

## CERTIFIED HOMEOPATHIC ONLINE COURSE - SESSION 3:

- **Using Homeopathic Medicine**

### **First, Do No Harm...**

The first concern of anyone using any new medicine is *"Is it safe?"* The short answer is yes, homeopathic medicine is completely safe. However, **you should not stop taking any existing medication without first consulting your doctor.**

### **Dosage and Potency**

Not all homeopaths agree on dosage and potency, and the potency to be taken depends on both the sensitivity of the patient, and the exact remedy being taken. But as a general rule, chronic illnesses (i.e., those that you've had for a long time) should be treated with high numbers i.e., 30C - 200C and Acute (i.e., those that are relatively new) with low numbers, i.e., 6C.



However, there are exceptions, particularly where an accident started off the symptoms and you might give the body a kick start with a high potency dose such as Arnica 200C first and then follow with a lower potency remedy. Low numbers are used more frequently than high numbers.

Another general rule is that high potency homeopathic medicine should only be taken when you know it is the right remedy, so start off with a low potency remedy, and then increase the potency if improvement is felt, though incomplete.

### **Taking Homeopathic Medicine**

Homeopathic medicine should be taken on a clean pallet. While on a course of homeopathic treatment, you should avoid strong flavors such as mint (including toothpaste), coffee or camphor.

They are normally taken as pills which are placed under the tongue. Take two tablets every two hours for the first six doses, and then four times daily for up to five days. For some complaints remedies are taken as an ointment, for example, arnica cream applied directly to bruising.

If you are taking the remedy in pill form, you should avoid contact with the skin (including fingers). Just drop a few pills into the lid and pour them directly into the mouth.

Once relief from the symptoms is felt, stop taking the homeopathic medicine. Only take it again if exactly the same symptoms come back.

A professional Homeopath will also assess your diet and lifestyle.

Homeopathic medicines act on the immune system and generally can be safely taken along with conventional medicines. However, there arises a problem for the homeopath in the assessment of symptoms in a heavily medicated patient. For an example, are the headaches a patient may experience a side-effect of the conventional medicine or are they natural

to the patient? Homeopaths generally like to treat patients who are giving them clean symptom pictures. It can be problematic to distinguish these symptoms in a heavily medicated patient. Having said that, if a patient is being treated with both forms of medicines, as the homeopathic improves the state of the patient, conventional medicines can be reduced. Many conventional doctors will work hand-in-hand with alternative practitioners and will often recommend homeopathy when faced with patients who don't seem to improve using conventional approaches.

## **Finding a Homeopath with the Web**

A web based homeopath tool is no substitute for seeing a real live homeopath in the flesh. A homeopath may well use a web tool to analyze your case, but the advantage of seeing a homeopath is the experience they have in taking your symptoms; they will include information which you may not consider important, and which you may not even be able to judge (such as your state of mind).

Your national Homeopathic association will publish a list of members, which meet the regulations set out by that organization.

Beware of paying for an online or e-mail consultation, as this is no substitute for a face-to-face meeting with a qualified and experienced practitioner. If you cannot physically get to a homeopath or you would rather the anonymity of an online diagnosis, please remember that it is not a substitute for professional medical advice.

## **Homeopathy Differs from Conventional Medicine**

How does the concept of homeopathy differ from that of conventional medicine? Very simply, homeopathy attempts to stimulate the body to recover itself. Let's look at an example: the common cough.

First, we must accept that all symptoms, no matter how uncomfortable they are, represent the body's attempt to restore itself to health. Instead of looking upon the symptoms as something wrong which must be set right, we see them as signs of the way the body is attempting to help itself. Instead of trying to stop the cough with suppressants, as conventional medicine does, a homeopath will give a remedy that will *cause* a cough in a healthy person, and thus stimulate the ill body to restore itself.

Second, we must look at the totality of the symptoms presented. We each experience a cough in our unique way. Yet conventional medicine acts as if all coughs were alike. It therefore offers a series of suppressive drugs something to suppress the cough, something to dry the mucus, something to lower the histamine level, something to ease falling asleep.

Homeopathy, on the other hand, looks for the one substance that will cause similar symptoms in a healthy person. The person with a cough characterized by being worse when breathing cold air, and sounding like a deep bark, will need a quite different remedy than the person whose cough is loose in the morning, dry in the evening, and better when sitting up in bed. They are characterized both as "coughs" but they are different illnesses in the individuals, and therefore require different homeopathic treatment.

In conventional medical thought, health is seen simply as the absence of disease. You assume that you are healthy if there is nothing wrong with you. To a person versed in homeopathy, health is much more than that. A healthy person is a person who is free on all levels: 2

physical, emotional, and mental. Obviously, a person with a broken leg is not free, on the physical level, to move around. But on a more subtle level, a person who cannot eat certain foods or is allergic to certain materials is also experiencing a lack of freedom. It is a good emotional release to cry at a "tear jerker" movie, but someone who continues to cry for several weeks afterwards is experiencing a lack of freedom on the emotional level. Likewise, a person who cannot absorb what he has read or cannot remember day-to-day appointments is experiencing a restriction on the mental level. The homeopath recognizes such limitations and attempts, through the use of the properly selected remedies, to restore the person to health and freedom.

An important basic difference exists between conventional medical therapy and homeopathy. In conventional therapy, the aim often is to control the illness through regular use of medical substances, even if the medication is nothing more than vitamins. If the medication is withdrawn, however, the person returns to illness. There has been no cure. A person who takes a pill for high blood pressure every day is not undergoing a cure but is only controlling the symptoms. Homeopathy's aim is the cure: "The complete restoration of perfect health," as Dr. Samuel Hahnemann said.

## **Homeopathic Medicines**

Homeopathic medicines are drug products made by homeopathic pharmacies in accordance with the processes described in the Homeopathic Pharmacopoeia of the United States the official manufacturing manual recognized by the FDA. The substances may be made from plants such as aconite, dandelion, plantain; from minerals such as iron phosphate, arsenic oxide, sodium chloride; from animals such as the venom of a number of poisonous snakes, or the ink of the cuttlefish; or even from chemical drugs such as penicillin or streptomycin. These substances are diluted carefully until little of the original remains.

A plant substance, for example, is mixed in alcohol to obtain a tincture. One drop of the tincture is mixed with 99 drops of alcohol (to achieve a ratio of 1:100) and the mixture is strongly shaken. This shaking process is known as succession. The final bottle is labeled as "1C." One drop of this 1C is then mixed with 100 drops of alcohol and the process is repeated to make a 2C. By the time the 3C is reached, the dilution is 1 part in 1 million! Small globules made from sugar are then saturated with the liquid dilution. These globules constitute the homeopathic medicine.

Although such infinitesimal quantities are considered by some to be no more than placebos, the clinical experience of homeopathy shows that the infinitesimal dose is effective: it works upon unconscious people and infants, and it even works on animals.

It is important to remember, however, that a medicine is homeopathic *only* if it is taken based upon the similar nature of the medicine to the illness. A medicine labeled as "homeopathic" will work only if it is *homeopathic* to the symptoms presented.

## Difference between Herbs and Homeopathy

Herbal preparations are made from plants which are ground to a fine state and made into capsules for consumption. These crude herbs can have side-effects and should be prescribed by a qualified herbalist, naturopath or homeopath. Homeopathic medicines are made from plants, minerals, metals, salts and animal products. They are very deep-acting and are prepared systematically to reduce side-effects, yet treat at the deepest levels. A temporary aggravation of symptoms may occur on taking homeopathics. As the medicines boost the body's own ability to heal itself, these aggravations are only very temporary and are followed by relief of the ailments and can indicate a good "simillimum" choice



## Timeline for Results of Taking Homeopathic Medicine

This entirely depends on the vitality of the client and the chronicity of complaints. A client who is generally very weak and exhausted with a complaint of many years duration will take longer to heal than a person with a recent complaint and with generally a very high vitality. The medicines are taken in small quantity and over limited periods of time, usually at most a week or two. Then the homeopath will like to wait and see the effects of the medicine before increasing the dosage or perhaps changing the medicine as new symptom pictures arise. The goal is to treat the patient in as short a time and with as little medicine as possible to affect a cure. There is no such thing as taking homeopathy indefinitely, as there is with conventional medicine treatment. If the homeopathic medicine is not working, then the homeopath may have not chosen the best one for the client or the pathology is too far advanced for complete recovery.

## Treatment Using Homeopathy for Terminally ill Patients

When a patient's pathology has become too deep for complete return to health, there are many homeopathic medicines for palliation of symptoms. Medicines can be used to reduce anxiety, fears, depression, gastro-intestinal upsets and even the pain of the more advanced illnesses. It is always better to try than not, in the treatment of deep pathology. There are always the cases of remarkable recoveries in any form of medicine and these cases continue to perplex and delight us all. Moreover, it seems that clients who do have these remarkable recoveries have one thing in common. They make a quantum shift in their view of the world and their approach to health. For further reading see *Remarkable Recovery by Caryle Hirshberg & Marc Ian Barasch*.



## Safety of Homeopathy for Children and the Elderly

Homeopathy is particularly successful in the treatment of children's conditions. With their high vitality, they respond quickly to medicines and in acute illnesses, even epidemics, homeopathy is used worldwide. The elderly, while having a lifetime of insults to the body, can be successfully treated within the limitations of their vitality and conditions. There are medicines especially good for building up weak bodies, improving digestion, aiding with sleep problems and relieving the depression so often seen in the elderly. As always, improvement depends on the level of fight in the body both on the mental and physical levels.



## Side-Effects of Vaccinations

Homeopathy has been compared by analogy with vaccination. The use of micro-doses of a substance to improve immunity is the foundation of homeopathy. However, the difference lies in the preparation of homeopathics. Many people who react badly to vaccinations have found relief in homeopathy. Some may experience immediate and acute swelling of the limb at the site of the needle, others find that their children develop asthma concurrently or after vaccination, while others develop ear, nose and throat conditions, warts and other skin conditions. Many people would not associate these things as being connected with vaccinations, while Homeopaths take these associations seriously into account. Homeopaths have in their arsenal of medicines, just such ones for these kinds of reactions to vaccinations. We are all individual and we all react according to our particular susceptibilities.



## Pharmacy-Bought Homeopathics in Mixtures

Generally speaking, Homeopaths do not prescribe mixtures. Their basic tenant is to use only one medicine at a time. This makes sense in light of the confusion which can arise. If several are used, which medicine is working? The mixtures sold in health food stores and pharmacies for example for the treatment of bronchitis, eczema etc., use combinations of several medicines known to clinically treat such conditions. If clients wish to try these, it may be a good way to experience homeopathy. However, if they do not improve, they should not take these indefinitely, nor should they discount homeopathy. There are several explanations in this case. Either the best medicine for them is not included in the mixture, or the pathology is too far advanced, or the low dose of the mixtures is not sufficient to address the problem. If they do improve, it means that one of the medicines in the mixture is having an effect, but long term taking of these mixtures can result in aggravations. No medicine should be taken for long periods of time. If there is no improvement, consult a professional.

## CERTIFIED HOMEOPATHY ONLINE COURSE - SESSION 3 – QUESTION & ANSWERS

NAME: \_\_\_\_\_

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Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at [iridology@netzero.net](mailto:iridology@netzero.net) or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Homeopathic Medicine can be taken at any time of the day and with any type of food or drink. T/F
2. All Homeopaths agree on the same dosage to be given to a client. T/F
3. What does “palliation of symptoms” mean?
4. What is the difference between herbal medicine and homeopathy?
5. The shaking process in homeopathy is called \_\_\_\_\_
6. The dilution once 3C is reached is 3 parts in 1 million. T/F
7. What is the difference between conventional medicine and homeopathy?