



Homeopathy:

What is it?

How & When to Use It

A Homeopathy Delaware Publication
www.homeopathyde.com

Classical Homeopathy

A Heritage of Healing

In 1976 Marjorie Blackie, MD, former physician to Her Majesty, The Queen Of England, saw the publication of her book, *The Patient, Not the Cure – The Challenge of Homeopathy*. She was one of a succession of homeopathic physicians who have been in service to the Royal Family for well over 100 years to the present day.

The heritage of Homeopathy, and its challenge of curing the patient and not the disease, refers to Homeopathy's vitalistic and holistic philosophy of healing and methods of curing. But what really is 'holistic medicine'? We hear this word used along with natural, complementary, alternative, integrative, and functional medicine. You probably think of it as medicine that treats the whole person.

In the medical discipline of Homeopathy, the term holistic medicine is uniquely known to be the understanding and treatment of the mind, body and spirit – the mental, physical and emotional symptoms that characterize the individual person – using one medicinal at a time to address all these manifestations of *dis-ease* while allowing cure through the stimulation of the person's innate healing defenses. Physicians and certified practitioners of Homeopathy engage in this method of healing the patient in a very interesting patient-centered way.

In a meeting with the homeopathic practitioner, a person tells all about her/his unique problems and symptoms – all that there may be, acute and/or chronic – as in fears and phobias, anxieties and dreams, anger and sadness; focus and concentration, restlessness and dullness; ailments of head and central nervous system, eyes, ears, nose, throat, stomach, abdomen, bowels, bladder, kidneys, chest, heart, skin, perspiration, sleep, food sensitivities, weight, prone to illnesses, chronic and progressive illnesses, injuries and chronic effects of injuries. – Whatever you think might be causing your suffering and whatever might relate to your suffering, is important to describe, as well.

It is important to note that symptoms are the expression of an illness along with a deeper imbalance that represents the body's best efforts to heal.

Think of symptoms as the tip of an ice berg, the mass of ice below the surface represents the greater imbalance needing healing.

Addressing the root cause of the illness (the ice berg below) by understanding the *whole* person is the basis of the process of healing with Homeopathy.



The homeopath spends a great deal of time observing and listening for unique symptoms – not only physical, but also mental, emotional, acute and chronic.

Healing for the patient begins when the homeopath, understanding the person's uniquely compensated physical, mental and emotional state, applies study and analysis to the patient's characteristic dynamic symptoms.

This process culminates in the homeopath choosing just one homeopathic remedy which when taken by the patient, subtly and gently, yet deeply begins rebalancing the whole person.

Giving just one medicine stimulates the person's innate healing response. For example, the person suffering from anxiety and depression with migraines after sustaining a concussion, and who also has a history of allergies and eczema may experience restoration to health because Homeopathy addresses the tenant that we suffer as a whole – all symptoms, on all levels, are interrelated.

But how can that be – just one medicine – healing a person with many symptoms?

It all began in the late 18th century when Dr. Samuel Hahnemann, German physician, (perhaps you know of Hahnemann Hospital in Philadelphia) discouraged with the use of bloodletting and mercury, began to formulate the system of medicine of Homeopathy. The philosophy of disease and healing by Homeopathy is written in his *Organon of Medicine*, still relied on today by homeopathic practitioners on every continent.

The basic principle of the medical science of Homeopathy explained by Hahnemann in the *Organon* is:

The Law of Similars – The highly systematic method developed by Hahnemann individualizes the choice of the best catalyst - a substance from nature which *mimics, imitates and is Similar to the sick person's symptoms* - best efforts for self-healing, and will help cure the patient.

Other principles of Homeopathy developed by Hahnemann are:

The Potentized Dose – Homeopathic remedies are made using a pharmaceutical process called *potentization*.

The homeopath is trained to understand how the symptoms (*the vital expressions of imbalance in the patient*) are dynamically interrelated and he/she listens without bias, as is humanly possible.



The Totality of Symptoms – Whatever combination of conditions a person experiences at any one time, all are the expression of a single *dis-ease*, an internal physiological disorder that is unique to that person.

In Homeopathy, a medicine is not prescribed for each complaint. (*e.g. one for a headache, another for depression, etc.*)

The Single Medicine – One remedy is given that is right for that time in a person's life to stimulate the natural defense system, heal the current illness, and raise the general level of health.

The source substance from nature undergoes serial dilutions with a strong vigorous shaking at each dilution called *succussion*.

The substance is most commonly diluted using one part substance in 99 parts of water or alcohol. This dilution process is repeated 6, 30, 200, 1000, 10,000, 50,000 or 100,000 times, until the desired dilution is achieved.

It is important to note that 'succussion', or vigorous shaking, is the essential catalyst which allows the memory, or the signature, of the source substance to be carried, dilution to dilution. Without succussion, pharmaceutical dilutions of source substances would not carry high-frequency electromagnetic fields and would not be capable of initiating the healing stimulus.

Dr. Samuel Hahnemann, the father of Homeopathy, understood that succussion was essential but could not prove how or why it worked. Until recently the concept of bioactivity of ultra high dilutions was eschewed by scientists still professing Newton physics, despite the eclipse of Einstein's contributions and quantum physics.

In 2009, Nobel scientist, Dr. Luc Montagnier, joint recipient for the Nobel Prize for the discovery of the HIV virus, published his research findings on the bioactivity of homeopathic preparations validating that highly diluted and succussed solutions emit low frequency electromagnetic waves capable of conveying accurate information about the source substance.

Physicist colleagues propose that the stable *nanostructures* in water emerge as coherent quantum domains that are surrounded by an electron cloud, and *have the ability to carry information*. There is no further debating the viability of homeopathic remedies.

At the 2012 Joint Homeopathic Conference, Montagnier declared the validity of homeopathic dilutions, saying they must work through resonance with the biological system. (It can be said that Hahnemann, in the 1800's, made similar theories). He concluded that the remedies can no longer be dismissed as placebo. He asserted, "If one can

The Minimum Number of Doses – Hahnemann felt that the inherent capacity for healing is so strong that only a small stimulus is needed. Once the healing process begins it is best to let the process continue and not interfere until the action of the medicine is completed.

Homeopathy is not Herbal Medicine – Source substances come from plant, mineral and animal kingdoms. The remedies are safe and effective as given, according to the principles of Homeopathy.

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In the US, the process for the manufacture of homeopathic remedies is regulated by the FDA.

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Remedies, homeopathically prescribed using the Law of Similars, are safe and non-toxic during pregnancy and from birth to death: infants, children, adults and animals.

For more information, including peer-reviewed published research, go to the National Center for Homeopathy – nationalcenterforhomeopathy.org

explain the homeopathic phenomena in a rational way, if you show there are people cured by homeopathy, the facts cannot be denied.”

As you may now understand, Homeopathy is a complete system of medicine and healing, excluding surgery. The goal of healing with homeopathy is to stimulate the person’s innate healing defenses and to cure the patient, resolving the myriad but not disparate manifestations of illness and suffering, permanently restoring resiliency of mind, body and spirit.

Educated lay persons with the help of a good self- help book about Homeopathy can safely and effectively treat *simple* acute illness and injuries, calling upon a professional homeopathic practitioner if the person does not improve in the suggested amount of time.

May you find this very advanced, dynamic and effective system of medicine called Homeopathy, a heritage of healing for you, your family and your pets.

Prepared by Barbara Bason, B.A., B.S., PCH, CBT

*The following graphic on **How to Use Homeopathy** is printed with permission from the **National Center for Homeopathy** website: homeopathycenter.org/how-use-homeopathy.*

The Academy of Veterinary Homeopathy – theavh.org

People who suffer from chronic ill health should see a professional homeopath and not attempt to treat themselves.



In cases of life-threatening emergency, persons should use Emergency Room medicine as their first responder.



national center for
homeopathy



Start

1

Determine if the condition is something that you could/should treat.

2

Does the condition need a physician or require emergency room care?

YES

It might be a good idea to seek medical assistance... IMMEDIATELY!



NO

3

Is it truly acute, or is it a flare-up of a chronic condition?

ACUTE

CHRONIC

If chronic, seek care from a professional homeopath.

Next observe the symptoms. Pay special attention to any that are unusual or exceptionally strong. Notice whether there has been a change in mood and what behaviors or environmental factors seem to make symptoms better or worse. You may want to write your observations down.

Next, take your list of symptoms and compare it to the descriptions of the remedies for that illness. Choose the remedy that most closely fits the symptoms (keeping in mind that not every symptom has to match.)

Once you have selected the remedy, give one dose (3-5 pellets) under the tongue and then WAIT and OBSERVE. If there is no improvement at all within 2 hrs give a second dose. Note that if you are dosing for an emotional upset wait 24 hrs.

If after 3 doses there is no change then it is likely time to try a different remedy or contact a healthcare professional.

Don't give up if your symptoms don't improve with the first remedy. It sometimes takes a couple of tries to find the "best match" remedy for your symptoms – especially if you're new to homeopathy. If you continue to have difficulty finding the right remedy for your symptoms, make sure to consult a homeopathic professional.

HOW TO USE HOMEOPATHY

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Finish

Essential Remedies

For The Homeopathic First Aid Kit

This is a partial, basic list of remedies commonly used for first aid. However, always seek professional help when the situation warrants. The remedy can be given on the way to the ER.

Use 30c potency for all remedies. Give a few pellets on the tongue or inside the cheek repeating as often or as little as needed based on the patient's response.



TIPS

1. Notice how many times Arnica and a few other remedies show up for various situations!
 2. A do-it-yourself remedy holder can be a bullet shell box purchased at a gun supply store.
- Highly recommended is a paperback self help book for limited, acute conditions. An excellent one is *Everybody's Guide To Homeopathic Medicines* by Cummings and Ullman available on Amazon.

BITES & STINGS

Ledum	Number one for bee stings, affected part may feel cold or made better by cold applications
Apis	Redness, swelling, heat and stinging pain

BRUISES

Arnica	Sore bruised aching. (When there is deep surgery or severe concussion, use 200c of Arnica.)
Hypericum	Crushed parts that are supplied with nerves as fingers, toes, tail bone, spine -- shooting pains, sensitivity to touch
Ledum	Black eyes. Bruises that feel cold or better from cold applications
Symphytum	Blunt injury, bruise to eyeball

BURNS

Calendula	Redness without blistering, use calendula gel or ointment, topically, as a dressing
Cantharis	Blistering burns which are better from cold applications
Causticum	Third degree burns, serious burns
Phosphorous	Electrical burns and shocks
Urtica urens	First degree burns

CUTS & SCRAPES

Calendula	Use tincture from natural food store diluted 1:25 with sterile or boiled water instead of antiseptic to clean and dress shallow wound, clean cuts, lacerations, as mouth wash after dental extraction. Do Not use in deep wounds or deep puncture wounds as Calendula promotes rapid healing and will seal in sepsis, heal the top layers before the deeper layers.
Hypericum	Painful, hypersensitive deep cuts, lacerated fingers, toes, teeth and any part well supplied with nerves. Excruciating intolerable shooting pain.
Staphysagria	Use in clean cuts, injuries from sharp instruments with stinging, as in surgical cuts and clean kitchen knife

DISLOCATED JOINTS

Arnica	Number one remedy
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EYE TRAUMA

Aconite	For debris in the eye and the soreness following
Ledum	For black eye
Symphytum	Blunt injury to eyeball

FRACTURES

Arnica	Shock, swelling and bruising, the first remedy to give
Bryonia	Fractured ribs- the pain is always worse from even slight movement
Symphytum	Use only after bone has been set, aids the proliferation of bone cells, use in non union of fracture

HEAD INJURY

Arnica	Number one remedy
Hypericum	Injury with trauma to the periosteum of skull bones, pain may seem out of proportion to injury, person may feel very sad for no reason

PUNCTURE WOUNDS

Hypericum	Very painful shooting pains
Ledum	Number one remedy: red, swollen, throbbing, better from cold applications or feels cold at the site

SHOCK

Arnica	Always give Arnica
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SPRAINS & STRAINS

Arnica	Muscles, ligaments, joints
Bryonia	Ligaments and joints when pain worse any movement
Ledum	Especially of ankles when Arnica has not helped, ankle feels cold or is better from cold applications
Rhus tox	Ligaments, tendons, joints, muscles, pain gets worse when not moving, is better after limbering up and is worse again if over exert, better from heat or warm applications

SUN & HEAT STROKE

Belladonna	Fever, throbbing pain in head, bright red flushed face, stupor
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Topicals

Creams, Gels & Ointments for your First Aid Kit

Homeopathic pharmacies prepare topical homeopathic preparations from the very same well known basic first aid remedies we have come to reach for when first aid is needed.

Many topicals come in gels, crèmes, lotions and ointments. Choose the one best suited for your skin and injury type. Gels usually have a small amount of alcohol in them and can sting a burned area. Lotions are easier to apply to a burned area than an ointment.

Health food stores carry a variety of topicals; Amazon sells many kinds; grocery and pharmacy stores now have a few. Ordering online from a homeopathic pharmacy is a sure bet. One that gives a discount (*you have to ask for it*) to members of our group, Homeopathy Delaware, is Washington Homeopathic Pharmacy: www.homeopathyworks.com.

You never know when you will need some first aid help. Many wise people store topicals and a small first aid kit in their car. A woman I know was in an auto accident. She was not seriously injured but knew the seat belt and the impact had injured her neck, shoulder and chest. All she had with her was a tube of Arnica gel which she immediately rubbed all over her neck, shoulder and chest. It helped the pain. She repeated it until she was able to get home where she took Arnica 30c in pellet form.

Here is a list of some topicals I have used over the years. It is not a complete list. Some of the topicals are made from a single remedy and others are prepared from combinations of remedies. Follow package directions. If it makes you feel worse, discontinue use. Do not use for long periods of time. Chronic conditions should be treated by a professional homeopath or doctor.

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ARNICA - gel, ointment, lotion, (Amazon, health food stores, homeopathyworks.com,)

CALENDULA - gel, ointment, lotion – sources same as above

STING STOP - gel, for pain and/ or itching from insect bites or cold sores (Boericke & Tafel Homeopathic Pharmacy)

MUSCLE THERAPY - gel with ARNICA (Hyland's Homeopathic Pharmacy)

TRAUMEEL - muscular skeletal pain, contains many remedies, should not be used for more than a few days to avoid aggravation of symptoms. (Heel Inc, Germany)

HYPERCAL crème, Hypericum and Calendula (Nelson's Homeopathic Pharmacy, UK)

TECHNU EXTREME Medicated Poison Ivy Scrub - Grindelia is its homeopathic ingredient for the itching rash

CALENDULA MOTHER TINCTURE – more therapeutic than regular tincture (Washington Pharmacy: homeopathyworks.com.)

Useful as mouth rinse after dental procedures and for mouth ulcers. Can be swallowed. Use as a wet gauze compress on wounds or burns. Label lists instructions.

Undercover

Homeopathy in the Neonatal Unit

By Julian Winston, Homeopathy Today, National Center for Homeopathy

We all know how quickly and magnificently our homeopathic remedies can act. Yet when hospitalization is required, often the hospital staff is unfamiliar with the benefits of homeopathy and may be opposed to our desire to use it. Ideally, we'd like to inform them about homeopathy—its safety and its efficacy—and get their approval and cooperation. Homeopathy is starting to be accepted in a few U.S. hospitals (see other stories in January 2002), and this is a good sign. Sad to say, however, in many cases, "undercover homeopathy" is still the norm for those of us who want to use homeopathic medicines while in the hospital.



There was a discussion on the lyghtforce homeopathy e-mail list recently about how to handle this difficult situation. I commented that one way to take a remedy unobtrusively is to dissolve a few pellets in a glass of water. It need not be taken internally—moistening the lips or rubbing it on the body will usually suffice. If hospital staff asks what it is, some people simply answer that it's "holy water."

Magda Aguila replied to my response with this story. It is printed here with her permission.—
JW

My best friend's daughter delivered her baby very prematurely. The baby was one pound one ounce, and just twenty-four weeks gestation. Of course, all the doctors warned about the many problems this baby would face. The parents made it clear to the doctors that they wanted to minimize invasive procedures and that nothing should be done to the baby without prior consent.

Shortly after the birth, the doctors told them the baby was having bleeding in the brain. My girlfriend immediately called me to see whether homeopathy might help. We prepared a solution of Arnica 30C and put it in a brown bottle with a dropper. The baby had tubes everywhere, so I suggested that they put a couple of drops anywhere on her body (the baby's

skin was so transparent you could see the blood vessels and bones). They put the drops on the bottom of her feet. The brain bleeding stopped after only one dose.

There were several other instances where symptoms arose or the doctors warned of potential problems. Each time, we prepared a medicinal solution of the indicated homeopathic remedy, and it was administered in the same fashion. One day, one of the nurses in the neonatal intensive care unit saw them put drops on the baby and took the bottle away from them. My friend explained to the nurse that it was "holy water" but still the nurse had no sympathy!

Two days later the parents and my friend were called to an office where a social worker and a doctor were waiting for them. My friends were petrified! The doctor handed the brown bottle back to them and told them that if in the future they wanted any type of "religious" blessing for the baby, that the neonatal unit would be happy to accommodate a rabbi, priest, or preacher, and the clergy was welcome to sprinkle holy water. From that moment on, every time a remedy was needed, a friend of theirs dressed as a priest to administer the remedy!

Happily, none of the gloomy forecasts the doctors gave the family materialized. The baby is now six years old and a very smart, active although somewhat "little" girl! She is the poster baby for the neonatal unit at the local hospital, and she has been labeled "the miracle baby."

Arnica is essential in the homeopathic first aid kit... helpful for every kind of surgery, wound or injury.

It helps to stop bleeding, heal the wound and counteract shock and emotional trauma.

MORE ABOUT ARNICA

Arnica Montana, the source for Arnica, is commonly known as Leopard's bane or fall herb. It grows high in the Andes and was used as an infusion by South American Indians to heal injuries sustained during climbing. The whole plant is used to make the remedy.

ARNICA: THE QUEEN OF FIRST AID

It is essential as a first remedy for head injury / trauma. It relieves the need for taking so much pain medication. In the past 15+ years cosmetic surgeons have hailed its effectiveness in reducing swelling, pain and speeding healing. As a cream it can be used externally on unbroken wounds, being particularly effective for bruising.

HOW TO TAKE ARNICA

Give Arnica montana, 1-3 pellets on the tongue, in a 30c potency every 30 minutes or more often for significant trauma or injury until patient feels better- then, less often based on response. Give Arnica 200c as soon as possible after deep surgery or severe injury, every hour or more often, paying attention to response. Give less often as healing progresses, based on response. One – two Arnica pellets may be dissolved in 4-6 ounces water and the water sipped or applied to lips per the rate as above.

WHEN TO TAKE ARNICA

Its signature symptoms are: Soreness of the body, as if bruised. Prostration, weakness, weariness. Averse to being talked to or even approached. May claim all is well when clearly not. Hot head and red face with cold extremities. Persistent tiredness. Bed feels too hard. Better lying down with head low.

A Salute to NCH

The National Center for Homeopathy (NCH) was founded in 1974 and is a 501(c)3 non-profit organization dedicated to promoting health through homeopathy by advancing the use and practice of homeopathy.

NCH supports education in, awareness of, and increased access to homeopathy. They have the largest, most diverse membership in the homeopathic community and are the national go-to resource for all who are interested in learning about homeopathy.

Our organization, *Homeopathy Delaware*, is a Study Group supported by NCH. NCH supports study groups all over the USA. If you are interested in learning more about Homeopathy through a study group such as ours, you can begin your learning for *free*.

Simply go to [This Page](#) and search for a Study Group in or near your location. Under "**Professional Category**" be sure to select "**Study Groups**" and plug in your location information. It's that easy!

If the link doesn't work, go to homeopathycenter.org, "**Find a Homeopath.**" Hover over "**Members**" then click "**Professional and Organization Directory**"

We have thoroughly enjoyed the camaraderie and learning experiences we have received through our local group and are confident you will too.

We hope you find this report worthwhile and plan to produce many more. So stay tuned and be well.

***"Health is the first of all liberties.
Freedom and Health have much in common.
You value them after they're lost."***