

Homeopathy: A brief discussion of a complicated method

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Homeopathy was established as a medical science over 200 years ago and affords every serious practitioner the means “to restore health, rapidly, gently, permanently; to remove and destroy the whole disease in the shortest, surest, least harmful way. . .”

During my training as a family practice physician I was introduced to this healing science, not in any medical school class but through a group of dedicated professionals I had the good fortune to meet in Illinois and who today continue to bring health to patients using classical homeopathy principles.

One of these principles involves a process called ‘case taking’. This is the art of gathering information from someone presenting with an illness. Being able to obtain the right information is a process that all serious homeopaths must learn and perfect over time. It is important to understand the whole person because that is what homeopathy treats. Taking time to gather the totality of symptoms

that comprise an illness is essential for success. Physical, emotional and mental symptoms are all important in determining how the balance of a health is affected. Remembering that homeopathy’s focus is on treatment for the individual not the disease will allow a patient ‘to be patient’ with all the questions that this interview process poses.

Another principle involves the selection of the correct medicine or what homeopaths call a remedy. Remedies can be purchased over the counter for treating uncomplicated illnesses or injuries or can be prescribed by a trained homeopathic practitioner to treat more complicated or chronic health conditions. Each remedy has multiple healing properties and can be prescribed to treat several very different conditions. There is not a ‘one remedy for one disease’ approach to this medical system.

By using the above two principles I have found a great deal of satisfaction in my practice. It is by way of the partnership

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process between patient with homeopath that homeopathy can bring about the most satisfying results. If your body’s natural ability to maintain its balance has been suppressed or injured and your health feels compromised you may want to consider the use of this long standing approach to wellness.

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