digestive Issues
- Headaches/Migraines
- Respiratory Issues
- Frequent Illness
- Severe Constipation or Diarrhea
- Sleep Issues
- PTSD/Trauma
- Vertigo/Dizziness
- PMS/Menopause/Women's issues

What's the Difference Between A Naturopath and A Homeopath?

Many people believe that a homeopath is the same as a naturopath. We are similar yet very different in our scope of practice. Though we both can work with homeopathic remedies, many naturopaths don't choose to use them as they require more in-depth training than naturopathic school provides.

A naturopath (also known as a naturopathic physician) is a natural medical doctor who has received four years of training using a wide range of natural healing concepts including vitamins, supplements, herbs, nutrition, as well as some homeopathy. They can perform physical exams, order tests and medically diagnose illness. Most of their work focuses on a person's immune system and how to prevent illness. Homeopathy is one tool in their vast healing toolbox.

A professional homeopath only works with homeopathic remedies. It's the main tool in our toolbox and we have extensive training in homeopathic remedies and health management. A homeopath can work with you if you have mental, emotional and/or physical symptoms. We conduct lengthy interviews to learn about all your symptoms and then suggest a homeopathic remedy that best matches them. Unlike medical professionals, we don't need a medical diagnosis to work with you.

So, What IS a Homeopathic Remedy?



Homeopathic remedies are **made primarily from natural substances, mostly plants, minerals and animals**. They are called homeopathic because 1) they contain the energy or vibration of the substance, not the material form of the substance and 2) the symptoms they help are those that healthy people have if they take the remedy.

Consider this: A healthy person who drinks too much coffee experiences symptoms like insomnia, restlessness, heart palpitations, dizziness, and/or diarrhea. If you come to a homeopath with these same symptoms, even if you don't drink coffee, a remedy made from coffee called Coffea Cruda would be one remedy the homeopath would consider to alleviate these symptoms.

All homeopathic remedies are made through repeated steps of **dilution** (adding water to it) and **succussion** (hitting it against a hard surface which energizes the water). By the time a remedy is put on a lactose pellet (the preferred delivery system), it has gone through this dilution and succussion step anywhere from 30 times (which is called a 3C remedy) to 50,000 times (which is a 50M)! Most over-the-counter remedies are 6C, 12C and 30C. The higher the number, the less material substance there is and the more energy and strength from the succussions.

Many homeopathic remedies (typically 6C, 12C and 30C versions) are available **over the counter** at a natural or health food store like Whole Foods or The Vitamin Shoppe or online for around \$10 a tube. Professional homeopaths have access to higher potencies for use in treating more chronic health issues.

Remedies are regulated by the FDA and created in homeopathic pharmacies under the strict supervision of the Homeopathic Pharmacopeia of the United States (HPUS).

How to Take A Remedy



Remedies are thankfully very pleasant tasting and can be delivered in several ways, typically on lactose sugar pellets or in water. The lactose sugar pellets taste sweet and the water remedy, well, tastes like water! You will be specifically instructed on which to do.

If you are taking pellets from a Boiron blue tube or small vial, you are to dispense a "dose" (usually 2-3 pellets) into the cap of the tube or vial and then, without touching the pellets, dump the pellets under your tongue to let dissolve. It is advised to not have any food or drink 10 minutes before or 10 minutes after taking a remedy.

If you were given the remedy in an envelope from a homeopath, shake the pellets to the bottom of the envelope, cut off the top, and pour the pellets under your tongue. Again, it is advised to not have any food or drink 10 minutes before or 10 minutes after taking a remedy.

If you have been instructed to take it in water, you will be given separate instructions for this administration.



Depending upon many different factors, you will be directed to take your remedy just once, several times a day, once a week, or other, depending on your unique situation. **PLEASE make sure you follow your homeopath's directions,** even though they may go against what you think you should do.

You have probably been accustomed to taking a chemical medicine (over the counter or prescription) say every four hours or once a day, but homeopathy isn't chemical medicine, it's energy medicine. It's like starting a car - once it's started, you don't want to keep turning the key if the engine is running. You want the engine to run as long as it can before needing to turn the key again. Some people may never need to turn the key again while others may need to do it daily. You have to see what your body does with the remedy and following directions are very important. Connect with your homeopath if you have ANY questions or concerns.

Other Important Things To Know About Remedies

- Homeopathic remedies are **all natural and do NOT have side effects** like conventional medicine.
- Because remedies are energy medicine, they do not process through the liver like pharmaceuticals do.
- They are **safe** for men, women, pregnant women, children, infants, and animals.
- They **can be taken with ANY prescription or vitamin** without issue.



Remember that some homeopathic remedies are available over the counter at health food stores. Ideally, if you decide that homeopathy is going to be a regular healthcare choice for you, you can buy a 30C remedy kit to have in the house for acute situations like flus, coughs, injuries, bites, etc.

Please do NOT take any other homeopathic remedy unless instructed to do so when you are under a professional homeopath's care. This may interrupt your healing process.

- Homeopathic cell salts can be taken with a constitutional remedy.
- **Avoid strong odors** including oils and perfumes and Altoids or breath strip mints, menthol, eucalyptus (especially Hall's menthol), camphor, Tea Tree Oil, Tiger Balm, and Vicks VapoRub. They may interfere with the action of the remedy.
- Sometimes, **coffee and decaf coffee** are an issue, so it is recommended to avoid any coffee products in the first few weeks of treatment. All other caffeinated beverages (green and black teas, sodas, etc.) are fine. Talk to your homeopath if this is a big issue.
- **Deep energy therapies** such as acupuncture, chiropractic or other energetic therapies should not be started at the same time as homeopathic care but are fine after the effect of the remedy is apparent and can be adequately evaluated.
- **Dental work**, especially drilling, may also inhibit the action of your remedy. If after a dentist appointment you feel your symptoms coming back, get in touch so we can evaluate if another dose of your remedy needs to be taken.
- If you are instructed to hold onto a remedy or have more in a tube or bottle, please **keep it in a DRY cool place**, preferably NOT the bathroom where the steam from the shower can affect the remedy.

What Happens After You Take a Remedy



If you're taking a remedy for an acute condition (stomach bug, flu, cough, injury, etc.) you may have an immediate positive response within minutes to hours of taking the remedy. If you have a chronic condition (bothersome symptoms that have been around for more than 3-6 months), it's unrealistic to expect a quick fix. It is a more gradual process. The body needs time to heal itself.

Homeopathy is a VERY individualized experience, no two people react the same to the same remedy. Those being treated for chronic symptoms are encouraged to call your homeopath in the first few days or at the most a week to let them know how you are. A formal follow up will be scheduled 5-6 weeks after your remedy as it can take that long for the body to start healing itself, especially IF it's the correct remedy match for you (we call this the **simillimum**).

According to **Hering's Law of Cure**, healing happens from the inside-out, from the top-down, from more serious to less serious and in reverse order of appearance of symptoms. We look for a lessening of your symptoms so that each flare up or symptom episode, say of allergies or migraine, becomes **less frequent, less intense and less long-lasting** so eventually it becomes a non-issue.

An Important Note About Maintaining Causes

A homeopathic remedy that best matches the totality of your symptoms can work wonders. However, if there are maintaining causes, no remedy can provide long-lasting effects. A maintaining cause is something present in your life that prevents total healing. It could be the foods eaten such as gluten, dairy or sugar, artificial sweeteners, exposure to toxins in one's environment such as mold or dust, first or second hand smoke, toxic people in your life, unusually high levels of stress and more. The goal is to become aware of these and work on reducing and/or removing as many as possible to achieve higher levels of health.

Planning Your First Appointment With Me

Before making an appointment, I want to meet you over the phone to learn more about what you are looking for and to give you an opportunity to ask me questions. I offer a complimentary 15-minute consult for this purpose.

Once you decide to move forward with homeopathic care, I will send you a **consent form and a health history questionnaire** that needs to be completed and sent back before your appointment. The health history questionnaire is especially important as it will help guide the direction of our meeting.



Your first appointment, also called your **initial intake**, will take **between 90 minutes and two hours** so please allow yourself this time in your schedule when we meet. I will want to know what brought you to me including the symptoms you are experiencing, what brought them on, what makes them better or worse, and more. The more detailed information you can provide, the better. I want to know all about your chief complaints (what brought you to me) as well as who you are **mentally, emotionally and physically**. Don't worry, I'll ask any questions as needed to fill in the blanks.

In effect, you are sharing with me a hundred or so pieces of your life's puzzle and my job will be to put them together and match you to the most appropriate homeopathic remedy. At the end of our first meeting, I may give you a homeopathic remedy right then but more likely, I will want to study all the information you provided further before deciding on a good remedy for you. I may email or call you with a few more questions and then share with you my remedy recommendation.

What I look for is something called a "**constitutional remedy**", one remedy that treats all of who you are with the totality of your symptoms in an effort to enhance your overall general

health and well-being. This chosen remedy is meant to work with your **vital force** which Hahnemann uses to describe the energy that animates all living beings.

In addition to finding the right remedy for you, I may suggest **some lifestyle or diet issues** that may need attention or suggest avoidance of some unhealthy activities you may not have been aware of. I may suggest you visit your primary care physician or other medical professional to get tested to make sure we aren't dealing with something more serious.

If your objective of coming to see me is to get off a pharmaceutical medication, please know that I totally support this BUT **I CAN NOT take you off a medicine another professional has prescribed**. You will need to work with the prescribing professional on this.

Be in touch with any questions!

Suggested Reading

Background Reading

- *Homeopathy: Beyond Flat Earth Medicine* by Timothy Dooley ISBN 1-886893-00-4
- *The Impossible Cure: The Promise of Homeopathy* by Amy Lansky ISBN 0-9727514-0-8
- *The Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy* by Dana Ullman ISBN 978-1-55643-671-0

Reference Books for Using Remedies

- *Homeopathic Remedies* by Asa Hershoff ISBN 0-89529-950-X
- *Homeopathic Medicine at Home; Natural Remedies for Everyday Ailments* by Maesimund Panos ISBN 0-87477-195-1
- *Homeopathic Medicine for Children and Infants* by Dana Ullman ISBN 0-87477-692-9
- *Everybody's Guide to Homeopathic Medicines* by Stephen Cummings and Dana Ullman ISBN 0-87477-641-4
- *Complete Homeopathy Handbook* by Miranda Castro ISBN 0-312-06320-2

Abby Beale CCH RSHom(NA)

Office: 413-426-1024

Cell: 203-530-3367

homeopathyhealings@gmail.com

www.homeopathyhealings.com