



What is Homeopathy?





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Homeopathy is a natural system of medicine that uses highly diluted doses of substances to stimulate the body's own healing mechanism to promote health.

The use of homeopathic medicines – popularly known as remedies – is based on the discovery that natural substances are capable of curing the same symptoms that they can cause. By studying the symptoms that develop when a healthy person tests or “proves” a remedy, homeopaths can determine which symptoms the remedy is capable of curing. This is called the Law of Similars or “like cures like”.

A simple example of this principle can be seen with the common onion. Slicing an onion can cause symptoms of burning and watery eyes, as well as sneezing and a runny nose. Many hayfever sufferers with symptoms of burning, watery eyes, sneezing and runny nose have found dramatic relief after taking homeopathic *Allium Cepa* (the remedy made from red onion). Thus the substance that can cause symptoms can, as a remedy, also cure them.

How are Homeopathic remedies prepared?

Remedies are prepared from diluted substances, such as plants, minerals, animal products or tissues which are diluted and succussed (vigorously shaken). As this standardized method of dilution and succussion continues, the remedy becomes more powerful. This process is called potentization and it is the hallmark of all homeopathic remedies.

History of Homeopathy

References to the basic principles of homeopathy are found in ancient writings and in the traditions of native medicines. These principles were rediscovered over 200 years ago by a German physician Samuel Hahnemann (1755-1843) who developed them into the science that is called Homeopathy – from the Greek word homoios (similar) and pathos (disease or suffering). This new system of healing quickly spread throughout Europe and beyond. Members of Britain's Royal Family have used it since Queen Victoria's reign. By the late 1800's, homeopathy had become one of the world's most popular health care systems in North America, valued by both doctors and families using home remedy kits.

The popularity of homeopathy declined in the early 20th century with the advent of pharmaceutical drugs and other modern therapies. In recent decades, however, as many people have turned to alternate forms of medicine to avoid side-effects from conventional treatment, the use of homeopathy has exploded throughout most parts of the world. It is now an accepted form of medicine in many European countries, Latin American countries, the UK and India.

In North America, the most common approach to prescribing homeopathy is known as Classical homeopathy, which is based on a selection of a single remedy that most closely matches your symptoms at a particular time and then waiting to observe your response before administering another remedy. This method focuses on the underlying disturbances of dis-ease that causes the symptoms, rather than on the symptoms themselves. Classical homeopathic treatment is sometimes referred to as Hahnemannian or constitutional prescribing.

What can Homeopathy treat?

Homeopathy can be effective in treating virtually any health issue – from allergies to zoster (shingles) – regardless of whether the origin is physical, mental or emotional. Your diagnosis is much less important than

your unique symptoms. For example 10 people with severe headaches can describe ten different combinations of symptoms, each would require a different remedy. By matching a remedy to your particular symptoms, your homeopath is treating you, not the disease.

A well-chosen homeopathic remedy can produce dramatic improvement in acute conditions (viral infections and physical injuries) by significantly reducing the intensity of symptoms and recovery time. Many common children's complaints such as bedwetting, colic, diaper rash, earaches, nosebleeds and teething also respond remarkably well to homeopathy.

Homeopathic treatment can be particularly useful in deep-seated, chronic conditions that have developed over a long period of time, frequently accompanied by a general deterioration of health. These include almost all well-known medical conditions – from acne, anxiety attacks, arthritis, asthma, ulcers, varicose veins, wart and yeast infections to name a few. Many women find that homeopathy brings great relief during pregnancy, menstrual irregularities, PMS and menopausal symptoms. Homeopathy can help reverse the limitations of chronic disease and maintain long-term health.

Even in advanced stages of pathology, in which cure may not be possible, homeopathy can alleviate or reduce severe symptoms, including pain, vomiting, anxiety and fear.

Are Homeopathic remedies safe?

Yes! The extreme dilution used in the process of preparing homeopathic remedies renders them non-toxic and safe for everyone of all ages, even during pregnancy, while breastfeeding, the newborn to the elderly. All can benefit without side effects.

What will a Homeopath want to know?

An initial interview with a classical homeopath will usually take up to two hours. You will be asked for detailed information about your physical, mental and

emotional health and your likes and dislikes. This will enable your homeopath to understand your unique individuality. Of particular interest will be your reactions to the external world, such as temperature, weather, foods, etc. Your homeopath will also search for factors that may have contributed to or caused your illness, including stress, shock, traumas or perhaps family history.

Your homeopath might prescribe immediately or may study your case and supply a remedy at a later date. Usually a follow-up appointment will be scheduled 4-6 weeks later, to determine the effectiveness of the remedy. Treatment of chronic diseases is a process that takes time, especially when other medications are involved. Your homeopath will require regular follow-up visits in order to assess your reaction to your remedy and to decide whether to repeat it, change its potency, or move onto another remedy.

Can I use homeopathy to treat my family, friends and pets?

You can easily learn to treat simple first aid conditions on your own, such as cuts and burns, sprains and strains, insect bites and stings and much more. You can also learn how to use homeopathy for minor acute conditions ranging from common colds to constipation, indigestion to insomnia, mastitis to morning sickness, toothaches to travel sickness.

Before using homeopathic products, it is most important to understand the basic principles of homeopathy and how to select the correct remedies and potencies. You also will need to learn to recognize conditions that can safely be treated at home and those that require professional homeopathic or conventional medical care.

When administered correctly, homeopathy is a gentle, safe and inexpensive method of health care for humans and animals alike. You should not however, attempt to treat any serious or persistent conditions yourself, and if a minor complaint does not respond to your treatment you should always seek professional help.

Learn more about Homeopathy

You can learn more about homeopathy through educational programmes sponsored by members of the Canadian Society of Homeopaths.

The Canadian Society of Homeopaths is a not-for-profit professional association that seeks to promote public understanding and education of Homeopathy.

For more information about homeopathy and CSH activities, please phone 604-803-9242 or e-mail homeopathy@csoh.ca. For current news and an up-to-date directory of CHS registered members, see our website at www.csoh.ca.



Homedica Holistic Health

Jocelyn McTavish RHN, DSHomMed lives and practices in the west end of the GTA. She's very passionate about preventative medicine and believes it begins in childhood and continues throughout your life. It's also never too late to start on the road to good health. For more information on services, prices or programs, please visit:

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