

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.

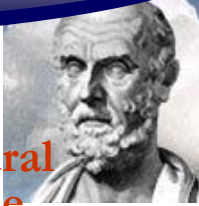


"Homeopathy worked for me."

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

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.



"The natural way is the only way."

Hippocrates, *father of medicine*

- Those who are not finding relief from conventional medicine. **Homeopathy complements and works well with the conventional medicine** by improving overall relief and reducing side effects.
- Those who wish to significantly reduce need for surgery.
- Those who wish to **improve their health status and move towards a positive state of health with better immunity and vigor.**
- Those who wish to be **proactive and prevent occurrence of physical or psychological diseases.** If used well during pregnancy and early age, homeopathy can help to prevent many common chronic conditions.

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 Repretorization 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.

This Article has been Prepared by:

Ben Ta'ati, CCH, MSA, Board Certified in Classical Homeopathy. Director of the Homeopathic Practitioner Certificate Program and Chairman of the Department of Case Taking, Case Analysis and Repertory at the American Medical College of Homeopathy in Phoenix, Arizona. To learn more about Ben or to hear his patient's testimonials please visit our website at: MyArizonaHomeopath.com

