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HOMEOPATHY

by **KIM ERICKSON**

Get Healthy with **HOMEOPATHY!**



Kim Erickson
Managing Editor

Based on the premise that “like cures like,” homeopathy is a terrific way to help the whole family stay healthy. But if you’re not familiar with this safe and gentle mode of healing, you’re certainly not alone. For those of us in the U.S., it may be one of the least familiar forms of natural medicine, yet it can be one of the most effective.

According to the World Health Organization more than 500 million people worldwide use homeopathy. It’s especially popular in Europe, India, and South America. Why? Because it works!

Best of all, many homeopathic remedies are ideal for handling many of life’s little everyday health concerns, whether it’s a bout with hay fever, a sprained ankle, or the common cold. This booklet will give you an in-depth understanding of how homeopathy supports good health and why it may be the right choice for you and your family.

AMAZING
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***Amazing Wellness
Presents . . .***

HOMEOPATHY

Publisher

Joanna Shaw

Managing Editor

Kim Erickson

Copy Editor

Tina Rubin

Creative Director

Karen Sperry

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Business & Editorial Offices

300 N. Continental Blvd.,
Suite 650
El Segundo, CA 90245



ACTIVE INTEREST MEDIA
HEALTHY LIVING GROUP

Chairman & CEO

Efrem Zimbalist III

President & COO

Andrew W. Clurman

Senior VP & CFO

Brian Sellstrom

General Manager

Patricia B. Fox

Introduction

Homeopathy 101

When my daughter Whitney suffered a nasty sprain during a high school soccer game, we packed her ankle in ice and rushed her to the doctor. Although a quick exam and X-rays showed that nothing had been broken, all the doctor could offer was a pair of crutches and the assurance that, over the next few weeks, her ankle would heal on its own. Fortunately, a neighbor recommended *Arnica montana*, a homeopathic remedy known for its ability to tackle tough sports injuries. Within days, Whitney's pain, swelling, and bruising had almost vanished. Both her doctor and I were amazed at its effectiveness.

Although homeopathy was new to me, it's actually been around for more than 200 years. Based on natural, nontoxic remedies, it stimulates the body's own inherent healing capacity—and over the past 40 years, its popularity has grown by leaps and bounds. But, despite the growing use of homeopathy, it's one of the least understood types of medicine. If you're among those baffled by it, this booklet will help you decipher the mystery of this holistic form of healing that takes its cue from the human body itself.

A History Lesson

If you became ill in the 18th century, your medical options were not only limited, they could be pretty gruesome. Bloodletting, purging, leeches, starvation, or the use of toxic compounds like arsenic and mercury were quite common. Fortunately, an accidental discovery by German physician and chemist Samuel Hahnemann gave patients a safer, gentler, and more effective alternative.

While he was translating a text that prescribed Peruvian cinchona bark to treat malaria, Hahnemann decided to test the author's claims that it was cinchona's astringent properties that helped cure the disease. After repeatedly ingesting the bark, Hahnemann developed a fever, chills, and other malaria-like symptoms. He concluded that substances that can cause symptoms may also help relieve them.

Over the next six years, Hahnemann tested the impact of other pure extracts in various dilutions, combining careful observations of the medicine's effect with knowledge about herbs and other medicinal substances. From these observations came Hahnemann's Law of Similars. In 1796, he wrote about his experiences in the German medical review *Hufeland's Journal*, giving birth to what would become the practice of homeopathy.

Homeopathy gradually took hold throughout Europe, and in 1825 a Boston-born doctor, Hans Burch Gram, brought this unconventional form of

The 3 Laws of Homeopathy

The object of homeopathy is to repel imbalances from the body and allow the body to heal and rebalance. Based on the following laws, homeopathy stimulates the body's natural curative powers.



Law of Similars

Homeopathy is a system of medicine founded on the principle of 'Similia Similibus Curantur' which means 'like cures like.' This means a substance that would cause a healthy person to get symptoms can cure these same symptoms.

Law of Simplex – The Single Remedy

According to Hahnemann, only one medicinal substance should be administered at a time. This is because:

- The homeopathic remedies were proved singly, and the *Materia Medica* was created on the observed effects of drugs given singly.
- Only one remedy can be the most similar at any given time to the condition of any given patient.
- If more than one remedy is used the patient and/or doctor will never know which element was effective.

Law of Minimum

This is sometimes referred to as the Magic of Minimum Dose. Under this principle, homeopathic medicine is used in the most minute dose possible. Because of this, the remedy enables the body to heal in the most efficient and least harmful way. This concept of minimum dose led to the discovery of a practical process called potentization (see Chapter One).

healing to the United States. Because homeopathy had an 80 percent success rate compared to just 50 percent for the conventional treatments of the day, its popularity across America exploded. This spurred the establishment of the first homeopathic medical college in Allentown, Pennsylvania, in 1835 by Constantine Hering, as well as the American Institute of Homeopathy, the nation's very first medical association.

With the dawn of the 20th century, however, homeopathy's popularity began to wane. Modern medicine surged forward with germ theory, as well as the use of antiseptics and eventually antibiotics. A new group made up of conventional doctors, later known as the American Medical Association, also played a role in discounting homeopathy. Between 1930 and 1975, the

practice of homeopathy was almost nonexistent. Many colleges were shuttered and legislation limited homeopathic training and practice. In fact, by the 1950s, there were fewer than 150 practicing homeopathic physicians left in the United States. But a new generation—one interested in all things natural—began to explore healing modalities of the past, including homeopathy.

Because of its efficacy, homeopathy is currently an established form of medicine throughout Europe and Asia. And it is fast regaining popularity in the United States. According to a report in *The FDA Consumer*, there was a 1,000 percent increase in sales of homeopathic medicines between the late 1970s and the early 1980s. Today, an estimated 3.9 million adults and 900,000 children in the United States rely on homeopathy in one form or another to help them manage both minor and major health problems.

7 Things You Need To Know About Homeopathy

- 1. Homeopathy is safe.** Homeopathic medicine is regulated in the same way as conventional over-the-counter (OTC) medicines. But studies show that it is considerably safer than most OTC drugs, like aspirin and acetaminophen. As you'll see in Chapter Two, there are no known side effects or drug interactions, and you can't overdose on homeopathic remedies.
- 2. It's effective.** More than two centuries of evidence from hundreds of thousands of clinicians and millions of patients attest to homeopathy's effectiveness and safety. Today, homeopathic remedies are prescribed by more than 400,000 health care professionals worldwide, including pediatricians, family physicians, plastic surgeons, dentists, and orthopedic doctors.
- 3. It's natural.** Homeopathic remedies are derived from natural substances that come from plants, minerals, or animals. Common remedies include red onion, arnica, and stinging nettle.
- 4. It's holistic.** Homeopathy works with your whole body to ease symptoms and make you well. Traditional medicine, on the other hand, simply targets and opposes the symptoms. For instance, a runny nose is treated with a drug that dries up nasal secretions.
- 5. It's simple.** Homeopathy uses just five ingredients in the production process:
 - water
 - alcohol
 - sucrose
 - lactose
 - the natural medicine

Additionally, homeopathic medicines are simple to administer, even to children. They can be taken anytime, with or without water. Homeopathic medicines are typically available in pellets that dissolve under the tongue, but are also incorporated into other formulas, such as syrups or quick-dissolving strips.



- 6. There's a remedy for almost every condition.** Homeopathy addresses very specific symptoms, so a homeopathic cold and flu remedy for someone with a fever and sniffles will be different than one for a person with chills and a cough. There are a number of effective OTC single and combination remedies for a wide range of everyday maladies. For chronic or more serious conditions, it's wise to consult with a homeopathic doctor who can prescribe more targeted remedies.
- 7. It's environmentally friendly.** Natural ingredients are used to produce homeopathic medicine. Unlike conventional drugs, the remedies contain no toxic chemicals, making them safe for both your body and the environment.



The Basics of Homeopathy

As Hahnemann discovered, homeopathy is based on the law of similars. In other words, substances that can cause symptoms in a healthy person are used to cure similar symptoms in a person who is ill. In fact, the very word homeopathy is based on the Greek word *homios*, which means similar, and *pathos*, which means suffering.

Often referred to as “like cures like,” homeopathic remedies are based on the belief that symptoms are a beneficial sign that the body is trying to heal itself against illness. “Homeopathy regards symptoms as the body’s healthy attempt to restore itself to balance,” says New York City–based homeopath Nancy Gahles, DC, RSHom (NA), CCH. “A homeopath will choose a remedy that supports the symptoms rather than opposing or suppressing them as in conventional medicine.”

Homeopathy also differs from conventional medicine in how patients are treated. While allopathic doctors only treat the body part that is affected or the physical signs of disease, homeopathy addresses each individual as a whole person. Because a symptom may manifest itself in the body, mind, emotion, spirit, or soul, homeopathy is effective even in the absence of a conventional diagnosis.

Homeopathic remedies work with the body’s own innate healing abilities using extremely minute amounts of naturally derived medicine. In fact, many homeopaths think that it’s this miniscule dosage that is the secret to homeopathy’s success. “There are several thousand studies in conventional scientific journals showing a wide variety of biological effects from extremely small doses of various substances on specific systems,” says Dana Ullman, MPH, founder of Homeopathic Educational Services in Berkeley, California, and the author of 10 books on homeopathy. “Homeopathic medicines should be considered to be a type of nanopharmacology.”

FOCUS ON

Boericke & Tafel



Beginning in the early 1830s, an intestinal infection swept across the United States, killing thousands. To keep up with the demand for homeopathic remedies to treat the outbreak, Constantine Hering—often called the Father of American Homeopathy—recruited two Philadelphia pharmacists, Francis Boericke and Adolph Tafel, to help local apothecary manager William Radde create the remedies needed to serve their city. In 1862, Boericke and Tafel bought the apothecary and began offering homeopathic books and medicines. Business flourished under the store's motto: "All works on homeopathy, as well as pocket cases of homeopathic medicines, prepared by approved hands, and very neatly arranged."

As demand for quality homeopathic medicines grew, Boericke and Tafel opened other pharmacies, in New York, New Orleans, San Francisco, Pittsburgh, Washington D.C., Minneapolis, Chicago, and Cincinnati. But it was their role as publishers that truly advanced homeopathy in the United States. Eighty-five percent of all homeopathic books in America were published by the two pharmacists, along with their greatest contribution, Boericke Materia Medica, which is still the standard Materia Medica used today by American homeopaths.

As one of the oldest homeopathic pharmaceutical companies, Boericke & Tafel continues to thrive today. In 1988, the company was acquired by the Dr. Willmar Schwabe Group and is currently distributed through Nature's Way. Yet, even as the company evolves, it stays true to its original vision of educating consumers and medical professionals about the benefits of homeopathy. Boericke & Tafel also continues to ensure the highest quality raw materials while maintaining a strong commitment to biodiversity and the environment. By making therapeutic advances and providing new solutions for health problems, Boericke & Tafel and the Dr. Willmar Schwabe Group are actively shaping the future of homeopathy and caring for consumers' health, both now and in the future.

Chapter One

Safe and Effective

Since homeopathic remedies are highly diluted, they contain only miniscule amounts of the original substances they are made from. As a result, they don't have the toxic side effects common to many conventional medicines. And unlike herbal compounds, there are no adverse interactions between homeopathic medicines and any drugs you may be taking. If that weren't enough to recommend homeopathy, it's also important to note that because homeopathic remedies are so diluted, there is virtually no chance of an allergic reaction.

The safety of homeopathic remedies lies in both the way they are made and how they are regulated. Unlike dietary supplements, homeopathic medicines are considered nonprescription drugs by the United States Food and Drug Administration (FDA). Yet, because they contain little, if any, active compounds, their safety profile far exceeds most over-the-counter medications.

How Remedies Are Made

Approximately 80 percent of all homeopathic remedies are based on plants, especially herbs. The remaining 20 percent comes from minerals, salts, and even insects and animals. Once collected, the chosen source creates the basis for a specific remedy using an age-old process. For instance, if a plant will be used to create a remedy, the crude botanical material is



Potentization

The objectives of potentization in homeopathy are:

1. **To reduce the medicinal substance**, which helps to avoid unwanted aggravations and side effects.
2. **To process the most virulent and deadly poisons** and not only render them harmless, but transform them into beneficial healing remedies.
3. **To make substances that are medicinally inert** in their crude natural state active and effective for healing the sick.
4. **To enhance the medicinal qualities of other drugs** that are more or less active in their natural state and broaden their sphere of action.
5. **To ensure that the action** of potentized medicines is deeper, longer, and more widespread.

soaked in a water and alcohol to make what's known as a “Mother Tincture.” This soaking draws the beneficial properties out of the crude material and infuses it into the water.

After the mother tincture has been created, the remedy is then diluted to the desired strength using a specific ratio of one part mother tincture to nine parts diluting solution. This process is known as potentization. The more a substance is potentized, the longer and more deeply the medicine acts and the fewer doses are needed to successfully treat the ailment.

When a remedy undergoes potentization, the mother tincture is consecutively diluted and vigorously shaken (succussed) to bring out the medicinal properties of the original substance. Succussion, or shaking, is key to making the remedy effective. Succussion can be as simple as holding a capped vial of the solution and pounding it against a book on a desk. Simply doing this creates a 1X potency. “X” stands for 10 in Roman numerals. To make a 2X potency, one part of the 1X potency is added to nine parts of the diluting solution in a vial and then succussed. Succussion is done a minimum of 100 times per each level of dilution, starting from the very beginning. This process continues until the desired potency (strength) of the remedy is attained.

Common Potencies and Their Lack of Toxicity

Common potencies used in homeopathic remedies usually begin around 6X. According to Gahles, “All homeopathic remedies of 6X potency or higher are safe for anyone, including pregnant women, unborn babies, and

children.” The dilution ratio of 6X is one part of the Mother Tincture to one million parts of the diluting material. So, only one part of the original tincture is in every million parts of the diluting material. This is what makes remedies extremely safe.

6X is already extremely diluted and considered a low potency. But you can also find remedies that frequently use a potency of 12X or even 30X. These are infinitesimal doses. Yet they are effective, at times acting stronger and faster than common drugs. These homeopathic microdoses work in conjunction with your body’s own chemical and immune processes. And homeopathy does this without fear of toxic side effects.

Regulating Remedies

Homeopathic remedies are prepared according to the guidelines of the Homeopathic Pharmacopeia of the United States (HPUS), which was written into law in the Federal Food, Drug, and Cosmetic Act in 1938. Homeopathic remedies are regulated in the same manner as nonprescription, over-the-counter (OTC) drugs. However, because homeopathic products contain little or no active ingredients, they do not have to undergo the same safety and efficacy testing as prescription and new OTC drugs.

The FDA does, however, require that homeopathic remedies meet certain legal standards for strength, purity, and packaging. The labels on the remedies must include at least one major indication (i.e., medical problem to be treated), a list of ingredients, the dilution, and safety instructions. In addition, if a homeopathic remedy claims to treat a serious disease like cancer, it must be sold as a prescription by a qualified homeopath or medical doctor. Only products for self-limiting conditions (minor health problems like a cold or headache) can be sold without a prescription.

Homeopathic remedies help remove the roadblocks to health. This allows the body to take over and heal itself. Because of government oversight and extreme dilution, homeopathic remedies are extremely safe for all ages, including infants, the aged, and pregnant women. As you’ll discover in the next chapter, this makes homeopathy ideal for the whole family.

Common “C” Potencies

There are times when you’ll notice that the potency is not “X” but “C” (commonly denoted as 6C, 12C, or 30C). “C” stands for 100 in Roman numerals. This means that one part of the Mother Tincture is added to 99 parts of diluting solution and succussed for a 1C potency, and so on, until the desired potency is attained. “C” potencies are more diluted than “X” potencies, but not less effective.

FOCUS ON

Boiron

As pharmacists, it wasn't enough for Jean and Henri Boiron to simply fill prescriptions. In 1932, the twin brothers set out to fulfill the growing demand for safe and reliable homeopathic medicines. After developing the necessary manufacturing expertise, the brothers launched the Boiron pharmaceutical laboratory in Lyon, France. Nearly 80 years later, Boiron is still operated by the Boiron family, who continue to be passionate about integrating the benefits of homeopathic medicine into daily life.

With the goal of incorporating homeopathic medicine into every physician's practice, the company created the Boiron Institute in 1985. This research group brings together the clinical experience of homeopathic physicians to expand homeopathy's knowledge base among the medical community worldwide. Currently, the Boiron Institute is comprised of 150 physicians representing over 30 countries.

Educating consumers is also a key priority. Boiron recently launched its Homeopathic Medicine Finder to help shoppers to find the right medicine to safely help with more than 350 health conditions and symptoms. Consumers can also check out the online Boiron Medicine Finder at www.BoironUSA.com.

Boiron's strong commitment to health and community extends not only to physicians and consumers, but to those in need. Boiron USA has partnered with two charitable organizations: Vitamin Angels, which supplies essential nutrients to children in 43 countries, and the Gesundheit Institute, a not-for-profit holistic health care organization led by Patch Adams, M.D. A portion of the sales from two of the company's most popular products—Oscillococcinum and Arnicare—is donated to these groups.

Today, the preparation of Boiron homeopathic medicines links a strong respect for tradition with technological innovation, which allows their reliability to be optimized. As a counterbalance to harvesting raw materials, Boiron promotes resupplying wild-harvested or organically farmed plants whenever possible. The company also works with 120 botanist-harvesters to ethically gather plants. This not only improves the quality of raw materials Boiron uses, it also protects the environment and ensures the sustainability of quality homeopathic medicine for generations to come.



Chapter Two

Medicine for the Whole Family

Because of homeopathy's exceptional safety record and effectiveness, it's the perfect way to help keep the entire family healthy. From your newborn infant to your aging parent, homeopathy can foster good health for a lifetime.

What kind of conditions can be treated with homeopathy? Homeopathic medicine can be effective in treating many acute and chronic health problems, including allergies, arthritis, colds and flu, headaches and backaches, PMS, depression, and many other physical and emotional upsets. Correctly chosen remedies are often able to stimulate the body's innate healing ability, leading to an improvement.

Homeopathy is particularly beneficial for childhood ailments like colic and ear infections. In fact, a recent study of 119 children that was conducted at the University of Washington, Seattle, found that those who received homeopathic eardrops along with their standard therapy suffered from less severe symptoms. Plus, the homeopathic group got well faster than those who only received antibiotics.

You Might Try Homeopathy If . . .

Preliminary studies, as well as anecdotal reports, suggest that homeopathy can help a number of chronic and everyday ailments. The 15 most common include:

- Anxiety
- Back pain
- Common colds
- Fatigue
- Headache
- Pain
- PMS
- Sports injuries
- Asthma
- Common childhood diarrhea
- Ear infections
- Flu symptoms
- Menopausal symptoms, especially hot flashes
- Seasonal allergies
- Stress



Homeopathy is safe,
gentle, and effective
for all ages.

How to Take a Homeopathic Remedy

Many homeopathic physicians suggest that remedies be used as follows: Take one dose and wait for a response. If improvement is seen, continue to wait and let the remedy work. If improvement lags significantly or has clearly stopped, another dose may be taken. The frequency of dosage varies with the condition and the individual. Sometimes a dose may be required several times an hour; other times a dose may be indicated several times a day; and in some situations, one dose per day (or less) can be sufficient. If no response is seen within a reasonable amount of time, select a different remedy.

Homeopathic remedies come in a variety of forms, including pellets, tablets, liquid, ointments, and suppositories. Pellets are the most popular form and are taken sublingually. The large number of capillaries under the tongue allow for faster absorption into the blood stream.

Because homeopathic pills or pellets are very fragile and easily contaminated, it's wise to avoid handling them. Instead, pour the tablets or pellets into the bottle cap and carefully place them into your mouth.



Other research shows that homeopathic remedies containing chamomilla have helped many a frantic mother soothe the pain of her teething infant. Homeopathy can also help colicky babies. It's so effective that an observational cohort study found that a proprietary homeopathic formula was just as effective as the drug hyoscine butylbromide for gastrointestinal cramps in children.

But the value of homeopathic medicine for infants and children doesn't end there. Because these remedies work on a physical, mental, and emotional level, they may even help children with attention deficit hyperactivity disorder (ADHD). In one recent double-blind study of 83 children diagnosed with ADHD, Swiss researchers found that those who were given a targeted homeopathic remedy under the care of a certified homeopath had significantly fewer behavioral problems than the children who were given a placebo.

Mom and dad can benefit too. A joint trial of Dutch and British women suffering from premenstrual syndrome found that homeopathy cut the frequency of symptoms in half. Homeopathy can also help regulate menstrual irregularities and is often used during childbirth. At the other end of the spectrum, research at the Royal London Homeopathic Hospital suggests that homeopathic treatment can be used as an alternative to treatment with hormone replacement therapy (HRT) to help ease the symptoms of menopause.

Self-administered homeopathic treatment can ease anxiety, enhance mood, and soothe aches and pains.

In men, homeopathy can support a healthy reproductive tract. According to Ullman, a number of homeopathic remedies can complement conventional medical treatment for prostatitis and an enlarged prostate. And German research suggests that homeopathy can help treat infertility in men by boosting sperm count. But homeopathy for men isn't limited to issues below the belt. Self-administered homeopathic treatment can ease anxiety, enhance mood, and soothe the aches and pains that often affect weekend warriors.

Homeopathy's benefits can extend well beyond everyday maladies. Several studies show that professional treatment by a qualified homeopath can replace or augment conventional treatment for a number of chronic

illnesses. However, clinical evidence for homeopathy often isn't consistent—making it difficult and confusing for both consumers and health care providers. To address this, three Dutch professors of medicine performed a meta-analysis that encompassed 25 years of clinical studies using homeopathic medicines. The vast majority of studies included in the analysis clearly showed that homeopathic medicines were exceptionally effective. Specifically, the doctors found that:

- 13 of 19 trials showed successful treatment of respiratory infections.
- 6 of 7 trials showed positive results in treating other infections.
- 5 of 7 trials showed improvement in digestive problems.
- 5 of 5 showed successful treatment of hay fever.
- 5 of 7 showed faster recovery after abdominal surgery.
- 4 of 6 promoted healing and pain relief in those with arthritis or joint pain.
- 18 of 20 showed benefit in addressing general pain or trauma.
- 8 of 10 showed positive results in relieving psychological problems.
- 13 of 15 showed improvement in miscellaneous health conditions.

What makes these findings so significant is the fact that, unlike many modern drugs, homeopathic treatment is extremely safe. And because the remedies are so highly diluted, side effects are almost nonexistent, making it a perfect fit for treating the entire family.

Your Home Remedy Kit

As any parent can tell you, raising a family means being prepared for all types of emergencies. Accidents happen and kids, as well as their parents, get sick—and it's not always during the doctor's regular office hours. That's when it's important to have a homeopathic home care kit on hand. From sprains and strains to colds and flu, having everyday homeopathic medicines at your fingertips when needed can help you manage life's everyday ailments.

With any kit, it's important to think about what you'll likely be treating. For most families, that means remedies for cuts and burns, bug bites, splinters, sprains and strains, headaches, and stomach upset. It's also important to include a guidebook to homeopathic medicine. While this booklet can serve as a cheat sheet, for more in-depth information it's wise to consult a more comprehensive source. There are a number of excellent books to help you become familiar with how various over-the-counter remedies can help you keep your family well.



Common ailments like colds, coughs, and minor injuries are good candidates for self-treatment with homeopathy.

Along with the standard box of Band-Aids, tweezers, alcohol wipes, and cold compresses, here are some of the basic homeopathic remedies you may want to include in your family's kit:

- **Aconite:** Good for the rapid onset of chills, fever, cough, or croup.
- **Allium cepa:** For allergies with a runny nose.
- **Apia:** Swelling and inflammation caused by animal or insect bite and stings.
- **Arnica gel:** Helps prevent and treat bruising. Also helps relieve muscle pain and stiffness from overexertion.
- **Arsenicum album:** For diarrhea and the symptoms of food poisoning.
- **Belladonna:** Eases mild cold symptoms such as sore throat, sweating, hot red face, congestion, and low-grade fever.
- **Calendula:** Cuts and scrapes.
- **Chamomilla:** Ear ache and teething.
- **Colocynth:** For colic, tummy ache, and diarrhea.
- **Ignatia:** One of the most useful remedies for emotional upset, shock, or trauma.
- **Magnesium phos:** Known as homeopathic aspirin. Useful for neuralgia of the face, cramping, or shooting pains. Relieves headaches, toothaches, earaches, and especially menstrual pain.
- **Nux vomica:** For nausea and indigestion associated with overindulging in food or alcohol.
- **Oscillococcinum:** This proprietary flu remedy reduces the duration and severity of symptoms such as fatigue, headache, body aches, chills, and fever.
- **Rhus tox:** For overexertion.

You can also buy ready-made homeopathic kits designed for home use. These convenient kits contain a variety of useful homeopathic medicines in either the 6X or 30X potency. Another perk to buying a kit is that they come with easy-to-use instructions to help you quickly cross-reference symptoms with the appropriate treatment. This can be extremely helpful when you are in the midst of an emergency.



Chapter Three

A Remedy for What Ails You

Common ailments like colds, coughs, and minor injuries are good candidates for self-treatment with homeopathy. But since homeopathic remedies, unlike OTC medicines or dietary supplements, aren't a "one size fits all" treatment, it's important to look for a remedy that most closely corresponds to the physical and emotional symptoms you are experiencing. If more than one symptoms is present, consider using a remedy that fits the most intense symptom.

Because homeopathy stimulates the body's natural defenses by re-establishing a normal immune system, picking the remedy that most closely matches your symptoms will shorten the course of the illness.

A Homeopathic Remedy Guide

While the following chart is far from complete, it gives a listing of remedies for some of the more common ailments your family may face. Many homeopathic kits are outfitted with several of the following remedies. Each of these remedies can also be purchased individually.

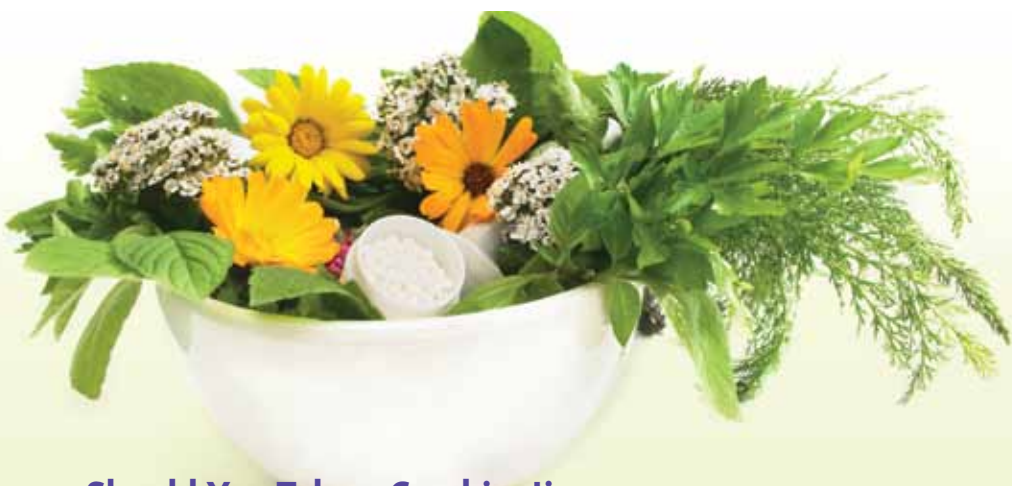
AILMENT	SYMPTOMS	REMEDY
Acne	Formation of pustules; individual desires company, irritable, drowsy.	Antimonium tartaricum
	Itchy eruptions; worse on face, chest, and shoulders.	Kali
Blisters	Raw burning pain; better when cold is applied.	Cantharis
	Burning heat.	Urtica
Burns	To prevent shock.	Arnica
	If pain persists after giving Arnica.	Cantharis
	Pain, restlessness and blisters.	Causticum
Colds	Very restless, earache with cold, hot, or bursting headache. Hoarse, croupy cough.	Aconite
	Fever, dry cough, sore throat, and throbbing pain.	Belladonna
	Runny and/or stuffy nose, difficulty sleeping.	Chamomilla
	Ripe cold with thick yellow-green nasal discharge. Moody, whiney, clingy disposition. Not thirsty despite a fever.	Pulsatilla
Colic	Worse from movement and warmth.	Bryonia
	Draws legs up, abdominal bloating.	Colocynthis

AILMENT	SYMPTOMS	REMEDY
Croup	Dry, hoarse, hacking cough; anxious.	Aconite
	Loose, rattling cough. Sweaty, irritable.	Herpar sulphuris
Diaper Rash	Pain and redness.	Calendula (topical)
Digestive Ailments	Fullness, heartburn, indigestion, upset stomach, vomiting, bloating, gas, and constipation.	Nux vomica
	Nausea due to travel or motion.	Cocculus indicus
Earache	Swollen hot, red, painful external ear.	Aconite
	Severe pain.	Chamomilla
	Throbbing pain, fever, restless.	Ferrum phos
Flu	Lethargic, fever, chills.	Gelsemium
Headache	Intense, throbbing headache that is aggravated by light, noise, touch, or motion. Face is flushed or hot and pupils are dilated.	Belladonna
	Splitting pain typically in front part of head. Comes, goes, then returns suddenly. Irritable and wants to be alone.	Bryonia
Insect Bite/Stings	Bee, hornet, or wasp stings with burning pain and rosy swelling.	Apis
	Poisonous spider bite with dusky red face, paleness around the mouth and nose. Seems languid but has a keen awareness of odors.	Caroblicum acidum
Insomnia	Sleeplessness or interrupted sleep.	Coffea cruda and Kali phos
Irritable Bowel Syndrome	Symptoms of diarrhea.	Arsenicum album
	Symptoms of constipation.	Nux vomica

AILMENT	SYMPTOMS	REMEDY
Joint Pain	Arthritic pain and stiffness that is relieved by motion.	Rhus toxicodendron
Menopause	Hot flashes and night sweats.	Lachesis
Muscle Aches	After overexertion. Pain upon touch or motion.	Arnica montana
	Cramping muscles with radiating pain that is relieved by warmth.	Magnesium phosphoricum
Mild Prostate Enlargement	Anxiety before and during urination.	Aconitum appellus
	Frequent urination.	Apis melifica or Belladonna
PMS	Fatigue, weight gain, tender breasts, anxiety, and bloating.	Calcarea carbonica
	Painful cramps.	Colocynthis
Seasonal Allergies	Watery, burning eyes; watery, runny nose with sneezing.	Allium cepa
	Itching on roof of mouth. Throat feels swollen and dry.	Wyethia
	Fits of sneezing with itching and tingling of the nose.	Sabadilla
Sprains	Shock, bruising.	Arnica
	Pain, torn connective tissue.	Ruta
	Feels better after moving.	Rhus tox
Stress	Nervousness, anxiety, and restlessness.	Coffea cruda
Teething	Discomfort and fussiness.	Homeopathic teething tablets or the individual remedies Belladonna, calcarea carbonica, calcarea phosphorica, and chamomilla
Minor Wounds	Cuts and scrapes.	Calendula (topical)
	Relieves pain of injured nerves.	Hypericum (topical)
	Puncture wound.	Ledum (topical)

Homeopathic Do's and Don'ts

- Do take remedies 30 minutes before or after eating, since food may interfere with absorption.
- Do consult with a qualified homeopath if you don't respond to a remedy after two or three doses. Ask about his or her experience, training, and certification.
- Do learn more about homeopathic remedies and their indications for use by referring to self-help books on homeopathy.
- Do trust the body's ability to heal itself.
- Don't expose remedies to direct sunlight, magnets, or strong odors like camphor, paint, and chemicals.
- Don't treat every little ache and pain.



Should You Take a Combination or Single Homeopathic Remedy?

Combination remedies—which are a blend of homeopathic remedies designed to treat a specific condition—are gaining popularity because they are not only convenient, they can eliminate some of the trial and error associated with single formulas. Combination formulas target a range of symptoms associated with various conditions, including menopause, allergies, and insomnia.

If you decide to try a combination remedy and it's not working, stop taking it and do some research into single remedies in order to learn which best fits all the changes that have accompanied your symptoms.

Chapter Four

Beyond Home Treatment

As you've seen, homeopathy is a wonderfully safe and effective way to treat mild to moderate, self-limiting health problems. But homeopathy may also be able to tackle chronic health problems and serious maladies like asthma, fibromyalgia, neuropathy, ulcers, peritonitis (an inflamed abdominal lining), and even AIDS. There is also evidence that it may be useful in supporting conventional treatment for cancer and some types of heart disease. But because these are serious medical conditions, it is important to avoid self-treatment and instead consult with a professional homeopath.

"Treating patients with chronic, often lifelong illness requires years of training and experience, and should be left to a Certified Classical Homeopath," notes Gahles. When you consult a homeopath, you receive a full evaluation of the whole person, followed by individualized homeopathic treatment geared just for you and your circumstance.

Evaluating the Evidence

How well does homeopathy work on chronic conditions? During one clinical trial evaluating homeopathy's effectiveness in treating asthma, researchers used conventional allergy testing to discover which substances the patients were most reactive to. The asthma sufferers were then given either a placebo or an individualized homeopathic remedy containing a dilution of the trigger substance. Eighty-two percent of those taking the homeopathic medicine experienced improvement compared to just 38 percent in the placebo group.

In another randomized, placebo-controlled study that involved 46 people with rheumatoid arthritis, more than 80 percent of those who received the homeopathic treatment experienced significant improvement in pain, stiffness, and grip strength. Those taking the placebo didn't see any change.

The symptoms of fibromyalgia can also benefit from long-term homeopathic care. This was shown when doctors at London's St. Bartholomew's Hospital reported that 25 percent of fibromyalgia patients experienced pain relief when treated with a homeopathic remedy compared to those taking a placebo.



Finding a Homeopath

Because homeopathic remedies are tailored to each individual, finding the right remedy may require a visit to a certified homeopathic doctor. The following organizations can help you find one in your area:

American Institute of Homeopathy

801 N. Fairfax Street, Suite 306

Alexandria, VA 22314

(888) 445-9988

www.homeopathyusa.org

Council for Homeopathic Certification

PMB 187

17051 SE 272nd Street, Suite 43

Covington, WA 98042

(866) 242-3399

www.homeopathicdirectory.com

North American Society of Homeopaths

P.O. Box 450039

Sunrise, FL 33345

(206) 720-7000

www.homeopathy.org

But you needn't be ill to seek the help of a homeopathic doctor. Any major change in your health status can benefit from homeopathy. For example, when pregnant women were given a combination remedy during their ninth month, they experienced a 40 percent shorter labor and had one quarter of the complications of those who were given a placebo. But, since each person and situation are different, this type of treatment should never be undertaken without the care of a qualified homeopath.

Choosing a Homeopath

When looking for a homeopath, it's wise to ask the following questions before you commit to treatment:

- What are your credentials and certifications?
- Where did you study?
- How many years have you been practicing homeopathy?
- Do you have experience treating other patients with similar symptoms?
- How long is your initial patient interview? Do you take the entire history of the patient? What paperwork do you require of me?
- How do you choose the remedy?
- How available are you in an emergency? Can you be reached after hours or on nights and weekends?
- Do you also treat acute illness with homeopathy?

The Future of Homeopathy

Homeopathy is the fastest-growing form of health care in the world. According to the American Homeopathic Pharmaceutical Association, homeopathic remedy sales exceed \$166 million per year in the United States. The World Health Organization has determined that homeopathy is the No. 2 form of medicine for primary care across the globe.

What does the future hold for homeopathy? With the rising cost of conventional health care and the growing list of side effects that accompany pharmaceuticals, more and more people around the world are taking a more active role in caring for their health. Homeopathy is a compassionate, gentle, and holistic approach to health care that has withstood the test of 200 years of practice. Because of its unparalleled safety and effectiveness, homeopathy is a perfect way to meet this growing trend.

Whether you rely on homeopathic remedies for home use or consult a certified homeopath for more serious health matters, homeopathy can help bring the body back into balance, allowing its innate healing power to flourish.

Common Homeopathic Terms

Here is a quick and easy guide to common homeopathic terms, from “antidotes” to “succussion.”

Aggravation: An initial noticeable intensification of the disease symptoms.

Antidote: A substance or experience that slows, stops, or reverses the curative action of a homeopathic medicine.

Characteristic symptom: A symptom that is striking, strange, unusual, or peculiar. Close attention is paid to characteristic symptoms, as they must correspond to symptoms of the remedy if it is to cure.

Common symptoms: Symptoms common to a specific disease. For example, stiff joints in arthritis or yellow skin in jaundice.

Complete symptom: Taken together, the origin of the problem, location, sensation, modalities, and concomitants create a complete symptom.



Constitutional treatment: Treatment that is determined by a careful assessment of a person's constitution and symptoms in an effort to deeply stimulate the person's inner healing.

Etiology: The cause of disease. One of the aspects of a complete symptom.

Healing crisis: A common experience for homeopathic medicine users in which some more external symptoms initially get worse in the process of a cure (sometimes referred to by homeopaths as "aggravation" of symptoms).

Law of Similars: The fundamental tenet of homeopathy: A substance that causes a set of symptoms in a healthy person acts as a curative medicine when given to a sick person with similar symptoms.

Materia medica: "Materials of medicine" in Latin. Books that list the homeopathic medicines used and the detailed indications for their applications.

Modality: A condition that makes a person or symptom better or worse.

Organon: *The Organon of Medicine*, by Samuel Hahnemann, the founder of homeopathy. This book describes the principles and practice of homeopathy.

Potency: The term used in homeopathy to describe the number of times a substance has been diluted and succussed (shaken) according to the strict rules of the Homeopathic Pharmacopeia. When an "X" is written after a number (as in 6X, 30X), it refers to the number of times one part of a medicine was diluted with nine parts of the dilutant (usually distilled water). When a "C" is written after a number (as in 6C, 30C), this refers to the number of times one part of a medicine was diluted with 99 parts of dilutant. When "LM" is written after a number (as in 6LM, 30LM), this refers to the number of times one part of a medicine was diluted with 50,000 parts of dilutant.

Potentization: The pharmaceutical process of repeated dilution with succussion (vigorous shaking) during homeopathic medicine preparation.

Proving: The procedure for giving doses of a substance to healthy subjects in order to find what it causes in overdose and thus what it has the capacity to cure.

Remedy: Medicine, as in a homeopathic remedy.

Sensation: What a symptom feels like. One of the parts of a complete symptom.

Simillimum: The medicine most similar to the person's totality of symptoms.

Succussion: Part of the homeopathic manufacturing process in which a medicinal substance is diluted in distilled water and vigorously shaken by striking it against a firm surface.

Vital Force: The energy that maintains life in the individual.

Adapted from *Everybody's Guide to Homeopathic Medicine* by Dr. Stephen Cummings and Dana Ullman (Jeremy Tarcher, 2004).

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AMAZING
wellness *magazine* presents

HOMEOPATHY

by **KIM ERICKSON**

Get Healthy with **HOMEOPATHY!**



Kim Erickson
Managing Editor

Based on the premise that “like cures like,” homeopathy is a terrific way to help the whole family stay healthy. But if you’re not familiar with this safe and gentle mode of healing, you’re certainly not alone. For those of us in the U.S., it may be one of the least familiar forms of natural medicine, yet it can be one of the most effective.

According to the World Health Organization more than 500 million people worldwide use homeopathy. It’s especially popular in Europe, India, and South America. Why? Because it works!

Best of all, many homeopathic remedies are ideal for handling many of life’s little everyday health concerns, whether it’s a bout with hay fever, a sprained ankle, or the common cold. This booklet will give you an in-depth understanding of how homeopathy supports good health and why it may be the right choice for you and your family.

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***Amazing Wellness
Presents . . .***

HOMEOPATHY

Publisher

Joanna Shaw

Managing Editor

Kim Erickson

Copy Editor

Tina Rubin

Creative Director

Karen Sperry

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Business & Editorial Offices

300 N. Continental Blvd.,
Suite 650
El Segundo, CA 90245



ACTIVE INTEREST MEDIA
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General Manager

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Introduction

Homeopathy 101

When my daughter Whitney suffered a nasty sprain during a high school soccer game, we packed her ankle in ice and rushed her to the doctor. Although a quick exam and X-rays showed that nothing had been broken, all the doctor could offer was a pair of crutches and the assurance that, over the next few weeks, her ankle would heal on its own. Fortunately, a neighbor recommended *Arnica montana*, a homeopathic remedy known for its ability to tackle tough sports injuries. Within days, Whitney's pain, swelling, and bruising had almost vanished. Both her doctor and I were amazed at its effectiveness.

Although homeopathy was new to me, it's actually been around for more than 200 years. Based on natural, nontoxic remedies, it stimulates the body's own inherent healing capacity—and over the past 40 years, its popularity has grown by leaps and bounds. But, despite the growing use of homeopathy, it's one of the least understood types of medicine. If you're among those baffled by it, this booklet will help you decipher the mystery of this holistic form of healing that takes its cue from the human body itself.

A History Lesson

If you became ill in the 18th century, your medical options were not only limited, they could be pretty gruesome. Bloodletting, purging, leeches, starvation, or the use of toxic compounds like arsenic and mercury were quite common. Fortunately, an accidental discovery by German physician and chemist Samuel Hahnemann gave patients a safer, gentler, and more effective alternative.

While he was translating a text that prescribed Peruvian cinchona bark to treat malaria, Hahnemann decided to test the author's claims that it was cinchona's astringent properties that helped cure the disease. After repeatedly ingesting the bark, Hahnemann developed a fever, chills, and other malaria-like symptoms. He concluded that substances that can cause symptoms may also help relieve them.

Over the next six years, Hahnemann tested the impact of other pure extracts in various dilutions, combining careful observations of the medicine's effect with knowledge about herbs and other medicinal substances. From these observations came Hahnemann's Law of Similars. In 1796, he wrote about his experiences in the German medical review *Hufeland's Journal*, giving birth to what would become the practice of homeopathy.

Homeopathy gradually took hold throughout Europe, and in 1825 a Boston-born doctor, Hans Burch Gram, brought this unconventional form of

The 3 Laws of Homeopathy

The object of homeopathy is to repel imbalances from the body and allow the body to heal and rebalance. Based on the following laws, homeopathy stimulates the body's natural curative powers.



Law of Similars

Homeopathy is a system of medicine founded on the principle of 'Similia Similibus Curantur' which means 'like cures like.' This means a substance that would cause a healthy person to get symptoms can cure these same symptoms.

Law of Simplex – The Single Remedy

According to Hahnemann, only one medicinal substance should be administered at a time. This is because:

- The homeopathic remedies were proved singly, and the *Materia Medica* was created on the observed effects of drugs given singly.
- Only one remedy can be the most similar at any given time to the condition of any given patient.
- If more than one remedy is used the patient and/or doctor will never know which element was effective.

Law of Minimum

This is sometimes referred to as the Magic of Minimum Dose. Under this principle, homeopathic medicine is used in the most minute dose possible. Because of this, the remedy enables the body to heal in the most efficient and least harmful way. This concept of minimum dose led to the discovery of a practical process called potentization (see Chapter One).

healing to the United States. Because homeopathy had an 80 percent success rate compared to just 50 percent for the conventional treatments of the day, its popularity across America exploded. This spurred the establishment of the first homeopathic medical college in Allentown, Pennsylvania, in 1835 by Constantine Hering, as well as the American Institute of Homeopathy, the nation's very first medical association.

With the dawn of the 20th century, however, homeopathy's popularity began to wane. Modern medicine surged forward with germ theory, as well as the use of antiseptics and eventually antibiotics. A new group made up of conventional doctors, later known as the American Medical Association, also played a role in discounting homeopathy. Between 1930 and 1975, the

practice of homeopathy was almost nonexistent. Many colleges were shuttered and legislation limited homeopathic training and practice. In fact, by the 1950s, there were fewer than 150 practicing homeopathic physicians left in the United States. But a new generation—one interested in all things natural—began to explore healing modalities of the past, including homeopathy.

Because of its efficacy, homeopathy is currently an established form of medicine throughout Europe and Asia. And it is fast regaining popularity in the United States. According to a report in *The FDA Consumer*, there was a 1,000 percent increase in sales of homeopathic medicines between the late 1970s and the early 1980s. Today, an estimated 3.9 million adults and 900,000 children in the United States rely on homeopathy in one form or another to help them manage both minor and major health problems.

7 Things You Need To Know About Homeopathy

- 1. Homeopathy is safe.** Homeopathic medicine is regulated in the same way as conventional over-the-counter (OTC) medicines. But studies show that it is considerably safer than most OTC drugs, like aspirin and acetaminophen. As you'll see in Chapter Two, there are no known side effects or drug interactions, and you can't overdose on homeopathic remedies.
- 2. It's effective.** More than two centuries of evidence from hundreds of thousands of clinicians and millions of patients attest to homeopathy's effectiveness and safety. Today, homeopathic remedies are prescribed by more than 400,000 health care professionals worldwide, including pediatricians, family physicians, plastic surgeons, dentists, and orthopedic doctors.
- 3. It's natural.** Homeopathic remedies are derived from natural substances that come from plants, minerals, or animals. Common remedies include red onion, arnica, and stinging nettle.
- 4. It's holistic.** Homeopathy works with your whole body to ease symptoms and make you well. Traditional medicine, on the other hand, simply targets and opposes the symptoms. For instance, a runny nose is treated with a drug that dries up nasal secretions.
- 5. It's simple.** Homeopathy uses just five ingredients in the production process:
 - water
 - alcohol
 - sucrose
 - lactose
 - the natural medicine

Additionally, homeopathic medicines are simple to administer, even to children. They can be taken anytime, with or without water. Homeopathic medicines are typically available in pellets that dissolve under the tongue, but are also incorporated into other formulas, such as syrups or quick-dissolving strips.



- 6. There's a remedy for almost every condition.** Homeopathy addresses very specific symptoms, so a homeopathic cold and flu remedy for someone with a fever and sniffles will be different than one for a person with chills and a cough. There are a number of effective OTC single and combination remedies for a wide range of everyday maladies. For chronic or more serious conditions, it's wise to consult with a homeopathic doctor who can prescribe more targeted remedies.
- 7. It's environmentally friendly.** Natural ingredients are used to produce homeopathic medicine. Unlike conventional drugs, the remedies contain no toxic chemicals, making them safe for both your body and the environment.



The Basics of Homeopathy

As Hahnemann discovered, homeopathy is based on the law of similars. In other words, substances that can cause symptoms in a healthy person are used to cure similar symptoms in a person who is ill. In fact, the very word homeopathy is based on the Greek word *homios*, which means similar, and *pathos*, which means suffering.

Often referred to as “like cures like,” homeopathic remedies are based on the belief that symptoms are a beneficial sign that the body is trying to heal itself against illness. “Homeopathy regards symptoms as the body’s healthy attempt to restore itself to balance,” says New York City–based homeopath Nancy Gahles, DC, RSHom (NA), CCH. “A homeopath will choose a remedy that supports the symptoms rather than opposing or suppressing them as in conventional medicine.”

Homeopathy also differs from conventional medicine in how patients are treated. While allopathic doctors only treat the body part that is affected or the physical signs of disease, homeopathy addresses each individual as a whole person. Because a symptom may manifest itself in the body, mind, emotion, spirit, or soul, homeopathy is effective even in the absence of a conventional diagnosis.

Homeopathic remedies work with the body’s own innate healing abilities using extremely minute amounts of naturally derived medicine. In fact, many homeopaths think that it’s this miniscule dosage that is the secret to homeopathy’s success. “There are several thousand studies in conventional scientific journals showing a wide variety of biological effects from extremely small doses of various substances on specific systems,” says Dana Ullman, MPH, founder of Homeopathic Educational Services in Berkeley, California, and the author of 10 books on homeopathy. “Homeopathic medicines should be considered to be a type of nanopharmacology.”

FOCUS ON

Boericke & Tafel



Beginning in the early 1830s, an intestinal infection swept across the United States, killing thousands. To keep up with the demand for homeopathic remedies to treat the outbreak, Constantine Hering—often called the Father of American Homeopathy—recruited two Philadelphia pharmacists, Francis Boericke and Adolph Tafel, to help local apothecary manager William Radde create the remedies needed to serve their city. In 1862, Boericke and Tafel bought the apothecary and began offering homeopathic books and medicines. Business flourished under the store's motto: "All works on homeopathy, as well as pocket cases of homeopathic medicines, prepared by approved hands, and very neatly arranged."

As demand for quality homeopathic medicines grew, Boericke and Tafel opened other pharmacies, in New York, New Orleans, San Francisco, Pittsburgh, Washington D.C., Minneapolis, Chicago, and Cincinnati. But it was their role as publishers that truly advanced homeopathy in the United States. Eighty-five percent of all homeopathic books in America were published by the two pharmacists, along with their greatest contribution, Boericke Materia Medica, which is still the standard Materia Medica used today by American homeopaths.

As one of the oldest homeopathic pharmaceutical companies, Boericke & Tafel continues to thrive today. In 1988, the company was acquired by the Dr. Willmar Schwabe Group and is currently distributed through Nature's Way. Yet, even as the company evolves, it stays true to its original vision of educating consumers and medical professionals about the benefits of homeopathy. Boericke & Tafel also continues to ensure the highest quality raw materials while maintaining a strong commitment to biodiversity and the environment. By making therapeutic advances and providing new solutions for health problems, Boericke & Tafel and the Dr. Willmar Schwabe Group are actively shaping the future of homeopathy and caring for consumers' health, both now and in the future.

Chapter One

Safe and Effective

Since homeopathic remedies are highly diluted, they contain only minuscule amounts of the original substances they are made from. As a result, they don't have the toxic side effects common to many conventional medicines. And unlike herbal compounds, there are no adverse interactions between homeopathic medicines and any drugs you may be taking. If that weren't enough to recommend homeopathy, it's also important to note that because homeopathic remedies are so diluted, there is virtually no chance of an allergic reaction.

The safety of homeopathic remedies lies in both the way they are made and how they are regulated. Unlike dietary supplements, homeopathic medicines are considered nonprescription drugs by the United States Food and Drug Administration (FDA). Yet, because they contain little, if any, active compounds, their safety profile far exceeds most over-the-counter medications.

How Remedies Are Made

Approximately 80 percent of all homeopathic remedies are based on plants, especially herbs. The remaining 20 percent comes from minerals, salts, and even insects and animals. Once collected, the chosen source creates the basis for a specific remedy using an age-old process. For instance, if a plant will be used to create a remedy, the crude botanical material is



Potentization

The objectives of potentization in homeopathy are:

1. **To reduce the medicinal substance**, which helps to avoid unwanted aggravations and side effects.
2. **To process the most virulent and deadly poisons** and not only render them harmless, but transform them into beneficial healing remedies.
3. **To make substances that are medicinally inert** in their crude natural state active and effective for healing the sick.
4. **To enhance the medicinal qualities of other drugs** that are more or less active in their natural state and broaden their sphere of action.
5. **To ensure that the action** of potentized medicines is deeper, longer, and more widespread.

soaked in a water and alcohol to make what's known as a "Mother Tincture." This soaking draws the beneficial properties out of the crude material and infuses it into the water.

After the mother tincture has been created, the remedy is then diluted to the desired strength using a specific ratio of one part mother tincture to nine parts diluting solution. This process is known as potentization. The more a substance is potentized, the longer and more deeply the medicine acts and the fewer doses are needed to successfully treat the ailment.

When a remedy undergoes potentization, the mother tincture is consecutively diluted and vigorously shaken (succussed) to bring out the medicinal properties of the original substance. Succussion, or shaking, is key to making the remedy effective. Succussion can be as simple as holding a capped vial of the solution and pounding it against a book on a desk. Simply doing this creates a 1X potency. "X" stands for 10 in Roman numerals. To make a 2X potency, one part of the 1X potency is added to nine parts of the diluting solution in a vial and then succussed. Succussion is done a minimum of 100 times per each level of dilution, starting from the very beginning. This process continues until the desired potency (strength) of the remedy is attained.

Common Potencies and Their Lack of Toxicity

Common potencies used in homeopathic remedies usually begin around 6X. According to Gahles, "All homeopathic remedies of 6X potency or higher are safe for anyone, including pregnant women, unborn babies, and

children.” The dilution ratio of 6X is one part of the Mother Tincture to one million parts of the diluting material. So, only one part of the original tincture is in every million parts of the diluting material. This is what makes remedies extremely safe.

6X is already extremely diluted and considered a low potency. But you can also find remedies that frequently use a potency of 12X or even 30X. These are infinitesimal doses. Yet they are effective, at times acting stronger and faster than common drugs. These homeopathic microdoses work in conjunction with your body’s own chemical and immune processes. And homeopathy does this without fear of toxic side effects.

Regulating Remedies

Homeopathic remedies are prepared according to the guidelines of the Homeopathic Pharmacopeia of the United States (HPUS), which was written into law in the Federal Food, Drug, and Cosmetic Act in 1938. Homeopathic remedies are regulated in the same manner as nonprescription, over-the-counter (OTC) drugs. However, because homeopathic products contain little or no active ingredients, they do not have to undergo the same safety and efficacy testing as prescription and new OTC drugs.

The FDA does, however, require that homeopathic remedies meet certain legal standards for strength, purity, and packaging. The labels on the remedies must include at least one major indication (i.e., medical problem to be treated), a list of ingredients, the dilution, and safety instructions. In addition, if a homeopathic remedy claims to treat a serious disease like cancer, it must be sold as a prescription by a qualified homeopath or medical doctor. Only products for self-limiting conditions (minor health problems like a cold or headache) can be sold without a prescription.

Homeopathic remedies help remove the roadblocks to health. This allows the body to take over and heal itself. Because of government oversight and extreme dilution, homeopathic remedies are extremely safe for all ages, including infants, the aged, and pregnant women. As you’ll discover in the next chapter, this makes homeopathy ideal for the whole family.

Common “C” Potencies

There are times when you’ll notice that the potency is not “X” but “C” (commonly denoted as 6C, 12C, or 30C). “C” stands for 100 in Roman numerals. This means that one part of the Mother Tincture is added to 99 parts of diluting solution and succussed for a 1C potency, and so on, until the desired potency is attained. “C” potencies are more diluted than “X” potencies, but not less effective.

FOCUS ON

Boiron

As pharmacists, it wasn't enough for Jean and Henri Boiron to simply fill prescriptions. In 1932, the twin brothers set out to fulfill the growing demand for safe and reliable homeopathic medicines. After developing the necessary manufacturing expertise, the brothers launched the Boiron pharmaceutical laboratory in Lyon, France. Nearly 80 years later, Boiron is still operated by the Boiron family, who continue to be passionate about integrating the benefits of homeopathic medicine into daily life.

With the goal of incorporating homeopathic medicine into every physician's practice, the company created the Boiron Institute in 1985. This research group brings together the clinical experience of homeopathic physicians to expand homeopathy's knowledge base among the medical community worldwide. Currently, the Boiron Institute is comprised of 150 physicians representing over 30 countries.

Educating consumers is also a key priority. Boiron recently launched its Homeopathic Medicine Finder to help shoppers to find the right medicine to safely help with more than 350 health conditions and symptoms. Consumers can also check out the online Boiron Medicine Finder at www.BoironUSA.com.

Boiron's strong commitment to health and community extends not only to physicians and consumers, but to those in need. Boiron USA has partnered with two charitable organizations: Vitamin Angels, which supplies essential nutrients to children in 43 countries, and the Gesundheit Institute, a not-for-profit holistic health care organization led by Patch Adams, M.D. A portion of the sales from two of the company's most popular products—Oscillococcinum and Arnicare—is donated to these groups.

Today, the preparation of Boiron homeopathic medicines links a strong respect for tradition with technological innovation, which allows their reliability to be optimized. As a counterbalance to harvesting raw materials, Boiron promotes resupplying wild-harvested or organically farmed plants whenever possible. The company also works with 120 botanist-harvesters to ethically gather plants. This not only improves the quality of raw materials Boiron uses, it also protects the environment and ensures the sustainability of quality homeopathic medicine for generations to come.



Chapter Two

Medicine for the Whole Family

Because of homeopathy's exceptional safety record and effectiveness, it's the perfect way to help keep the entire family healthy. From your newborn infant to your aging parent, homeopathy can foster good health for a lifetime.

What kind of conditions can be treated with homeopathy? Homeopathic medicine can be effective in treating many acute and chronic health problems, including allergies, arthritis, colds and flu, headaches and backaches, PMS, depression, and many other physical and emotional upsets. Correctly chosen remedies are often able to stimulate the body's innate healing ability, leading to an improvement.

Homeopathy is particularly beneficial for childhood ailments like colic and ear infections. In fact, a recent study of 119 children that was conducted at the University of Washington, Seattle, found that those who received homeopathic eardrops along with their standard therapy suffered from less severe symptoms. Plus, the homeopathic group got well faster than those who only received antibiotics.

You Might Try Homeopathy If . . .

Preliminary studies, as well as anecdotal reports, suggest that homeopathy can help a number of chronic and everyday ailments. The 15 most common include:

- Anxiety
- Back pain
- Common colds
- Fatigue
- Headache
- Pain
- PMS
- Sports injuries
- Asthma
- Common childhood diarrhea
- Ear infections
- Flu symptoms
- Menopausal symptoms, especially hot flashes
- Seasonal allergies
- Stress



Homeopathy is safe,
gentle, and effective
for all ages.

How to Take a Homeopathic Remedy

Many homeopathic physicians suggest that remedies be used as follows: Take one dose and wait for a response. If improvement is seen, continue to wait and let the remedy work. If improvement lags significantly or has clearly stopped, another dose may be taken. The frequency of dosage varies with the condition and the individual. Sometimes a dose may be required several times an hour; other times a dose may be indicated several times a day; and in some situations, one dose per day (or less) can be sufficient. If no response is seen within a reasonable amount of time, select a different remedy.

Homeopathic remedies come in a variety of forms, including pellets, tablets, liquid, ointments, and suppositories. Pellets are the most popular form and are taken sublingually. The large number of capillaries under the tongue allow for faster absorption into the blood stream.

Because homeopathic pills or pellets are very fragile and easily contaminated, it's wise to avoid handling them. Instead, pour the tablets or pellets into the bottle cap and carefully place them into your mouth.



Other research shows that homeopathic remedies containing chamomilla have helped many a frantic mother soothe the pain of her teething infant. Homeopathy can also help colicky babies. It's so effective that an observational cohort study found that a proprietary homeopathic formula was just as effective as the drug hyoscine butylbromide for gastrointestinal cramps in children.

But the value of homeopathic medicine for infants and children doesn't end there. Because these remedies work on a physical, mental, and emotional level, they may even help children with attention deficit hyperactivity disorder (ADHD). In one recent double-blind study of 83 children diagnosed with ADHD, Swiss researchers found that those who were given a targeted homeopathic remedy under the care of a certified homeopath had significantly fewer behavioral problems than the children who were given a placebo.

Mom and dad can benefit too. A joint trial of Dutch and British women suffering from premenstrual syndrome found that homeopathy cut the frequency of symptoms in half. Homeopathy can also help regulate menstrual irregularities and is often used during childbirth. At the other end of the spectrum, research at the Royal London Homeopathic Hospital suggests that homeopathic treatment can be used as an alternative to treatment with hormone replacement therapy (HRT) to help ease the symptoms of menopause.

Self-administered homeopathic treatment can ease anxiety, enhance mood, and soothe aches and pains.

In men, homeopathy can support a healthy reproductive tract. According to Ullman, a number of homeopathic remedies can complement conventional medical treatment for prostatitis and an enlarged prostate. And German research suggests that homeopathy can help treat infertility in men by boosting sperm count. But homeopathy for men isn't limited to issues below the belt. Self-administered homeopathic treatment can ease anxiety, enhance mood, and soothe the aches and pains that often affect weekend warriors.

Homeopathy's benefits can extend well beyond everyday maladies. Several studies show that professional treatment by a qualified homeopath can replace or augment conventional treatment for a number of chronic

illnesses. However, clinical evidence for homeopathy often isn't consistent—making it difficult and confusing for both consumers and health care providers. To address this, three Dutch professors of medicine performed a meta-analysis that encompassed 25 years of clinical studies using homeopathic medicines. The vast majority of studies included in the analysis clearly showed that homeopathic medicines were exceptionally effective. Specifically, the doctors found that:

- 13 of 19 trials showed successful treatment of respiratory infections.
- 6 of 7 trials showed positive results in treating other infections.
- 5 of 7 trials showed improvement in digestive problems.
- 5 of 5 showed successful treatment of hay fever.
- 5 of 7 showed faster recovery after abdominal surgery.
- 4 of 6 promoted healing and pain relief in those with arthritis or joint pain.
- 18 of 20 showed benefit in addressing general pain or trauma.
- 8 of 10 showed positive results in relieving psychological problems.
- 13 of 15 showed improvement in miscellaneous health conditions.

What makes these findings so significant is the fact that, unlike many modern drugs, homeopathic treatment is extremely safe. And because the remedies are so highly diluted, side effects are almost nonexistent, making it a perfect fit for treating the entire family.

Your Home Remedy Kit

As any parent can tell you, raising a family means being prepared for all types of emergencies. Accidents happen and kids, as well as their parents, get sick—and it's not always during the doctor's regular office hours. That's when it's important to have a homeopathic home care kit on hand. From sprains and strains to colds and flu, having everyday homeopathic medicines at your fingertips when needed can help you manage life's everyday ailments.

With any kit, it's important to think about what you'll likely be treating. For most families, that means remedies for cuts and burns, bug bites, splinters, sprains and strains, headaches, and stomach upset. It's also important to include a guidebook to homeopathic medicine. While this booklet can serve as a cheat sheet, for more in-depth information it's wise to consult a more comprehensive source. There are a number of excellent books to help you become familiar with how various over-the-counter remedies can help you keep your family well.



Common ailments like colds, coughs, and minor injuries are good candidates for self-treatment with homeopathy.

Along with the standard box of Band-Aids, tweezers, alcohol wipes, and cold compresses, here are some of the basic homeopathic remedies you may want to include in your family's kit:

- **Aconite:** Good for the rapid onset of chills, fever, cough, or croup.
- **Allium cepa:** For allergies with a runny nose.
- **Apia:** Swelling and inflammation caused by animal or insect bite and stings.
- **Arnica gel:** Helps prevent and treat bruising. Also helps relieve muscle pain and stiffness from overexertion.
- **Arsenicum album:** For diarrhea and the symptoms of food poisoning.
- **Belladonna:** Eases mild cold symptoms such as sore throat, sweating, hot red face, congestion, and low-grade fever.
- **Calendula:** Cuts and scrapes.
- **Chamomilla:** Ear ache and teething.
- **Colocynth:** For colic, tummy ache, and diarrhea.
- **Ignatia:** One of the most useful remedies for emotional upset, shock, or trauma.
- **Magnesium phos:** Known as homeopathic aspirin. Useful for neuralgia of the face, cramping, or shooting pains. Relieves headaches, toothaches, earaches, and especially menstrual pain.
- **Nux vomica:** For nausea and indigestion associated with overindulging in food or alcohol.
- **Oscillococcinum:** This proprietary flu remedy reduces the duration and severity of symptoms such as fatigue, headache, body aches, chills, and fever.
- **Rhus tox:** For overexertion.

You can also buy ready-made homeopathic kits designed for home use. These convenient kits contain a variety of useful homeopathic medicines in either the 6X or 30X potency. Another perk to buying a kit is that they come with easy-to-use instructions to help you quickly cross-reference symptoms with the appropriate treatment. This can be extremely helpful when you are in the midst of an emergency.



Chapter Three

A Remedy for What Ails You

Common ailments like colds, coughs, and minor injuries are good candidates for self-treatment with homeopathy. But since homeopathic remedies, unlike OTC medicines or dietary supplements, aren't a "one size fits all" treatment, it's important to look for a remedy that most closely corresponds to the physical and emotional symptoms you are experiencing. If more than one symptoms is present, consider using a remedy that fits the most intense symptom.

Because homeopathy stimulates the body's natural defenses by re-establishing a normal immune system, picking the remedy that most closely matches your symptoms will shorten the course of the illness.

A Homeopathic Remedy Guide

While the following chart is far from complete, it gives a listing of remedies for some of the more common ailments your family may face. Many homeopathic kits are outfitted with several of the following remedies. Each of these remedies can also be purchased individually.

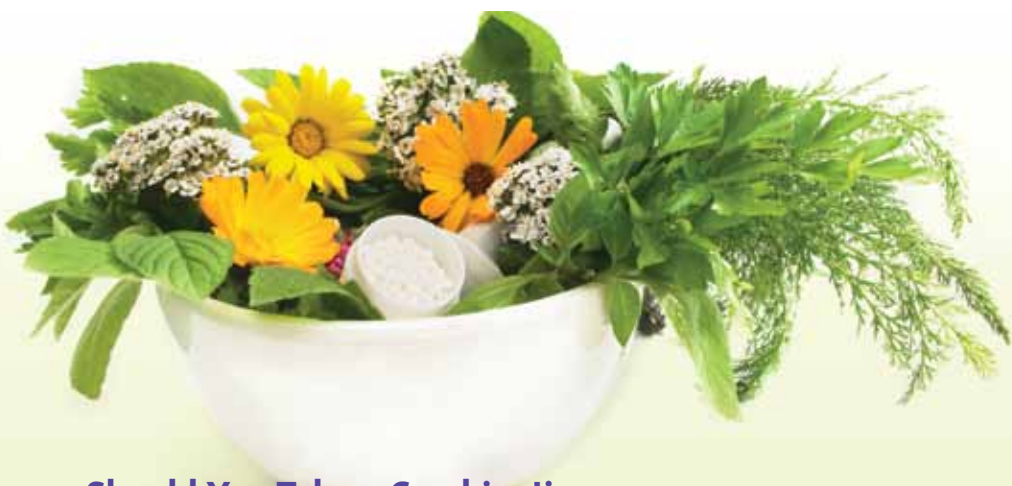
AILMENT	SYMPTOMS	REMEDY
Acne	Formation of pustules; individual desires company, irritable, drowsy.	Antimonium tartaricum
	Itchy eruptions; worse on face, chest, and shoulders.	Kali
Blisters	Raw burning pain; better when cold is applied.	Cantharis
	Burning heat.	Urtica
Burns	To prevent shock.	Arnica
	If pain persists after giving Arnica.	Cantharis
	Pain, restlessness and blisters.	Causticum
Colds	Very restless, earache with cold, hot, or bursting headache. Hoarse, croupy cough.	Aconite
	Fever, dry cough, sore throat, and throbbing pain.	Belladonna
	Runny and/or stuffy nose, difficulty sleeping.	Chamomilla
	Ripe cold with thick yellow-green nasal discharge. Moody, whiney, clingy disposition. Not thirsty despite a fever.	Pulsatilla
Colic	Worse from movement and warmth.	Bryonia
	Draws legs up, abdominal bloating.	Colocynthis

AILMENT	SYMPTOMS	REMEDY
Croup	Dry, hoarse, hacking cough; anxious.	Aconite
	Loose, rattling cough. Sweaty, irritable.	Herpar sulphuris
Diaper Rash	Pain and redness.	Calendula (topical)
Digestive Ailments	Fullness, heartburn, indigestion, upset stomach, vomiting, bloating, gas, and constipation.	Nux vomica
	Nausea due to travel or motion.	Cocculus indicus
Earache	Swollen hot, red, painful external ear.	Aconite
	Severe pain.	Chamomilla
	Throbbing pain, fever, restless.	Ferrum phos
Flu	Lethargic, fever, chills.	Gelsemium
Headache	Intense, throbbing headache that is aggravated by light, noise, touch, or motion. Face is flushed or hot and pupils are dilated.	Belladonna
	Splitting pain typically in front part of head. Comes, goes, then returns suddenly. Irritable and wants to be alone.	Bryonia
Insect Bite/Stings	Bee, hornet, or wasp stings with burning pain and rosy swelling.	Apis
	Poisonous spider bite with dusky red face, paleness around the mouth and nose. Seems languid but has a keen awareness of odors.	Caroblicum acidum
Insomnia	Sleeplessness or interrupted sleep.	Coffea cruda and Kali phos
Irritable Bowel Syndrome	Symptoms of diarrhea.	Arsenicum album
	Symptoms of constipation.	Nux vomica

AILMENT	SYMPTOMS	REMEDY
Joint Pain	Arthritic pain and stiffness that is relieved by motion.	Rhus toxicodendron
Menopause	Hot flashes and night sweats.	Lachesis
Muscle Aches	After overexertion. Pain upon touch or motion.	Arnica montana
	Cramping muscles with radiating pain that is relieved by warmth.	Magnesium phosphoricum
Mild Prostate Enlargement	Anxiety before and during urination.	Aconitum appellus
	Frequent urination.	Apis melifica or Belladonna
PMS	Fatigue, weight gain, tender breasts, anxiety, and bloating.	Calcarea carbonica
	Painful cramps.	Colocynthis
Seasonal Allergies	Watery, burning eyes; watery, runny nose with sneezing.	Allium cepa
	Itching on roof of mouth. Throat feels swollen and dry.	Wyethia
	Fits of sneezing with itching and tingling of the nose.	Sabadilla
Sprains	Shock, bruising.	Arnica
	Pain, torn connective tissue.	Ruta
	Feels better after moving.	Rhus tox
Stress	Nervousness, anxiety, and restlessness.	Coffea cruda
Teething	Discomfort and fussiness.	Homeopathic teething tablets or the individual remedies Belladonna, calcarea carbonica, calcarea phosphorica, and chamomilla
Minor Wounds	Cuts and scrapes.	Calendula (topical)
	Relieves pain of injured nerves.	Hypericum (topical)
	Puncture wound.	Ledum (topical)

Homeopathic Do's and Don'ts

- Do take remedies 30 minutes before or after eating, since food may interfere with absorption.
- Do consult with a qualified homeopath if you don't respond to a remedy after two or three doses. Ask about his or her experience, training, and certification.
- Do learn more about homeopathic remedies and their indications for use by referring to self-help books on homeopathy.
- Do trust the body's ability to heal itself.
- Don't expose remedies to direct sunlight, magnets, or strong odors like camphor, paint, and chemicals.
- Don't treat every little ache and pain.



Should You Take a Combination or Single Homeopathic Remedy?

Combination remedies—which are a blend of homeopathic remedies designed to treat a specific condition—are gaining popularity because they are not only convenient, they can eliminate some of the trial and error associated with single formulas. Combination formulas target a range of symptoms associated with various conditions, including menopause, allergies, and insomnia.

If you decide to try a combination remedy and it's not working, stop taking it and do some research into single remedies in order to learn which best fits all the changes that have accompanied your symptoms.

Chapter Four

Beyond Home Treatment

As you've seen, homeopathy is a wonderfully safe and effective way to treat mild to moderate, self-limiting health problems. But homeopathy may also be able to tackle chronic health problems and serious maladies like asthma, fibromyalgia, neuropathy, ulcers, peritonitis (an inflamed abdominal lining), and even AIDS. There is also evidence that it may be useful in supporting conventional treatment for cancer and some types of heart disease. But because these are serious medical conditions, it is important to avoid self-treatment and instead consult with a professional homeopath.

"Treating patients with chronic, often lifelong illness requires years of training and experience, and should be left to a Certified Classical Homeopath," notes Gahles. When you consult a homeopath, you receive a full evaluation of the whole person, followed by individualized homeopathic treatment geared just for you and your circumstance.

Evaluating the Evidence

How well does homeopathy work on chronic conditions? During one clinical trial evaluating homeopathy's effectiveness in treating asthma, researchers used conventional allergy testing to discover which substances the patients were most reactive to. The asthma sufferers were then given either a placebo or an individualized homeopathic remedy containing a dilution of the trigger substance. Eighty-two percent of those taking the homeopathic medicine experienced improvement compared to just 38 percent in the placebo group.

In another randomized, placebo-controlled study that involved 46 people with rheumatoid arthritis, more than 80 percent of those who received the homeopathic treatment experienced significant improvement in pain, stiffness, and grip strength. Those taking the placebo didn't see any change.

The symptoms of fibromyalgia can also benefit from long-term homeopathic care. This was shown when doctors at London's St. Bartholomew's Hospital reported that 25 percent of fibromyalgia patients experienced pain relief when treated with a homeopathic remedy compared to those taking a placebo.



Finding a Homeopath

Because homeopathic remedies are tailored to each individual, finding the right remedy may require a visit to a certified homeopathic doctor. The following organizations can help you find one in your area:

American Institute of Homeopathy

801 N. Fairfax Street, Suite 306

Alexandria, VA 22314

(888) 445-9988

www.homeopathyusa.org

Council for Homeopathic Certification

PMB 187

17051 SE 272nd Street, Suite 43

Covington, WA 98042

(866) 242-3399

www.homeopathicdirectory.com

North American Society of Homeopaths

P.O. Box 450039

Sunrise, FL 33345

(206) 720-7000

www.homeopathy.org

But you needn't be ill to seek the help of a homeopathic doctor. Any major change in your health status can benefit from homeopathy. For example, when pregnant women were given a combination remedy during their ninth month, they experienced a 40 percent shorter labor and had one quarter of the complications of those who were given a placebo. But, since each person and situation are different, this type of treatment should never be undertaken without the care of a qualified homeopath.

Choosing a Homeopath

When looking for a homeopath, it's wise to ask the following questions before you commit to treatment:

- What are your credentials and certifications?
- Where did you study?
- How many years have you been practicing homeopathy?
- Do you have experience treating other patients with similar symptoms?
- How long is your initial patient interview? Do you take the entire history of the patient? What paperwork do you require of me?
- How do you choose the remedy?
- How available are you in an emergency? Can you be reached after hours or on nights and weekends?
- Do you also treat acute illness with homeopathy?

The Future of Homeopathy

Homeopathy is the fastest-growing form of health care in the world. According to the American Homeopathic Pharmaceutical Association, homeopathic remedy sales exceed \$166 million per year in the United States. The World Health Organization has determined that homeopathy is the No. 2 form of medicine for primary care across the globe.

What does the future hold for homeopathy? With the rising cost of conventional health care and the growing list of side effects that accompany pharmaceuticals, more and more people around the world are taking a more active role in caring for their health. Homeopathy is a compassionate, gentle, and holistic approach to health care that has withstood the test of 200 years of practice. Because of its unparalleled safety and effectiveness, homeopathy is a perfect way to meet this growing trend.

Whether you rely on homeopathic remedies for home use or consult a certified homeopath for more serious health matters, homeopathy can help bring the body back into balance, allowing its innate healing power to flourish.

Common Homeopathic Terms

Here is a quick and easy guide to common homeopathic terms, from “antidotes” to “succussion.”

Aggravation: An initial noticeable intensification of the disease symptoms.

Antidote: A substance or experience that slows, stops, or reverses the curative action of a homeopathic medicine.

Characteristic symptom: A symptom that is striking, strange, unusual, or peculiar. Close attention is paid to characteristic symptoms, as they must correspond to symptoms of the remedy if it is to cure.

Common symptoms: Symptoms common to a specific disease. For example, stiff joints in arthritis or yellow skin in jaundice.

Complete symptom: Taken together, the origin of the problem, location, sensation, modalities, and concomitants create a complete symptom.



Constitutional treatment: Treatment that is determined by a careful assessment of a person's constitution and symptoms in an effort to deeply stimulate the person's inner healing.

Etiology: The cause of disease. One of the aspects of a complete symptom.

Healing crisis: A common experience for homeopathic medicine users in which some more external symptoms initially get worse in the process of a cure (sometimes referred to by homeopaths as "aggravation" of symptoms).

Law of Similars: The fundamental tenet of homeopathy: A substance that causes a set of symptoms in a healthy person acts as a curative medicine when given to a sick person with similar symptoms.

Materia medica: "Materials of medicine" in Latin. Books that list the homeopathic medicines used and the detailed indications for their applications.

Modality: A condition that makes a person or symptom better or worse.

Organon: *The Organon of Medicine*, by Samuel Hahnemann, the founder of homeopathy. This book describes the principles and practice of homeopathy.

Potency: The term used in homeopathy to describe the number of times a substance has been diluted and succussed (shaken) according to the strict rules of the Homeopathic Pharmacopeia. When an "X" is written after a number (as in 6X, 30X), it refers to the number of times one part of a medicine was diluted with nine parts of the dilutant (usually distilled water). When a "C" is written after a number (as in 6C, 30C), this refers to the number of times one part of a medicine was diluted with 99 parts of dilutant. When "LM" is written after a number (as in 6LM, 30LM), this refers to the number of times one part of a medicine was diluted with 50,000 parts of dilutant.

Potentization: The pharmaceutical process of repeated dilution with succussion (vigorous shaking) during homeopathic medicine preparation.

Proving: The procedure for giving doses of a substance to healthy subjects in order to find what it causes in overdose and thus what it has the capacity to cure.

Remedy: Medicine, as in a homeopathic remedy.

Sensation: What a symptom feels like. One of the parts of a complete symptom.

Simillimum: The medicine most similar to the person's totality of symptoms.

Succussion: Part of the homeopathic manufacturing process in which a medicinal substance is diluted in distilled water and vigorously shaken by striking it against a firm surface.

Vital Force: The energy that maintains life in the individual.

Adapted from *Everybody's Guide to Homeopathic Medicine* by Dr. Stephen Cummings and Dana Ullman (Jeremy Tarcher, 2004).

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HOMEOPATHY

USING NATURE *to stimulate the*
body's own NATURAL DEFENSES

Homeopathy is a unique approach to medicine based on the principle that any substance that can cause an illness can also cure it. Centuries old, its practice has enjoyed wide popularity throughout the years among individuals looking for a natural and effective way to treat common health conditions. Today, millions of people around the world depend on the healing potential of homeopathy to address everything from a sprained ankle to seasonal allergies. Perfect for the whole family, homeopathy is as safe and gentle as it is effective. In this easy-to-read booklet, you'll not only discover how homeopathy works, you'll learn how to choose a homeopathic practitioner and how to create your own homeopathic remedy kit designed to treat a variety of everyday ailments.

ABOUT THE AUTHOR OF THIS BOOKLET



A respected health writer, **Kim Erickson** has been involved with the natural and integrative health industry for more than 18 years. The co-author of *Living Lessons: My journey of faith, love, and cutting-edge cancer therapy* (AIM 2010), Kim has written several books and hundreds of articles on natural health. She is also a certified Nutrition and Wellness Coach and a frequent speaker on various aspects of healthy living. To learn more about Kim, visit www.kimericksoneditorial.com.