



Homeopathy

What is homeopathy?

Let's look at the terms "homeopathic" and "allopathic." Homeo- means same and allo- means different, so at its core, homeopathic medicine employs the paradigm and practice "like cures like," while allopathic medicine uses something else/opposing/other to treat a condition.

A homeopathic remedy is a very-many-times diluted substance which is then administered orally or topically to treat a certain condition or set of symptoms. Back at its inception, the "father of homeopathy," Samuel Hahnemann, discovered that giving miniscule doses of substances which cause a particular set of symptoms *could also work to eradicate that same set of symptoms*. He would administer a small amount of a crude substance which caused symptoms X, Y, and Z to appear, for example. On subsequent administration of an extremely diluted dose of that same crude substance, he observed complete symptom resolution. Thus, homeopathy was born!

What is homeopathy *not*?

One of the most common misconceptions about homeopathic medicine is that it encompasses all natural healing methods in general. Homeopathy is actually one modality of many, such as nutrition, botanical medicine, chiropractic adjustments, craniosacral therapy, acupuncture, etc. Just like a doctor could choose to dispense or recommend a certain herb to a patient, so could that doctor also or instead choose to dispense or recommend a certain homeopathic remedy to a patient. Homeopathy does not equate to natural medicine.

Who is homeopathy beneficial for?

The use of homeopathic remedies, due to their extremely dilute nature, is extremely safe therapy. Since there is little to no of the original “crude substance” remaining, risk of adverse reactions and negative effects is essentially non-existent.* Thus, homeopathy is often recommended for newborns, babies, and children, all the way up through the elderly. It can even be used on plants and animals and also in pregnant and lactating women. Ultimately, it is generally regarded as safe at any age and in any stage of life.

*Of course, always check with your doctor! Homeopathic dilutions themselves are extremely safe, but they're always carried in something – usually a liquid or a lactose pellet, and in the very rare case that someone “reacts” to a homeopathic remedy, it's pretty much guaranteed that they're not reacting to the medicine itself but to the carrier.

How can homeopathy be used?

Today, hundreds (at least) of different homeopathic remedies, and even many homeopathic blends, are available. They can be used in oral or topical applications, and, again, are one of the safest forms of medicine out there. The potency of a homeopathic remedy actually *increases* the more diluted it gets, and the potency system uses Roman numerals to denote how many times a remedy has been diluted and succussed i.e. shaken. A 6X remedy, for example, has been diluted (1 part in 100) and succussed 6 x 10 or 60 times. A 6C remedy has been diluted and succussed 6 x 100 or 600 times. And so on. A 12X dilution is the cutoff point for whether any molecules of the original substance remain, so any potencies which are more dilute than 12X are pure energetic remedies which no longer contain any of the original substance, but rather an energetic imprint of that substance.

Homeopathic remedy selection is extremely specific; homeopathy does not work effectively if the improper remedy is chosen. It takes much familiarity with the remedies, and much information about a case, to be able to successfully match a remedy with a case and thus see marked improvement or resolution. Homeopathic medicine is root cause medicine which can effect cures, but again, this calls for a well selected remedy.

How to take oral homeopathic remedies:

Combining with other substances: Homeopathic remedies can either be taken as a single remedy or as a blend of homeopathic remedies. Take your remedy on its own: away from food, beverages (water is fine), other medications, and strongly scented or flavored products (like toothpaste or essential oils). Energetic remedies such as homeopathy work most effectively when their energies do not have to compete with too many other surrounding/incoming energies.

Dosing for chronic conditions: Place 1-2 pellets of your homeopathic remedy under your tongue twice a day, at least 15 minutes before or two hours after eating/drinking/consuming other medications.

Dosing for acute conditions: Place 1-2 pellets of your homeopathic remedy under your tongue every 15-30 minutes while awake (do not wake in the night to take). When you start to see symptom lessening, the doses can be spread further out (every 1-3 hours). If symptoms begin to reappear, resume more frequent dosing. If you'd like more consistent dosing of your remedy, place 1-2 pellets of your remedy into a container of water; every time you sip, you're getting a dose.

Duration of treatment: In chronic cases, homeopathic remedies are taken for about 4 weeks, after which time the situation is reassessed. Sometimes, a different remedy is then needed; other times, the person may need a different type of intervention, or perhaps no further intervention at all. Homeopathic remedies are considered root cause medicine in that, rather than palliating, they help correct underlying imbalance and remove the source of the dis-harmony/dis-ease. In acute cases, remedies are typically taken from hours to days, sometimes even weeks, depending on symptoms.