

Homeopathic Medicine



Homeopathic Medicine is an 'energy' system of medicine that recognizes that our body is dense fields of energy. Symptoms or diseases will manifest when there is a disturbance to the body's energy field.

Homeopathy, Greek for "like the disease", was developed 200 years ago by a German physician. The basis of homeopathy, is that the body is an integrated system that has the ability to express itself when it is out of balance and is able to heal when given the correct support.

Philosophy

🌿 Like cures like. The healing response is stimulated by giving sick people extremely diluted forms of natural substances that cause the same symptoms when given to healthy people in a larger dose.

🌿 The mental, emotional, physical and spiritual aspects of a person are integrated and need to be treated together.

🌿 Symptoms are expressions of the body's attempt to heal itself and need to be supported, not suppressed.

Uses of Homeopathy

🌿 Acute conditions are aided by stimulating and speeding the healing process of the body.

🌿 Chronic conditions often affect the physical, mental and emotional aspect of a person. The ability of homeopathy to work on all these levels provides hope, support and valuable treatment options.

🌿 Psychological imbalances respond well to homeopathics even if they are due to intense trauma.

🌿 There are no known side effects and they are safe to take with other drugs and supplements.

Deciding on a Remedy

🌿 Homeopathic remedies are gentle and very effective. Choosing the correct remedy takes training and skill.

🌿 Detailed questions about all aspects of your unique combination of physical symptoms, personal temperament, preferences, and emotional state is matched with a specific remedy.

🌿 Remedies may work very quickly, especially with acute conditions.

🌿 With chronic or more complex conditions, it may take weeks to months to see the total effect.

🌿 Constitutional homeopathy involves choosing one specific remedy for a patient that will usually be given only once, or very infrequently.

🌿 Combination homeopathy involves matching remedies that have a specific affinity for symptoms or conditions and giving them more frequently to stimulate a general healing process.

Homeopathic Remedies

🌿 Are derived from various plants, minerals, or animals.

🌿 Come in the form of tiny tablets, granules, tinctures or creams.

🌿 Are highly dilute solutions that contain the energetic vibration of its source, not crude materials. For example, a 12X remedy has been diluted so that one part of the original substance is mixed with nine parts water or alcohol and then shaken vigorously (succussed). This solution then undergoes a series of 12 dilutions using the same 1:9 ratio.

🌿 The effectiveness, potency and ability of the remedy to get deep within the body increases as the remedy becomes more dilute.

When Taking Remedies

🌿 Follow the recommendations of your Naturopathic Doctor.

🌿 Avoid touching the remedies with your hands. Instead, tap out the pills into the bottle cap, toss them directly from the cap

under your tongue, and allow them to dissolve.

🌿 Do not take with food. The general guideline is at least 20 minutes before you eat, or 20 minutes after you eat.

🌿 Don't drink, clean your teeth, or smoke for at least 20 minutes before or after taking the remedy.

🌿 Store away from direct light, heat and strong smelling substances.

What You Can Expect

🌿 Symptoms often disappear in reverse order to their original appearance.

🌿 Healing progresses from more important organs to less important ones.

🌿 Healing progresses from the top of the body downward.

🌿 The body seeks to externalize disease, keeping it to more external locations.

🌿 Symptoms lessen in intensity, you feel better and your mood and energy improves.

Work with your Naturopathic Doctor

🌿 to identify what specific homeopathic remedy is best for you

🌿 to address other aspects of your health concerns and ensure your body has the needed building blocks to heal

🌿 to identify specific naturopathic treatments that can support the healing action of homeopathic remedies.