

## Frequently Asked Questions

### *How do I take my homeopathics?*

Take your homeopathic drops or tablets under your tongue, where they are most easily absorbed into the body. Do not eat, drink (except water), smoke or use any mint product for twenty minutes before and after taking the remedy. This gives the remedy the best chance of working.

### *How do homeopathics work in my body?*

Quite simply, they stimulate your body's own healing processes through the immune, lymphatic and adrenal systems. The energy of the remedy acts upon your vital force (the balancing mechanism that keeps us in health) to alleviate causes and symptoms, enabling wellbeing.

### *How long until I see results?*

This depends upon the severity of your issues as well as on your constitution, susceptibility, stress level, emotional balance, and other factors.

### *Will I have to stay on this remedy forever?*

No. The goal is to eliminate root causes and decrease susceptibility to disease. Sometimes outside factors (such as stress or emotional trauma) cause relapses, or illnesses that had been suppressed in the past will resurface as the body cleans itself out. It can take time (and several different remedies) to complete the process.

### *Why am I taking this remedy and not some other one that does the same thing?*

Remedies are suggested based on specific information about you and not the dis-ease alone. The concept of considering the person is central to homeopathy—stemming from the idea that symptoms, diseases and pains do not exist in isolation but within the context of the whole person. Individuals with similar symptoms do not always respond to the same product because the context of the dis-ease is different.

*The highest ideal of cure is the speedy, gentle, and enduring restoration of health by the most trustworthy and least harmful way.*

*Samuel Hahnemann*



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## **What Is Homeopathy?**

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*A summary of homeopathic concepts and applications*

Contains information from *The Complete Homeopathy Handbook* by Miranda Castro

## Homeopathy: A Brief History

Samuel Hahnemann, the founder of homeopathy, was born in what is now eastern Germany in 1755. Hahnemann practiced medicine for nine years and then gave it up after becoming increasingly disillusioned with his fellow physicians' methods—including blood-letting, purgings, and drugs that were formed by mixing numerous substances, many of which were poisonous. He decided instead to support his family as a writer, researcher, and translator.

One of the works Hahnemann translated was Dr. William Cullen's *A Treatise on Materia Medica*, in which Cullen claimed that Cinchona (from which quinine is derived) cures malaria because of its bitterness. Hahnemann was skeptical of this claim, and so he conducted his own research by testing small doses on himself. He discovered that in a healthy person Cinchona causes symptoms of malaria—the very disease it was supposed to cure. This discovery gave Hahnemann an experimental basis for finding the healing properties of other substances based on the symptoms they produced in a healthy person. This procedure was called “proving” and he did many on family and friends.

Hahnemann called the first law of his new system of healing “let likes be cured with like.” He set up a medical practice again—this time treating his patients based on how well their symptoms matched the “symptom picture” of the remedy. His methods made him enemies among pharmacists and other physicians, but his practice thrived and he published many volumes of his research and homeopathic philosophy. His lectures at Leipzig University earned him the nickname “Raging Hurricane” due to his violent tirades against traditional medicine. He died at the age of 88 but had many followers—mostly doctors who had become “converted” to homeopathy—who contributed their own provings, findings and research to this system of healing.

## Homeopathic Concepts

- *Consider the whole person, not just the disease*
- *Suggest remedies based on the individual person rather than the one-size-fits-all approach*
- *Give the body the necessary tools, and it will heal itself*
- *Eliminate root causes, not just symptoms*
- *Health is more than the absence of disease—it is the sense of wellbeing, of balance, and of personal freedom*



## Homeopathic Potencies

The more a remedy is diluted and succussed (vigorously shaken), the stronger it becomes. There is a pharmacological law stating that although a large dose of poison can destroy life, a moderate dose will only paralyze and a very small dose will actually stimulate those same life processes.



The two scales for diluting remedies are the decimal and the centesimal. In both cases the starting remedy is made from a mixture of the substance itself, which has been steeped in alcohol for a period of time and then strained.

For the decimal scale, 1/10 of this tincture is added to 9/10 alcohol and succussed. This first dilution is called size 1X. The number of a homeopathic remedy reflects the number of times it has been diluted and succussed. For the centesimal scale, 1/100 of the tincture is added to 99/100 alcohol and succussed. This first dilution is called 1C.

Paradoxically, a 6X remedy is a low potency remedy while a 200C remedy is high potency—again, the greater the dilution, the greater the potency.