



Homeopathy: What Is It?

Our self-healing ability

Our body has the ability to heal itself. Our self-healing capacity is the most powerful medicinal tool we have at our disposal. Homeopathic medicine works by harnessing this self-healing ability. Identifying what is unique about each of us and tailoring a treatment plan to harnesses our body's natural defenses. There are over 3000 homeopathic medicines to choose from, derived from plant, animal, or mineral sources. When used correctly, homeopathic medicines can help you heal yourself, with no harmful side-effects.

Tailor-made

Each one of us is unique. Identifying how you differ from others with the same diagnosis helps us select out of over 3000 natural substances the one most suitable to nurture your nature.

Symptoms as language

The energy in our body communicates through symptoms in order to alert us of an imbalance. Symptoms are the language our life force uses guiding us to what is needed to restore balance. Your description of the way you feel your problem, how it affects your moods, your appetite, your outlook on life offers insight into your nature, and what in nature might be nurturing to your nature.

Similar

In conventional medicine we use medications to oppose the disease; antibiotics, anti-histamines, antidepressants, antifungals, etc. This is because we view symptoms as the problem. In contrast, homeopathy interprets symptoms as a valuable guide that helps us identify your coping style. A substance from nature is then chosen to fit your nature.

How it works; Similar heal

A medicine is homeopathic when it can create side-effects in healthy people similar to your symptoms. This is called *The Law of Similars*; what produces symptoms in healthy people can heal similar symptoms in the sick. In other words, your homeopathic ally must resemble your nature, acting like a vaccine tailor-made to boost your resistance. For example, we give an attenuated dose of *Coffee* to help someone suffering with insomnia subsequent to good news, like winning a lot of money. Likewise, an attenuated dose of *Onion* is often used to help those suffering from hay fever, as onion is known to produce sneezing, watery eyes, etc.



Holistic

There is more to us than meets the eye. As Robing Logan writes in *The Homeopathic Approach to Eczema*, “we recognize the need to heal body, mind and spirit and pay attention to all the patient’s symptoms, but additionally perceive the inter-relatedness of all aspects of the person and seek to make connections between seemingly disparate signs and symptoms” such as appetite and dreams, type of pain and attitude, etc. This search for patterns offers insight into what is unique about you and your coping style.

Energy, not biochemistry

Because we use sub-molecular dilutions, homeopathic medicine has often been dismissed as merely a placebo. It is true that homeopathy defies the biochemical model, on which modern medicine is based. This is because the vitalistic tradition on which homeopathy is based assumes that health and disease are manifestations of our life force in or out of balance, and that healing is about encouraging this mysterious life force to restore balance. The stimulus provided by a homeopathic medicine is not biochemical, but energetic.

Preventive

By enhancing vitality and resistance, not only can we recover from whatever ails us, we can prevent future relapses as well. As the saying goes, "an ounce of prevention is worth a pound of cure."

Teamwork

You are the expert in you life experience. Your guidance is essential in helping me help you.

Lifestyle

Homeopathic medicine is not a substitute for a healthy lifestyle. On the contrary, homeopathy works best in conjunction with balanced eating and exercise habits, along with self-awareness and a desire to grow. None the less, improved health through homeopathy often results in greater vitality and awareness, enhancing motivation towards a better lifestyle.