



# Sandra Kamiak, M.D.

## Classical Homeopathy - Psychosynthesis



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"It is not because things are difficult that we do not dare; it is because we do not dare that things are difficult." -- Seneca

### The 4 Principles Of Homeopathy

To understand how homeopathy works, it is necessary to appreciate the 4 guiding principles behind it.

1. Like cures like. In other words, a substance that can cause disease in a healthy person can be used to cure the disease in a person suffering from it.

2. Single Remedy. In homeopathy only one medication is used at one time so that its efficacy can be properly understood before another option is tried. This principle is not universally adopted by homeopathic doctors.

3. The Minimum Dose. Homeopathy demands that medication be given in the smallest doses to minimize any possible side effects while at the same time maximizing the efficacy of the treatment.

4. Potent remedies. Homeopathic medicines are made from natural substances while are turned into diluted extracts during manufacturing. During every step of dilution the medicine is shaken and agitated vigorously to release its dynamic force.



### Allergies

Spring and summer can be a terrible time for those who have allergies. Those with acute symptoms are often forced to remain indoors to reduce the amount of suffering. Allergies are caused by the reaction of the metabolism to specific external factors like dust and pollen. Because every metabolism is different, even people with allergies to the same pollen may have different reactions and require different treatment.

Homeopathy studies the allergies in relation to the individual as well and the causal factors to define which of the thousands of remedies available will be best suited for each specific case. This ensures that the treatment is as effective as possible with the maximum possibility of long terms prevention of recurring attacks. Even in the case of immediate relief, homeopathy offers treatment that is effective and without side effects.

Purchasing generic homeopathic allergy medication from a health store may work, but being examined by a doctor and then being prescribed the specific medication for the condition offers a

far greater chance of effective treatment and long term relief from runny noses, sneezing, watery eyes and the myriad other symptoms of allergies.

### Appointments and Phone Calls

My answering service will take routine calls between 8 a.m. - Midnight.  
They are instructed to take any urgent or emergency call 24 hours/ day or night.  
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### Coughs And Colds

There is no one who has not suffered from coughs and colds. Although not a serious medical condition, they are uncomfortable, distressing and leave the patient weak for a long time. They are among the major causes of absenteeism from schools and offices.



Although the most common of illnesses, colds and coughs vary in nature. Some can be just annoying irritants while others can bring the strongest of people to bed for a number of days. It is tempting to use nasal sprays, cough suppressants, analgesics and aspirin to control the symptoms but these only act as suppressants and offer no long term remedy. Additionally, stopping sneezes and coughs limit the body's ability to clear breathing passages and bringing down fever reduces the body's defense against infection. Homeopathy offers a range of medications; each one aimed at a specific type of cold or cough.

[Click here to see some of the most common homeopathic remedies.](#)

If these bring no relief, it could be because the cough and cold is a symptom of another more serious medical condition. Consulting a homeopathic doctor for an expert diagnosis and treatment is the best option.

### Post Traumatic Stress Disorder (PTSD)

PTSD came into prominence when soldiers returning from conflict zones were diagnosed with it. Today, it is a recognized medical condition among all those who have suffered severe mental, emotional and physical trauma of any kind. The symptoms include episodes of irrational anger, inability of focus, insomnia, bouts of physical exhaustion and a fear of activities associated with the original trauma. Traditional medication aims

to suppress these and other symptoms by drugs and psychotherapy to bring the patient back to a degree of "normalcy." However this does not deal with the underlying causes of the stress and the side effects can often be as harmful as the original problem itself. Homeopathy works to find the roots of the problem and, by using patient specific medication and counseling, to offer an effective and lasting cure; not just the short term removal of the symptoms.



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Classical Homeopathy  
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**My Focus is on treating the whole person: the body, the emotions, the mind, and the spirit.**