What is Homeopathy?
& How does it work?

There are more than 250 forms of alternative medicine in the world today. According to the World Health Organization, homeopathy is the second most commonly used form and the fastest growing. Due to its efficacy and affordability, it is used in more than 60 countries, benefiting more than 550 million worldwide.

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 England.

Simply put, homeopathy is a holistic system of medicine that provides deep healing and works on all levels; emotional, mental and physical. In homeopathy, disease or symptoms are regarded as the body's warning signs, designed to gain our attention. Rather than masking or suppressing them, the homeopathic remedies ('Remedy' is the name used for a homeopathic medicine) work to address the root cause and activate the body's own powers of self-regulation. Furthermore, homeopathic remedies are individualized and address the overall symptoms of the patient's particular emotional, mind and physical symptoms.

In 1796, a German medical doctor, Samuel Hahnemann, discovered this approach to the cure of the sick. It is based on the principle of "like cures like", meaning that a substance causing certain symptoms in a healthy person can stimulate healing of those same symptoms in a sick person when given in homeopathic (very small) doses. Hahnemann carefully documented 200 remedies—writing down exactly what each remedy was able to cause and cure. Today we have almost 5000 homeopathic remedies, each as carefully studied as Hahnemann's original ones. Every homeopathic remedy is tested or proven before it is allowed to become part of the homeopathic pharmacy. These remedies are dynamic and prepared and drawn from the natural world (e.g. plant, mineral) without chemical alteration. They are 100% natural, non-toxic with no side effects. By stimulating the body's own healing abilities they assist your own system to clear itself of any expression of imbalance.

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Who can benefit from Homeopathy?

- Those suffering from acute or chronic disease. It treats physical and psychosomatic conditions such as Anxiety, Depression, Allergies, ADHD, Insomnia, Hypertension, Cholesterol, Asthma, Migraine headaches, Back pain, Arthritis, Ear infections, Colic, Eczema, Psoriasis, Seizures, Menopausal Symptoms, Endometriosis, etc.

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In the United States, homeopathic remedies are regulated by the FDA, in conjunction with a committee representing the Homeopathic Pharmacopoeia of the United States.

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Treatment process:

During the initial comprehensive evaluation, a full history of patient is gathered such as previous injuries, traumas, childhood diseases, dreams, eating habits, etc. Family History of infectious and chronic disease is also considered. This thorough initial interview requires approximately two hours.

Using a Repertorization Process a remedy is then selected that is similar to or closely matches the emotional and physical characteristics of the patient. Immediately following the visit the homeopathic medicine is provided and taken for a period of 6-8 weeks. After which, the patient returns for follow-ups, and the intensity and frequency of the original symptoms are evaluated. Decision is then made at the follow-up appointments to either continue remedy, increase the potency or select another remedy. These appointments are approximately 30 minutes in duration.

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