

# What is Homoeopathy?

For the past 200 years the principles of Homoeopathy and its uses have been studied and used with people of ill health. German physician Samuel Christian Friedrich Hahnemann, was the founder of Homoeopathic preparations and principles. Hahnemann gave up the practice of orthodox medicine and turned to studying the fundamental law upon which homoeopathy is based - *The Law of Similars, or "Like cures by like"*.

The Law of Similars states that a preparation can cure a disease if it produces in a healthy person, the symptoms similar to those of the disease.

Homoeopathy has distinct differences from conventional medicine. Conventional medicine is also called allopathic medicine. Homoeopathy considers the use of allopathic medicine the use of opposing substances that stop and suppress symptoms in the body.

Homoeopathy works with the body's natural defences. The amount of a homoeopathic medicine needed is incredibly small, yet enables the person's body to rebalance in a short amount of time.

## **Vital Force**

The Homoeopath believes the person's body ( which I refer to as 'neurology') is always striving to keep itself healthy, or in balance, just as a keelboat attempts to right itself in the water. The force that acts in this protective manner in our body is called the 'vital force'. When our body is threatened by harmful external forces, the vital force, or defence mechanism, produces symptoms such as pain, fever, mucus or cough.

## **Symptoms**

Symptoms are not a bad thing. Symptoms, although unpleasant for the patient, have a purpose: to restore harmony and balance. Pain is a warning that something is wrong. Fever inactivates many viruses and bacteria that attack the body. This is why we are supposed to allow a fever to burn (I refer to a moderate fever, not a life threatening fever). Mucus is produced in the respiratory tract to surround and carry off irritating material. A cough expels the mucus that would otherwise hinder breathing.

When we produce symptoms it is our body's mechanisms attempting to throw it off or burn it off. It is an expression of our neurology and immune system that helps us recover and recuperate. This vital force if stopped or suppressed by something has consequences. These consequences create a turning in of the vital force that in the end weakens the person. The person then attempts to endure or compensate for the original symptoms that were driven or pushed inward.

## **Suppression**

Over time, more symptoms appear as a result of the original suppressed symptoms. This can make it very difficult to know what is really going on within a person when they are sick. Are they sick because they have a virus or bacteria and attempting to fight it off? Or are they sick because they are expressing symptoms of an old suppression? How would you know the difference? This is an important factor when I refer to 'dealing with the person', that is, using the most appropriate context for that person, and not just looking at their symptoms and or perhaps use remedies or techniques to alleviate those symptoms.

A Homoeopath regards symptoms as a healthy sign of action of the body's defence mechanism to harmful forces; such symptoms may need to be supported rather than interfered with.

Homoeopaths believe all parts of the person's body are interdependent, and therefore treatment of the patient as a whole person, rather than concentrating on one organ or one part of the body or symptom is necessary for full holistic recuperation.

Homoeopathy is a safe and natural method to repel imbalance out of the body and allow the body to heal *given that the Homoeopath prescribes the most appropriate homoeopathic preparation to the individual* when needed.

With the knowledge of muscle monitoring and its application to homoeopathic principles, Kinesiologists and Neuro-Trainers, (along with the understanding of Homoeopathy and the Universal Laws of Healing), can further extend this modality and promote a truly integrated health experience on the levels. Levels that include our physical, emotional, mental and essential/energetic and genetic "contexts" and reduce the risk of suppression due to inappropriate dosing.

Homoeopathy stimulates the body's ability to heal with very small amounts of natural substances. This stimulation is never a stagnant force. Even when the first preparation doesn't appear to 'do anything' for the sick individual, the preparation still has some affect on the energetic force of that person. This is an important consideration to keep in mind when treating any individual with any homoeopathic preparations. All homoeopathic preparations do something. Always.

Homoeopathic preparations no longer contain whole molecules of the original substances and are therefore non-poisonous. The healing properties come from succussion and the potentization that occurs during the making of these preparations.

### **How did Homoeopathy get its name?**

From the Greek words-homoios, meaning similar, and pathos, meaning suffering. Definition is like cures like.

### **What is in a Homoeopathic? Where and what are they derived from?**

Homoeopathy uses natural products -- usually plant or mineral substances and not chemical or synthetic. The vast majority of preparations come from plants while other remedies from minerals. Homoeopathic preparations made from parts of organs, glands, or tissues are called **Sarcodes (Organotherapy)**.

### **Organotherapy**

Organ therapy or Organotherapy, with homoeopathy is known for helping to regulate body organs to function in a balanced healthy way.

Organotherapy uses potentized organs or glandulars to balance the corresponding organ or glands in the body. Healthy organ extracts or organ secretions prepared according to the general rules of homoeopathic preparations, will help slow down the natural and pathological deterioration of the organ.

Terms such as Organ therapy, Organotherapy, or Sarcodes all refer to use of organs in a homoeopathic potency to regulate the organs, glands or tissues of the body.

The idea of organotherapy was first introduced by Constantine Hering, M.D., the father of American Homoeopathy in 1834. Organ therapy is effective in helping the body function in a healthy balanced manner. Homeopathy supports the function of the organ by improving absorption of enzymes and certain nucleic acids lacking in the organ.

### **Definitions of Common Homoeopathic Terms**

Homoeopathic remedies from rock and minerals form a branch of homoeopathy called **Lithotherapy**.

**Nosodes** are from diseased substances that are rendered safe from homoeopathic preparation of dilution.

**Sarcodes** are homoeopathic preparations of healthy animal tissue such as organs or glands or tissue.

Homeopathic remedies for allergies can be from almost any allergenic substance and are called Allergens.

Remedies can be from poisons such as arsenic.

Remember, Homoeopathics no longer contain whole molecules of the substances are therefore non-poisonous. The healing properties come from succussion and potentization.

**Acute** - Short-term illness with temporary symptoms are termed Acute in Homoeopathy. Acute illnesses respond well to Homeopathy. With Acute illness we often use low potencies that can be repeated safely.

### **Potencies:**

Potency is the Strength of a homeopathic remedy. Homoeopathy makes substances into healing remedies by diluting and succussion (shaking). Diluting negates any problems with substances that may be harmful in their raw state.

Succussion enhances the healing properties of substances.

The potency strength is shown after the remedy name as a Roman numeral along with a number that indicates the repetitions of dilutions and succussing.

Decimal designation is X.

Centesimal designation is C.

Millesimal designation is M.

Decimal D or X- is a potency based on the ratio of 1 part substance to 10 parts dilution. Designated with an X (in Europe designated with a D) after the

remedy name. X potencies are considered low potencies. X potency is often used for children, sudden illness and first aid treatment.

**Lower potencies X** stay in the body a short period of time and can be used safely for repeat dosing. These are helpful for first aid treatment, trauma, recovery from injury and for preventative dosing.

Dosing with X potencies may include frequent dosing, such as several times a day for a few days for faster healing.

The usual suggested dose for seasonal illness is 3 tablets 3 times a day or as needed but with Kinesiology, one can be much more specific for the individual.

**Centesimal - C**-potency is based on the ratio of 1 part substance to 99 parts dilution. Designated with a C (or left blank in Europe) after the remedy name. C potencies are considered medium potencies. C potency is often used for seasonal problems and chronic conditions.

Medium potencies C are used for first aid, seasonal ailments and chronic health concerns.

**30C** is a very common potency and very effective for general conditions.

**200C is in the high range of the C potencies** are used for more stubborn problems.

**Millesimal - M**- potency is based on the ratio of 1 part substance to 1000 parts dilution. Designated with an M after the remedy name. M potencies are considered high potencies. M potency is used by practitioners for constitutional treatment.

**High potencies M.**

**1M-10M-CM-LM-MM.**

Very high potencies may stay working in the body for months, so the remedy is chosen carefully.

**Other terms used in Homoeopathy**

**Mother Tincture-** is the original standardized preparation of a substance from which homoeopathic potencies are made.

**Classical Homoeopathy-** the practice of finding the Similimum for a person and giving one remedy at a time.

**Similimum** - the homoeopathic preparation that most closely matches to a person's set of unique symptoms.

Homoeopathy from inorganic minerals found inside the cells of our bodies are called Cell or Tissue Salts. Cell Salts re homeopathic potentized minerals used by cells can be used regularly for general maintenance, or for specific health problems. Often used in conjunction with a single remedy or combination product to provide basic support to the cells.

There are 12 basic mineral or tissue cell salts in our bodies.

Biochemistry is a science developed by Dr. Schussler to show how Cell Salts are utilized in the body. Cell Salts are not measured like supplements such as 500 mg or more, but are in minute homoeopathic potency. In homoeopathic potency, Cell Salts balance the mineral in the body and help the body's utilization of the mineral from concentrations in the blood and minerals from food and supplements.

Cell Salts are safe for those with digestive problems. Cell Salts do not have binders and since they dissolve in the mouth they do not need to be broken down in the stomach.

### **Individualized Prophylaxis and epidemic vaccination.**

In order to protect everyone who is at risk *well enough* some Homoeopathic physicians believe it is only necessary to give, for example, for small pox vaccination, the Nosode 'Variolinum' to everyone; however, this is not the only prophylactic treatment that Homoeopaths may give, it is one option.

Some Homoeopaths believe that un-individualized prescribing is not anywhere near as accurate as personalization of the case. In case taking for

chronic imbalances means getting the entire medical history and present complaint, diagnoses, medications and so forth with a complete and holistic analysis of the case before deciding on the remedy.

In the case of homoeopathic immunization, by taking just a few minutes with each client, the Homeopath can more finely tune the homoeopathic by choosing one of the preparations that is usually needed for example, in Smallpox epidemics (listed below), based on the patients general overt constitutional appearance supplemented with just a few questions.

Kinesiologists and Neuro-Trainers, of course after collecting this information can muscle monitor to find the most appropriate homoeopathic for the individual. For example using the homoeopathic materia medica.

### **Skin; eruptions, smallpox**

acon., agar., am. m., anac., Ant. c., ANT. T., Apis, arn., Ars., bapt., Bell., Bry., bufo, camph., cann. s., canth., Carb. ac., carb. v., caust., cham., clem., cocc., coff., crot. h., croto. t., cund., cupr. acet., gels., hyos., kali bi., kreos., lac. c., lach., lepro., lyc., maland., med., MERC., merc. i. f., mur. ac., Nat. m., nat. s., nit. ac., petr., ph. ac., phos., psor., pyrog., Puls., RHUS T., sanic., SARR., sec., sep., sil., spig., stram., Sulph., syph., Thuj., tub., vac., vario., verat. a., verat. v., Zinc.

It is worthy to note, that some traditional Homoeopaths are appalled at the thought of using Kinesiology to obtain the best choice of remedy. I too agree to a certain point, when the Kinesiologists does not know what they are testing, what the preparations do or don't do, and also when they have no idea of potency, aggravation or suppression! At least, read through and study the Materia Medica and get to know what these preparations do.



Specific preparations for each individual will give better protection for each patient, create less discomfort in the secondary reaction to the remedy and protect the general population more effectively such as those listed above. In this instance, knowing more homoeopathic preparations in which to source and apply Kinesiology to, will give more options for the client.

A major benefit of individualized vaccination is that the remedy provides better protection against the disease and provides constitutional healing (long term) that increases the general health of the patient as well.

For crude and general vaccination, which is still far superior to allopathic methods, the use of the nosode is sufficient. But for those practitioners who wish to be more accurate for the sake of their patient's health, they will give an individualized remedy, and even more specific, check using Kinesiology.

#### **Potency for the use of homoeopathic immunizations.**

Potency selection generally is guided by the overall health of the patient and the virulence of the epidemic. In this case, we don't know what the virulence of a terrorist attack would be, but it would be wise to suppose that it would be strong if it occurred. For those working in the military, embassies, the government or in primary emergency health care, this would mean giving a higher potency of the chosen remedy than one would give to the average citizen, since the risk would be greater for high exposure to the infection. For the weak, infirm, elderly and those with debilitating chronic diseases and children a single dose of 30c would be appropriate in most cases. For healthy adults generally a single dose of 200c would be best. For those needing primary and emergency care protection a single dose of 1M would be more appropriate.

Homoeopath Isaac Golden (Victoria, Australia) uses 200c and M potencies in his childhood homoeo-prophylaxis kit because he believes that often people

will antidote their own dose with certain foods or inappropriate habits so the M potency and it being the second dose has a better chance of taking hold.

Using Homoeopathy for health reduces the risk of toxins and side effects. Supported with a good clean, fresh food diet will enhance the effectiveness of the preparations used and the immune strength of the individual.

Homoeoprophylaxis for both children and travellers wishing to immunize more naturally through the use of homoeopathics has been used and studied in a fifteen-year trial by Dr Isaac Golden. (Homoeoprophylaxis - A fifteen Year Clinical study, Isaac Golden)

Both Children and adults showed a high effectiveness for immunization to a disease with low or no side effects such as asthma eczema, ear problems, allergies or behavioural problems. In absolute terms Homoeoprophylaxis only is shown to be a safe method of disease prevention.

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