

A Modern Approach to Homeopathy

A Patient's Guide to Homeopathy & Homotoxicology

The recent surge of interest in "holistic" therapies represents a rebirth in some of the ancient concepts of health and disease. Any valid therapy must be based on a deep understanding of each person as an individual.

This introduction to homeopathy and homotoxicology has been written to help you understand and participate effectively in your health care. It contains an explanation of the homeopathic system of medicine, and homotoxicology (a modern approach to homeopathy.) Feel free to share this information with anyone else who may be interested.

Homeopathy

Homeopathy is a system of medicine which cures illness in accordance with certain principles of healing, using medicines from the plant, mineral, and animal kingdom. The principles of homeopathy were first formulated in the eighteenth century by Samuel Hahnemann, M.D. He had given up the practice of medicine when he found the therapies of his time to be ineffective and dangerous, and did not resume practice until he discovered in homeopathy a means to help people heal gently, rapidly, and reliably. Homeopathy spread quickly throughout Europe and to the United States, where at the beginning of this century 20 - 30% of all doctors used homeopathy. Despite repeated skepticism from the orthodox medical establishment, the validity of Hahnemann's ideas has been demonstrated repeatedly for nearly 200 years. In fact, some aspects of orthodox medical treatment are based on homeopathic principles. (Vaccinations are but one of the many examples.)

Homotoxicology

Homotoxicology is a system of medical therapy that utilizes the scientific principles of homeopathy and the information of the medical sciences to arrive at the selection of a remedy. It is based on the assumption that each living organism is a dynamic flow system constantly adjusting to the surrounding environment and attempting to remain in a state of balance. We are constantly in contact with substances that influence our flow system. Substances that disturb this flow are toxins (homotoxin refers to toxins that affect the human organism.) When the body encounters homotoxins it attempts to eliminate them by activating the defense systems of the body. The symptoms associated with a disease are a manifestation of the body attempting to heal itself.

Medicines which can cause the symptoms of a disease in a healthy person can be used to treat the disease in someone who is ill. The appearance of symptoms is a manifestation of the activation of the defense systems of the body.

This is a contemporary restatement of the basic principle of homeopathy "*Similia similibus curentur*"; like cures like. Dr. Hahnemann did not have the information of the basic medical sciences at the time he formulated the principles of homeopathy. Dr. Reckeweg, the founder of homotoxicology, spent his life integrating homeopathy and general medicine.

Principles of Homeopathy and Homotoxicology

Stimulus to the body

Homotoxicology and homeopathic treatment seek to stimulate the innate healing power of the individual, activating the defense systems of the body so that all physiological systems function at

their best. As one moves toward their optimal level of health, one feels better. Secondly, localized symptoms improve as the defense systems of the body become active.

Totality of symptoms

The homeopath views a person's health as a reflection of the entire individual rather than only in terms of the presence of isolated symptoms. Remedies are selected on this basis. Evaluation of the individual's level of health and choice of the correct medicine depends in part on a thorough understanding of all specific symptoms and also on indicators of general health, such as the level of vitality and one's emotional well-being.

Medicines

Homotoxicological and homeopathic medicines are usually made from plants, minerals, or animal products. These substances are prepared by a process of repeated dilution and succussion which makes them capable of stimulating the healing process. Some remedies are made from allopathic medicines and physiological enzymes prepared in the above fashion.

Law of similars

A medicine is given capable of causing, in a healthy person, symptoms similar to those of the individual being treated. The symptoms the sick person experiences are thus the most important guide to the choice of the correct remedy. The symptoms of an illness are a manifestation of the body trying to heal itself. (A person sick with the "flu" may develop a fever which represents an activation of the defense systems of the body.) Homeopathic and antihomotoxic remedies are given to stimulate and activate the defense systems of the body and to raise the level of vitality of the patient, so that the body's ability to heal itself is maximized.

Minimum dose

The value of using minimal doses of a medication makes common sense; they are less toxic. All homeopathic and antihomotoxic medications are quite dilute. Homeopathic remedies are made by a process of serial dilution and succussion. One drop of a tincture is diluted in ten drops of water and shaken (succussed) to make a 1X potency. Higher potencies, such as 12X, have gone through the above process twelve times - serial dilution followed by succussion. This concept of minimum dose is substantiated in the Arndt-Schultz law which states that small doses of a medication stimulate, medium doses paralyze, and large doses kill or suppress. Hormones and other physiologically active substances circulate in the body in doses that are so small that only recently have they been able to be measured; those concentrations are similar to those of low potency homeopathic remedies.

Treatment

Homeopathic treatment is based primarily on the information the patient provides; a remedy will be found that fits them best overall. The patient will be given this remedy to stimulate their own individual healing process.

Taking the medicine

Take tablets under the tongue and allow them to dissolve before swallowing. Some of the larger tablets are pressed quite strongly during the manufacturing process and may need to be crushed in the mouth before being allowed to dissolve under the tongue. In the case of liquids, place 10 drops directly under the tongue or, if preferred, in a glass of purified water to be slowly sipped. There should be no strong taste in the mouth; allow about thirty minutes after eating before taking the remedy. Store your remedies in a cool, dark place, away from strong odors, temperature

fluctuations, and direct light. If you are concerned about other substances interfering with the action of your homeopathic medication discuss this with your physician.

Action of the remedy

Each individual experiences the reaction to the remedy in a different way. Usually the effects are gentle and gradual, though at times more rapid or dramatic changes occur. Since the remedies work to better your general health, you should not be concerned if local symptoms do not change right away. Aggravations of symptoms or recurrences of previously experienced illnesses sometimes occur. These are not necessarily side effects of the remedy but an indication that the body is responding to the medicinal stimulus. *If any reaction occurs that concerns you, don't hesitate to call your doctor.*

Repetition of the dose

The dose and amount of medication prescribed will vary with your condition and with the remedy and potency chosen. Acute illnesses such as flu, minor infections, injuries, etc., often require more frequent repetition of the selected remedy. Chronic illnesses are usually more complex and may represent multiple disease layers. The therapy of chronic diseases may require more than one remedy or even more than one kind of therapy. In order to make the correct decision about continuation or change of a remedy, or dosage, a full review of any changes that have occurred since your last visit may be necessary. Do not hesitate to call your doctor if you have any concerns or questions.

Duration of treatment

The length of treatment is also individualized. During acute illness, you should notice some improvement within the first 24 hours, even though you may still require a normal gradual convalescence. People with chronic problems improve over widely varying periods of time. Even though general health is improving, particular symptoms may not resolve for many months in some cases. There should be no question, however, that improvement is taking place, and you should not have to search minutely for evidence of response to the treatment.

Heel, a German homeopathic pharmaceutical company and the parent company of **BHI**, is one of the world's largest homeopathic companies, with sales on six continents and in more than 25 countries. **Heel** was founded by Hans-Heinrich Reckeweg, M.D. in 1936 following requests from other physicians and patients for his successful homeopathic formulations. Dr. Reckeweg developed home homotoxicology, a synthesis of orthodox medicine and homeopathy. **Heel** is actively engaged in ongoing scientific research which proves the effectiveness of homeopathic medications.

For further information about homotoxicology and homeopathy refer to the following sources:

An Introduction to Homotoxicology

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