

HOW HOMEOPATHY WORKS

Homeopathic treatment, like all truly natural therapies, stimulates the innate healing capacity of an individual such that physiological systems function at optimal levels. When a homeopathic treatment begins to act, localized symptoms improve and strengthened body defenses become active. The homeopathic remedy does not directly treat a single symptom or condition. Instead it simply initiates or stimulates a deeper, general healing process. Unlike many conventional treatment outcomes, homeopathy leaves a person healthier and stronger after treatment.

Law of Similars

The underlying principle that guides the understanding of homeopathy is the law of Similars or “let like be cured by like.” A substance administered in large doses to a healthy person will produce specific dramatic symptoms. When this same substance is administered in minute doses, it will stimulate a healing reaction in the body to relieve those same symptoms.

Minimum Dose

The homeopathic doctor gives the smallest possible dose that will maximize beneficial effects and minimize adverse reactions. Homeopathic doses are so small that they cannot work unless the patient is unusually sensitive to the particular homeopathic remedy prescribed. Because they are prescribed in such minute doses, homeopathic medicines are completely non-toxic.

Aggravations

Short-term aggravation of symptoms may occur in patients who are extremely sensitive to the remedy. This is a good sign and indicates the remedy is having an effect.

HOMEOPATHIC REMEDIES

Please follow these simple rules to get the maximum benefit from your remedy:

Handling the Remedy Properly

1. Don't store or use homeopathic remedies near any substances that have strong odors. These may actually antidote the medicine. Do not expose yourself to strong aromatic odors such as Tiger Balm, Ben-Gay, Vick's Vapo Rub, Noxema, Blistex, camphor, mint toothpaste, cough lozenges, fresh paint, Lysol and eucalyptus.
2. Never expose the remedy to direct sunlight. Keep in a dry place when not in use.
3. Do not handle the contents of the container.

Avoiding Interfering Substances and Actions

1. Don't take homeopathic remedies with food unless necessary. Allow one half hour before or after meals.
2. Don't drink coffee – it may interfere with the action of the remedy.
3. Don't use any drugs or medications other than those prescribed and recommended by your doctor.
4. Avoid any dental work that involves drilling. If drilling is necessary, notify your naturopathic physician. Routine check-ups and cleaning are all right.
5. Do not sleep under an electric blanket.

***Pellets* – Carefully tap the required number of pellets or tablets into the upturned cap and then drop the dose under your tongue and allow to dissolve there. Do not touch the pellets. Take 30 minutes away from food and drink.**