

About Homeopathy

What is homeopathy?

Homeopathy is a holistic health practice that uses safe, nontoxic preparations to stimulate your body's natural healing ability. In homeopathy, the energy for healing comes from within you, resulting in easier recovery, fewer side effects, longer-lasting health and better resistance to disease.

Holistic healthcare

The holistic approach to health recognizes that an unbalanced system is susceptible to illness. The right homeopathic remedy helps your body respond effectively to illness. It can also correct long-standing patterns that cause or aggravate disease.

Homeopathic preparations are safe

Homeopathic remedies are made from natural products which have been specially prepared to make them nontoxic and gentle. They are approved by the FDA and do not overpower your body with chemicals or compromise your immune system.

What is a “single remedy”?

This guide is to help you in choosing homeopathic “single” remedies. The single remedies are the ones sold in tubes printed with the name of a single homeopathic substance, like Arnica montana. This is the most effective way to take a homeopathic remedy, but it can be difficult to choose the right remedy from the dozens in the store. “Combination” remedies come in boxes labeled with some sort of medical complaint like “sore throat” or “sinus” or “teething.” These are mixtures of different remedies. They are easy to choose, but because they are not individualized to you, they have less chance of being effective. Often they work for a number of doses before they stop working.

Potency and Repetition

What potency should I use?

It is safest to start with a lower potency like 6C. Low potencies cast a wider net and are less likely to cause aggravation. If your symptoms are strong, if your vitality is high (as in children), or if the remedy is just a perfect match, you're safe with 30C. Some remedies like Arnica are available in the store in 200C. It's best to save such a high potency for intense symptoms.

Make your remedy last longer

You can make your remedy milder *and* more effective by dissolving a pellet in a 1/2-ounce dropper bottle. Before each dose, hit the bottle a few times against the heel of your hand. Ten (10) hits and five (5) drops is a good dose.

How often should I repeat the dose?

If you get improvement from a remedy, wait until the improvement stops before repeating the dose. As long as things are changing for the better, there is no reason to repeat. When things stagnate, take another dose.

If you don't notice any improvement after the first dose, take the remedy one more time to see if it will work. If after two doses you don't see any improvement, the remedy is not a close enough match.

What if the remedy I choose doesn't help?

Don't be discouraged! Even professional homeopaths often have to try a couple of times before they find the right remedy for a client. If you need help, call for a consultation.

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Trying to find a

HOMEOPATHIC REMEDY?

*A guide to choosing an
effective single
remedy from the store*



Having trouble?
Call for a consultation:

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Can I find a remedy here in the store that will help me feel better?

Before you can answer this question, there are a couple of things you need to consider:

Is my complaint acute?

An acute complaint is one that appears in a short period of time and will resolve in a short period of time. An acute state will be different from your normal state, and the symptoms will usually be more intense. A high fever is usually an acute complaint. Warts are generally not.

Are my symptoms clear?

Symptoms are your body's way of telling you what is wrong. If you have taken medications, your body may not exhibit strong, clear symptoms. In this case, either look for a remedy using the symptoms you had before you took the medication, or wait until the medication wears off to assess your symptoms. It may be the case that your symptoms are vague and hard to describe. In this case, it will be difficult to choose an effective remedy without someone to get an objective look at you. If vague symptoms recur or persist, it may help to consult a homeopath.

How about my allergies?

Sadly, allergies are almost never an acute complaint. Allergies may respond to a remedy chosen from the store, but the chances of finding permanent relief in this way are very slim. Often people can get temporary relief during a seasonal allergy attack. Just be aware that a remedy that matches only your allergies and not the rest of you will eventually stop working. That's the time to consult a homeopath for a constitutional remedy.

Tips for making an effective remedy search

First, find your characteristic symptoms

It will help to narrow your choices if you consider only symptoms that are characteristic of your current state. For example, there are hundreds of remedies for a sore throat, but there are many fewer when the sore throat is better from swallowing food. The more characteristic the symptoms you look up, the better your search results will be.

Etiology, or what made you sick

If there is something that happened to you that *brought on the illness*, like an emotional shock or physical trauma, this is very characteristic of your illness and something you want to consider in your search. Look in the Aggravations section of the Boericke *Pocket Manual* for a description of the event that triggered your illness, like grief or injury.

Symptoms that affect you generally

Also characteristic are generalities, or *symptoms that affect your entire system*. Some examples are food cravings, unusual sensations occurring in several places, and situations that make you feel generally better or worse (e.g., a warm room, an icy drink, lying down).

Unusual, intense or combined symptoms

Symptoms can be characteristic if they are *unusual* or *intense*. They can also be characteristic if they are *combined with other symptoms* in an unusual way. A high fever with no thirst, no drinking and lots of urination is an unusual combination that points to Gelsemium.

Acute symptoms only!

Remember to look up only the symptoms of your acute complaint. Only things that have changed since you got sick will help you find an effective remedy.

How to find a remedy using Boericke's *Pocket Manual*

Follow these steps

1. Find your characteristic symptoms (see "Tips for making an effective remedy search").
2. Look up your symptoms in the repertory located in the rear of the *Pocket Manual of Homeopathic Materia Medica*.
3. Notice what remedies recur in the different symptoms you're looking up.
4. Look up each of those remedies in the remedy section of Boericke until you find something that fits you well. Don't forget to look at the mental and general symptoms!
5. You can also look up the name of your condition (sore throat, vomiting, etc.) in one of the books that lists conditions in this way. Compare the remedies you see listed under your condition to those you're seeing in Boericke's repertory.

Only use your acute symptoms!

When looking for a remedy to help your acute complaint, remember not to consider symptoms you had before you got sick.

Some specific remedies

Some remedies are specific to certain situations: In cases of physical trauma with bruising, always give Arnica at least once. Intense frights call for Aconitum. Tailbone injuries or crushed fingers, Hypericum. Puncture wounds, Ledum. Avulsions and abrasions, Calendula. Symphitum to help broken bones heal. If your condition is serious, be sure to see a physician, too!

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