

INTRODUCTION to HOMEOPATHY

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What is Homeopathy?

“Homeopathy is a safe, effective system of natural medicine, used by millions of people worldwide for more than 200 years. Homeopathic medicines are prepared from natural sources, used in small amounts, recognized by the U.S. Food & Drug Administration, non-toxic and when properly administered, safely used with infants, children, adults, pregnant women and with animals”.

Homeopathy Today, NCH, March/April 2007

THE CONSTITUTION of HUMAN BEINGS

- Physical body or plane of existence
- Emotional plane-feelings
- Mental plane-thoughts
- Individual personality-Ego
- Connection to Higher Knowing
- Relationship to Family, Humanity
- Relationship to Kingdoms in Nature and the Planet

Homeopathy is a medical specialty that Treats the Whole Person

- Rather than only focusing on an isolated or diseased part or sickness, homeopathy seeks to recognize the imbalance in a sick person that is reflected in the totality of their body, emotions, mind and spirit.
- Treatment will affect the whole person, stimulate their innate vital force or energy system (chi, cellular intelligence etc.) to heal themselves.
- Case example : 44 yr.w/m with eczema

DEFINITION OF HEALTH

“Health is freedom from pain in the physical body, having attained a state of well-being; freedom from passion on the emotional level (excessive emotional extremes), having as a result, a dynamic state of serenity & calmness, and freedom from selfishness in the mental sphere, having as a result, total unification with truth”.

From: George Vitoulkas, Science of Homeopathy, p.41, Grove Press 1980.

The Word :HOMEOPATHY

- HOMEO= similar or like
- PATHY= suffering or disease
- Homeopathy is the science and art of healing according to the Law of Similars or “Similia Similibus Curentur”.
- Homeopathy identifies the symptom pattern and works with the body toward cure, rather than to suppress a problem.
- Traditional or Allo-pathic treatment uses “other” or Anti-treatments: eg., anti-inflammatories, anti-depressants.

Dr.Samuel Hahnemann

- Dr. Samuel Hahnemann was a German physician that systematized the ancient healing principle of the law of similars into the empirical science and clinical practice of homeopathy 200 years ago.
- Hippocrates
- Paracelsus

Homeopathy in the U.S.

- Book: Divided Legacy, Vol.3, Harris Coulter: In the U.S., at the turn of the century (1900's):
- 1/4 of physicians were homeopaths, 22 homeopathic medical schools, and 100 homeopathic hospitals.
- AIH founded in 1844 and AMA in 1846.
- Flexner report came out and a number of schools closed.
- Homeopathy growing in U.S. since 1980. In the meantime- it has always flourished in England, Europe and India.

Law of Similars

- In Latin this is *similia similibus curentur*.
- The key principle in homeopathy.
Meaning: like should cure likes.
- Any substance that can produce a totality or spectrum of symptoms in a healthy person can cure that totality of symptoms in a sick person.
- This is based on the concept of resonance in the field of vibrational or energy medicine.
- The symptom picture of the remedy must be like the symptom picture of the sick person

Symptoms

- Symptoms are the best attempt of the body & mind to heal itself.
- There is a purpose in developing a fever or thirst or diarrhea-or even a fear to avoid touching a hot flame again.
- Treatment should work with the body as a whole to stimulate the defense mechanism in completing the cure in a gentle and safe manner.

Herings Law of Cure

- Healing ideally occurs
from--Above-> Downward -
Within-> Outward -More->
Less vital organs
-Reverse order of appearance

Homeopathic Philosophy

- We do not become sick in part-the whole person is in a state of imbalance.
- While the mind or body may eventually show signs of illness, they are not the origin of the illness.
- The origin is at the level of that person's vital force- electromagnetic field- chi-morphogenetic field.
- Homeopathic remedies are potentized substances carrying information/ energy force that acts on the vital force. Once that vital force is balanced, the person heals himself.

Homeopathic Pharmacy

- Homeopathic remedies/medicines are bioenergetic catalysts that carry a similar resonance or vibration, matched to the person's individual state of imbalance. Tuning-fork effect.
- Prepared by FDA-regulated homeopathic pharmacists.
- All kingdoms in nature are used- this is not herbology. Homeopathic remedies are diluted beyond Avogadro's number so there are no chemical side-effects or interactions.

Potentization

Potentization= Diluted & Succussed.

- Each substance is serially diluted and succussed (shaken with shearing forces applied) This process removes any toxicity while raising the energy level of the medicine.
- Remedies are usually prepared as 1:10 (x) or 1:100 dilution (c)
- 30c arnica: has been diluted 1:100, 30 times -with 100 succussions each time.

I E Crystals - Liquid Crystal Physics

- Dr.S.Y. Lo has published research in the physics of coherent water clusters which also carry information---and they are prepared in a similar way, by applying kinetic energy in a process of serial dilution and shaking.
- I=ice E=electric field
- Dilution by itself does not have this effect. Clustered water has a resonant frequency.

– REF: Dr. Lo's talk at the National Center for Homeopathy, San Diego, Ca. 1998.

Quantum & Liquid Crystal Research in Physics/Homeopathy

- Homeopathy is an empirical science, but since this is an energetic treatment system, it is very interesting to see likely explanations for how it works within the realm of liquid crystal or quantum physics.
- Clustered coherent crystals:
 - > have a resonate frequency based on substance you start with in a water solution
 - > the structure of water (crystals formed) has an effect on the surrounding electromagnetic field.

Information Transfer in Water

- Dr. Masaru Emoto, a researcher from Japan, author of *Hidden Messages in Water*, found that molecules of water can be affected by thoughts & feelings.
- *Homeopathy: Science or Myth*, Bill Gray M.D., (2000), North Atlantic Books: See -Chap. 3 “Physics of Potentized Water”, pp.36-58.
- Tadpole inhibition (Endler et.al.): *In Homeopathy: Science or Myth*, pp.115-119.

What is Being Treated?

- The inherent “vital force”, energetic blueprint or electromagnetic field of a person is given information to initiate the re-balancing or healing process according to their own cellular intelligence.
- We observe progress or changes at the physical, emotional, mental levels-even dreams, food cravings, energy level and over time, shifts in consciousness.

Two Categories of Treatment

- ACUTE: self-limited conditions, brief-may be mild or intense, such as cold-flu, acute food poisoning, otitis media, etc.
Rx: Usually lower potency 6c,12 c or 30c TID
- CHRONIC: “Constitutional” treatment for persisting patterns or long standing symptoms. The duration of tx will depend on the person’s vitality, onset, familial & genetic factors, degree of stress, other drugs or suppressive tx’s.
- Rx: Wide range: One dose of: 30c, 200c, 1M, 10M and observe. Liquid LM’s.

Chronic Conditions Treated

- Examples of what may be helped with homeopathic treatment:

Allergies, asthma- bronchitis-pneumonia, headaches, pms, menstrual problems, thyroid problems, gastro-intestinal, musculo-skeletal, skin, urinary, chronic fatigue etc.

Anxiety, depression, ADD-learning issues, phobias, insomnia, mood-swings, fears- OCD, addictive states, PTSD, co-dependency

Homeopathic Therapeutics: In Classical Homeopathy

- Similar Remedy
- Provings
- Totality of Symptoms
- Minimum Dose
- Single Remedy

Taking The Case

- Collect all the Symptoms (and signs):
 - Sensation
 - Location
 - Modalities
 - Concomitants

Cases: Influenza

- Arsenicum album
- Gelsemium
- Eupatorium
- Others

Cases: Sorethroat (pharyngitis)

- Belladonna
- Lachesis
- Others

Cases: Depression

- Aurum metallicum
- Natrum muriaticum
- Others

Case T.M.

- 53 y/o female with a 20 year Hx:
- Been on antipsychotics; auditory hallucinations. Mixed with episodes of depression.
- Wanted help for tardive dyskinesia.
- Fear of people; Hx= sexual molestation.
- TX: significant progress with remedies Stramonium and Thuja

Case H.K.

- 48 y/o newspaper journalist/editor.
- Unable to work with CFS for 3 years.
- Self- description: I am caring, but rigid intellectually. Never felt “good enough”.
- Extreme post-exertional malaise.
- Headache-left temple; foggy mind.
- Chronic insomnia, myalgias, hypervigilant, isolated pursuits, deep inner sorrow.
- TX: Thuja 200c- increased energy, much better “than his old self”.

Thuja-Essence

- Tree of life (Arbor Vitae)
- Hidden feelings of being “not good enough”, worthless, or inadequate
- Chameleon or People-pleaser
- Need to “fit in”, lacks a sense of self
- Secretive, feels ugly
- C/O Depression, panic, borderline

Thuja- Keynotes

- Feels “others would not like me if they knew me”.
- Fixed ideas or delusions:
 - “something is alive in my abdomen”
 - “he is fragile or made of glass and could break”
- Ailments from vaccinations
- Many warts, skin tumors, severe acne
- Intolerance to onions

Clinical Research in Homeopathy



British Medical Journal

“Clinical Trials of Homeopathy”

British Medical Journal, Vol. 302,
(2/9/91) Kleijnen, et.al. Pp 316-23.

This review showed, of 105 clinical trials in homeopathy, 81 yielded positive results (77%). Better methodology was suggested for the future.

The Lancet

“Are The Clinical Effects of Homeopathy Placebo Effects? A Meta-Analysis of Placebo-controlled Trials”

The Lancet, Vol.350, (9/20/97)

K.Linde et.al., Pp 834-43.

Of 186 trials, 89 met the highest standards for inclusion in a state of the art meta-analysis research review-> Showed homeopathy is not just placebo; patients were 2.45 times more likely to experience positive therapeutic effects than placebo.

Journal Of Alternative & Complementary Medicine

“Homeopathic Treatment for Chronic Disease: A 6-Year
University-Hospital Outpatient Observational Study”
J. of Alternative and Complementary Medicine,
Vol.11, No.5, (Oct.2005), Pp. 793-798.

Of 6,544 patients, with a wide range of chronic ailments, homeopathy produced positive changes in 70%.

Introductory Books on Homeopathy

- **Healing with Homeopathy**, *W.Jonas, M.D. & J. Jacobs, M.D., Warner, 1996.*
- **Discovering Homeopathy, Consumer's Guide to Homeopathy, Why Homeopathy Makes Sense & Works**, *D. Ullman, Tarcher, 1990- 2006.*
- **The Science of Homeopathy**, *G. Vitoulkas, Grove Press, 1980.*
- **Homeopathy: Science or Myth**, *Bill Gray, M.D., North Atlantic, 2000.*

Homeopathic Resources

- The National Center for Homeopathy 801 North Fairfax St., Suite 306 Alexandria, VA. 22314. 703-548-7790 www.nationalcenterforhomeopathy.org
- American Institute of Homeopathy
801 North Fairfax St., Suite 306
Alexandria, VA. 22314. 888-445-9988
www.homeopathyusa.org
- Homeopathic Educational Services: BOOKS
Berkeley, Ca. 510-649-0294
www.homeopathic.com

Summary

- Homeopathy is Safe
- Whole Person
- Work with the Laws of Nature
- Supported by Scientific Research