



# Sandra Kamiak, M.D.

## Classical Homeopathy - Psychosynthesis



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"Light breaks where no sun shines; Where no sea runs, the waters of the heart push in their tides."  
-- Dylan Thomas

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### Psychosynthesis



The growing popularity of homeopathy ensures that there is a huge amount of information about it available. However, this is not the case with Psychosynthesis. Psychosynthesis is, in its most basic form, is a highly complex science that deals with the vast hidden potential that every human being has within himself. This is a combination of the untapped physical, mental and spiritual forces that exist in each human being. When this force is unleashed, a person is able to achieve a quality of life that would have been out of reach before.

Homeopathy is a holistic form of medicine that looks at health and wellbeing not as being limited to the physical plane but as an integral part of the whole life experience. When combined with the science of Psychosynthesis, Homeopathy is a hugely powerful platform for overall wellbeing.

***"In my many years of practice my patients have benefitted greatly from in inclusion of Psychosynthesis as part of their treatment protocol." - Dr. Sandra Kamiak M.D***

This form of transpersonal therapy (beyond just one's personal symptom healing) is a way to raise one's consciousness about their health, goals, and purpose in life, from a larger context or Higher Perspective. The founder was Dr. Roberto Assagioli; he laid the groundwork for integrating one's personality around a deeper inner observer, that resides inside each of us and bridges to the life of the Soul or the Divine. It is very compatible with homeopathy, as a way to process transformative experiences that are activated with that profound healing modality.

### Standard Process Whole Food Nutrients

Modern diets and the consumption of large amounts of junk food have left Americans with a host of nutritional problems ranging from obesity to lack of energy and loss of mental focus. Nutritional supplements are one way to make up for this unbalanced and unhealthy diet. Standard Process is a company that produces the best in food supplements. The company believes that the quality of the supplement is dependent on the raw materials and the manufacturing process. Their crops are grown in the rich mineral and nutrient laden soil of Wisconsin



and they use 3 different manufacturing techniques to ensure that their supplements retain nutrients and offer the maximum health benefits.

A wide range of supplements offer the opportunity to find and use exactly the supplement a person needs, with the nutrients to provide the maximum health benefits and help cure any specific health issues that need to be treated. Standard Process whole food nutrients are an ideal supplement to a course of homeopathic treatment, either to cure sickness or to promote overall holistic good health.

### **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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### **Endocrine Problems**



The body's endocrine system is highly complex and consists of over 100 hormones and 9 glands. An imbalance in the system can lead to major health issues like diabetes. Traditional medical treatment often results in a dependency on drugs to control the problem. Homeopathy, on the other hand, is very effective in dealing with endocrine imbalance and does not cause any long term dependency or result in side effects that could lead to other health problems.

### **Pregnancy, Menopause and PMS**

A woman's body is, in many ways, far more complex than a male's. It is affected by regular bouts of PMS, undergoes the stress of pregnancy and has to deal with the changes that menopause brings. These are not forms of sickness but a part of the natural female life cycle. Traditional medicine is geared towards offering a system of medication to fight disease, which is not applicable in these cases. To try and reduce the symptoms of PMS and menopause and the strain of pregnancy by traditional medication affects the body's natural response to these changes in the metabolism.



Homeopathy works by providing the body with the support it needs to deal with these issues most effectively. By doing this it offers both relief from the symptoms of PMS and menopause and eases the discomforts of pregnancy without limiting the body's natural responses and recovery. Additionally, the chances of any complication caused by the side effects of traditional medicine are greatly reduced. In extreme cases where the PMS is so severe as to cause other physical and emotional complications, menopause results in other health problems or the pregnancy is complicated and offers risk to mother and child, homeopathy offers a form of treatment that is effective, lasting and safe.

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Classical Homeopathy  
Body-Mind-Spirit  
Transpersonal Counseling  
Standard Process Whole Food Nutrition

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