

Please call or stop by my booth at OGC for a FREE 15 min. inquiry into your specific health concerns and get a taste of how deep homeopathy can go.

What is Homeopathy? It is a completely sustainable natural system of medicine that uses minute doses of specially prepared remedies to stimulate the body to heal itself. **It acts as a catalyst to spark the vital force and initiate the process of recovery, which allows the body to heal from the inside out. It is known to heal most known illnesses, increase energy and enhance the sense of well-being.**

It was formulated by the brilliant German Physician Samuel Hahnemann and is based on the same consistent, rational and scientific principles that have proven to be effective for over 200 years.

Hundreds of clinical studies have shown that homeopathy can help on all levels; physical, mental and emotional. These studies also show effectiveness for a wide range of conditions— first aid, acute, chronic and epidemic diseases.

The Foundational Principles of Homeopathy

The Law of Similars was recognized by Hippocrates over two thousand years ago, Refined by Samuel Hahnemann and other medical visionaries, it may still be one of the most advanced and revolutionary healing models available to us today.

In 1790 Dr. Hahnemann translated medical texts in which he noticed that Cinchona bark was successfully used by to treat malarial symptoms including spasm and fever.

After spending years to research why it was so effective, he finally took a minute dose of the substance and experienced the same exact symptoms of malaria: fever, chills, spasm etc. This was the foundation for his use of **“The Law of Similars” (like cures like) in homeopathic treatment. Which means: The same substance that can cause a set of symptoms in a healthy person can cure those same symptoms in a sick person. In his lifetime he documented thousands of other remedies that he found cured the incurable**

The following are more examples of this main principle: Ipecac is used successfully in emergency situations to induce vomiting in poisoning cases; in a very dilute homeopathic dosage, Ipecac is capable of reversing nausea and vomiting in various illnesses. Similarly, coffee is a well-known stimulant which, when used in minute homeopathic dosages (Coffea), has the effect of relaxing a person who is restless, overexcited, and sleepless. Everyone has experienced the sneezing, and burning and watering of the eyes while cutting an onion. Following the Law of Similars, homeopaths use the remedy Allium cepa (red onion) to stimulate the vital force and reverse those same symptoms during the beginning of a cold or an episode of hay fever.

Conventional medicine relies on the principle of opposites to treat illness. Symptoms are often simply controlled or suppressed, and there is a host of “anti-” medications used to do this—cough suppressants, anti-fever medicines, antacids, etc. Unfortunately, this approach may not get to the bottom of what is actually causing the problem. Also herbs or supplements can control or mask symptoms.

Observing the Whole Person Just because a group of people has the same illness doesn't mean they

are affected by it in the same way, so why should they be given the same medicine? **Homeopathy looks beyond a person's illnesses or diagnoses. The key is in observation of the whole person: their specific symptoms, tendencies and all of the aspects that make each person the unique individual they are.**

An individual's exact physical, mental and emotional symptoms are taken into account when choosing a remedy. For example, when evaluating a sick person for acute care (taking a case), all symptoms that are not the norm for the individual are important clues. Someone experiencing the flu may have a sudden high fever; glassy eyes; a red, hot, dry face; irritability; and a throbbing headache that is worse for light, sound, and movement. Each of these symptoms is an important factor in indicating the appropriate remedy (in this case, Belladonna.)

For chronic conditions, usually the client fills out an in-depth questionnaire and health/relationship history. This is reviewed by a homeopath and then a 1-2 hour inquiry is done with the person to find out details and precise information of their complaints. A remedy is selected which best corresponds to that person's total state with the intent of addressing and removing the underlying causes of illness. **Healing can be profound and long lasting, leading to a greatly enhanced sense of well-being and freedom of illness. For acute and First Aid ailments, it is a much shorter inquiry and remedies can act very quickly, sometimes within minutes.**

Minimum Dose The most controversial aspect of homeopathy has been the principle of the minimum dose. It states that extreme dilution enhances the curative properties of a substance, while eliminating any possible side effects. Therefore, the least amount of a homeopathic remedy is taken until the issue is resolved. After one dose is taken, the person's response is carefully observed, and the remedy is repeated only as needed. We know that with conventional pharmaceutical drugs, the more one takes, the more powerful the effect and often you take the same medication for years. How then could it be the opposite in homeopathy? How can you dilute a substance until there is no trace of that substance found and then claim that it works? The answer to this question was not scientifically apparent until recently. Now there is exciting progress in the new field of nano-pharmacology (11), which studies how medicines work at the molecular scale. **See my web site www.DIYmedicinerevolution.com for more information on nano medicine, clinical studies, testimonials, articles, free downloads, links, etc.**

Cancer or Diabetes in the Family Genetics and Illness Tendencies and Patterns Homeopaths have observed that genetics play a huge part in our general health and well-being. Often there is a pattern that develops when there is cancer or diabetes in a person's family history. They have had excellent results from using homeopathic remedies in helping to alleviate these types of symptoms:

***Suppression of feelings**, not speaking your mind, not want to hurt other people's feelings, timidity.

***Ailments from abuse or domination, suppression of anger, grief, fear, etc.**

***Being too nice**, people pleasing, over extending oneself, sacrificing too much, not being fulfilled, over responsible, guilt, etc.

***Mild to intense anxiety and worry**: about loved ones, appearance, engagements, tests, failures.

Fear of losing control, flying, extra neat, and perfectionism. Autism, OCD, ADD, etc. Tendency for all types of cancer, diabetes, allergies, constipation, acne, insomnia, headaches, skin issues, sinusitis, lots of moles and mono.