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Complementary Medicine for a Healthier Lifestyle

# Q: What is homeopathy and how does the treatment process work?

**A:** Homeopathy is based on the principle that "like cures like." That is, if a substance can cause symptoms of disease in a healthy person, then it can cure a sick person suffering from similar symptoms.



A tenet of homeopathic philosophy is that Homeopathy does not treat patients as diseases but as individuals. Every person is different, the same medicine, the same diet, the same general advice does not necessarily help everyone with the same ailment. Indeed there is no such thing as the same ailment. This is because the likelihood of all of your physical, mind, and emotional symptoms, the cause of your condition, and your experience of the symptoms being the same as that of the next person are exceptionally rare. Furthermore, the course of a particular kind of disease in one person will not be the same as that in another. Therefore, two people seemingly suffering from the same condition will not be given the same homeopathic medicine, but rather the medicine selected is uniquely designed for your particular physical, emotional and mind symptoms. This process in homeopathy is referred to as individualization.

The American Medical College of Homeopathy is home to the largest Homeopathic Medicinary (Pharmacy) in the state of Arizona. As a result, immediately after the completion of your initial appointment you will be given the appropriate homeopathic medicine for you to start right away on your treatment process.



# Q: Where do homeopathic medicines come from? Are they Safe? Are there Side Effects?

**A:** Homeopathic Medicines (remedies) are from nature without chemical alteration. They are generally derived from three kingdoms: Mineral, Plant and Animal. These remedies are specially prepared through a process of succussion and dilution thereby releasing their inherent benefits and qualities which result in healing. Healing occurs at every level with a kinder and gentler process. Furthermore, these remedies are non-toxic, are non-invasive and non-suppressive, 100% natural and create no side effects.

# Q: I am already taking medication, can I still use homeopathy or will it interfere?

**A:** Since homeopathic remedies are completely nontoxic they will not interfere with other herbs or medicines. Furthermore, Homeopathy complements your existing treatment(s) by promoting your own body's healing mechanism and immune system.



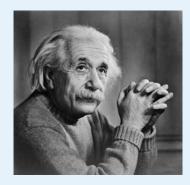
## Q: If homeopathy is so good then why have we not been told about it?

**A:** An observational study of five homeopathic hospitals in England found that "up to 75% of patients treated with homeopathic remedies reported an improvement in quality of life." The report describes information gathered from 51 doctors and 1,797 patients. After six visits to a homeopath ~73% of patients reported improvement in their quality of life [The Pharmaceutical Journal: Aug 2, 2008].

Homeopathy first came to widespread public attention through its effectiveness in curing epidemics in the 19th century. After WWI, during the influenza epidemic, homeopathic hospitals reported very low death rates, while hospitals employing conventional drugs reported death rates of 20 to 30%. In Dayton, Ohio, during the influenza pandemic (1918), 24,000 cases of flu treated conventionally reported death rate of 28% while 26,000 cases treated homeopathically had death rate of only 1%. In Cincinnati, Ohio in 1849, during the cholera epidemic, 60% of patients receiving conventional treatment died versus 3% using homeopathic care. 85% of the patients

using conventional care died in the Yellow Fever epidemic of 1850 in the southern states, while the mortality rate for those using homeopathy was only 6%. Similarly, 50% of the residents in New Orleans died in the Yellow Fever epidemic of 1878 using conventional treatment while the mortality rate was only 6% using homeopathic treatment. Diphtheria in Broome County, NY (1862–1864) took the lives of 84% using conventional care and 16% among those utilizing Homeopathic care. No wonder Mother Teresa added homeopathic care to the services at her missions. She opened her first charitable homeopathic dispensary in Calcutta in 1950 and had a special interest in homeopathy because of its effectiveness and low cost. Homeopathy is also the only form of medicine used by the British Royal Family over the last 120 years and in India and France homeopathy stands as the number one form of therapy.

In the early 20th Century, there were twenty-five Homeopathic Medical Schools and 80% of American Physicians included Homeopathy in their practice. Homeopathy mostly disappeared in the USA with the advent of large and powerful pharmaceutical companies; but continued to advance in knowledge and experience in other countries, especially India, France, Germany and has a tremendous number of England. India homeopathic physician, - over 100,000. It has more than 100 medical schools, as well as many homeopathic hospitals, nursing homes and research centers. In Scotland, 90% of family practitioners use homeopathy in their practice. 40% of the public in France regularly use homeopathy. Homeopathy is now the second most common form of alternative medicine in the world and the fastest growing. Since its inception in early nineteen century, homeopathy has been saving many lives and as the physical basis of this science is becoming clear, its acceptance is growing in all ranks of society. One might say - 'The Future Belongs to Homeopathy."



Best way to know homeopathy is to experience it for yourself.

"The only source of knowledge is experience" ~Albert Einstein

### **Q: What conditions can homeopathy treat?**

A: High Blood Pressure • Insomnia and sleep disorders • Asthma and Allergies • Stress, Anxiety, Depression • Menopausal Symptoms • Hot Flashes • Menstrual and hormonal imbalances • Headaches and migraines • ADD, ADHD for children and adults • Infertility • Fears, phobias and panic attacks • Autoimmune disorders including MS • Addictions and eating disorders • Acne, eczema and other skin disorders • Arthritis and rheumatoid arthritis • Back and neck pain • Chronic fatigue syndrome • Common cold and flu • Coughs and bronchitis • Chronic ear infections • Childhood diseases • Colic • Digestive Disorders • Memory problems • Motion sickness • Thyroid problem • Osteoporosis • Pelvic pain • Premenstrual Syndrome • Traumas and operations • Uterine fibroids, ovarian cysts, to name a few!



"Homeopathy and Chinese medicine are two examples of possible alternative approaches to disease that do not treat the illness as an enemy and therefore do not create new diseases." ~Eckhart Tolle

# Q: How long do I have to take homeopathic medicines?

**A:** The aim of homeopathy is to restore your health. Once the state of balance is reached you are no longer in need of a homeopathic remedy. Of course there are exceptions when a condition may require continued treatment when a patient's body cannot maintain its own balance.

Cycle of healing has four parts: 1.You 2.Your Remedy 3.Your Diet and 4.Your Environment. We work with you to bring all these four elements into balance so that your health can be maintained.



### FOR MORE INFORMATION PLEASE CALL:

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