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Homeopathy fact sheet

The selection of any homeopathic remedy is made on the TOTALITY of the symptoms presented by the patient. The art of homeopathy is in the capacity of the homeopath to process this information into a synthesis, a “remedy portrait” or gestalt, which corresponds most closely to the remedy to stimulate a healing response. The challenge of homeopathy, even in the treatment of apparently purely physical conditions, is to select a few probable remedies from thousands of possible remedies. The goal of the homeopath is to remove the symptoms and eliminate the underlying cause of the problem by stimulating the body’s natural curative powers. This is the reason for obtaining such a detailed analysis of the patient to understand the cause of the problem.

After a dose of the indicated remedy, the patient and homeopath must now wait. Depending on the nature of the problem and the potency of the remedy, a return visit is scheduled approximately one month later. While there have been cures after just one dose of a remedy, most chronic cases take months or more. The process is highly individual.

Constantine Hering, MD, (1800-1880) was the “father” of American homeopathy. He observed and concluded that the curative process in a specific “direction of cure”. From above, moving downward, from the body center to the periphery, from more vital organ to less vital organ, and in reverse order of the appearance of the original symptoms (reverse chronological order).

The patient’s reactions can be: nothing, or an aggravation followed by nothing or an aggravation followed by improvement, or gradual and gentle improvement. Old symptoms and even mental and psychological complexes may return briefly and then be relieved or eliminated. As improvement occurs, and as the remedy potency is increased, the patient returns less frequently until he/she only needs to come for treatment of any new acute problems.

You will know when you are getting better when you feel a greater sense of well-being on all levels, not just the levels that bothered you when you came in for treatment. Homeopathic care goes much deeper than most types of treatment. Changes in life-long problems, both physical and emotional, are reported by satisfied patients.

Homeopathic treatment encourages the body to return to a natural state of balance and health. Like the missing pieces of a puzzle, homeopathic remedies help “fill in” the gaps in the body to stimulate the body’s own healing potential and energies.