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FREE ‘WHAT IS HOMEOPATHY?’ PRESENTATION

Greeting
Good morning/ afternoon, my name is Nicole Moustakas and I am a Homeopath. I also have experience in Conventional, also known as orthodox medicine; as an Enrolled Nurse.
The aim of this talk is to educate the general public about Homeopathy. I will do my best explain to you my understanding of Homeopathy.
After the talk I will be happy to address any questions and discuss products available for purchase.
Before I begin I would like to see a show of hands, if you have used Homeopathy before, or are currently using Homeopathy?

What is Homeopathy?

Homeopathy as we know it today came about some 200 years ago in Germany as a result of Samuel Hahnemann’s discovery of a Proving. Hahnemann was a doctor and pharmacist.

Upon translating a medical book, Hahnemann read about the successful use of Chinchona bark to treat malaria (intermittent fevers). The author credited its success to the fact that it was bitter. But Hahnemann not being completely convinced with this explanation decided to take the bark himself and the ordinarily characteristic symptoms to malaria, made their appearance one after the other. Upon discontinuing it, he was back in good health. This was his first ever proving. A proving is the process of giving a substance (Homeopathic remedy) to a healthy individual and observing the symptoms produced by the substance (Homeopathic remedy), to obtain the remedy descriptions known as Materia Medica. Provings are carried out so Homeopaths can match the picture of a diseased individual to the remedy picture (the symptoms produced in a proving).

Hahnemann found that many substances, when administered to healthy people, could produce symptoms similar to those experienced by sick people. Hahnemann came to the realisation that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. What Homeopathic remedies can cause, they can also cure.

Homeopathy is a complete system of medicine based on the law of similars, or the fundamental healing principle “like cures like”. Homeopaths follow this law but in a greatly diluted form. Hahnemann found that illnesses could be cured by using small, specially prepared doses of these substances, if prescribed on the basis of similarity of symptoms. The amounts of these substances contained in Homeopathic products are so small they are usually undetectable, but they still have a biological effect.

An example of like curing like is coffee:
Some people are very sensitive to its effects and can be overstimulated by drinking it. They may experience overly heightened mental and physical alertness and become unusually reactive to normal stimuli such as sounds and smells. When a person has symptoms of insomnia, headache, irritability and an over stimulated nervous system, Coffea Cruda may be chosen to alleviate their condition. It has been shown that this may settle the symptoms of insomnia in such cases.

NOTE FOR SELF
Samuel Hahnemann 1755-1843.
The word ‘Homeopathy’ comes from the Greek language and means ‘similar suffering.’

Homeopathy was first known/described as far back as ancient Tibetan times and then again by Hippocrates 2500 years ago. Homeopathy only came to light again some 200 years ago thanks to Samuel Hahnemann an experienced German doctor and pharmacist’s discovery of a Proving.

All Homeopathic remedies have been thoroughly tested on healthy human volunteers in comprehensive double blind trials known as "proving" and are still carried out today on a regular basis, both new and old remedies to test their efficacy. Hahnemann was the inventor of this well known form of testing remedies used still today in the pharmaceutical industry.

A proving is the process of observing the action of which a Homeopathic remedy is capable on healthy individual volunteers. Provings are carried out to collect the symptoms of the Homeopathic remedy.
**FREE ‘WHAT IS HOMEOPATHY?’ PRESENTATION**

### What Type Of Remedies Will Be Given?

Homeopathic medicines are known as remedies and are ultra-high dilutions of substances, with few or no measurable molecules of the original substance left in them. The remedies are energetic and are gentle, subtle and powerful. Homeopathy has a pharmacy of over 3,000 remedies and about 80% are sourced from plants and herbs.

Remedies are mainly derived from plants, animals and minerals. Homeopathic remedies are also sourced from disease tissue (nosodes), healthy tissue (sarcodes), drugs or toxins ingested or absorbed by the body and have produced a disease or ill-health (tautopathy), antigens - something that creates an allergic type reaction (Allersodes), and immaterial dynamic energies (Imponderabilia).

Tautopathy can reduce the side effects caused by the drug, by giving the same drug in potentised form while taking the drug. Tautopathy can also assist in the withdrawal of drugs and medications, particularly those that are generally difficult to withdraw from such as tranquillizers and steroids. An example of Tautopathy is giving the remedy Radium Bromide to cancer patients and others with a history of radiation exposure.

Homeopathic remedies are given in the form of granules, pills or drops and are designed to stimulate the body’s natural healing forces.

#### Further examples of remedies from various sources are:

<table>
<thead>
<tr>
<th>Plant – various plants (whole or parts of plants)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Allium Cepa</td>
<td>Red onion</td>
</tr>
<tr>
<td>Arnica Montana</td>
<td>Leopard’s Bane</td>
</tr>
<tr>
<td>Belladonna</td>
<td>Deadly nightshade</td>
</tr>
<tr>
<td>Bellis Perennis</td>
<td>Daisy – common name bruise wart</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Animal – animals (their parts and extracts used)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Formica Rufa</td>
<td>Common ant</td>
</tr>
<tr>
<td>Lachesis</td>
<td>Snake (Lance Headed Viper)</td>
</tr>
<tr>
<td>Cantharis</td>
<td>Spanish Fly</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chemicals – pure elements (metal and non-metals); acids (organic or non-organic) and minerals</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Metals</strong></td>
<td></td>
</tr>
<tr>
<td>Cuprum Metallicum</td>
<td>Metallic Copper (Ferrum Series) Metal of a reddish colour</td>
</tr>
<tr>
<td>Ferrum Metallicum</td>
<td>Pure Metallic Iron (Ferrum Series)</td>
</tr>
<tr>
<td>Aurum Metallicum</td>
<td>Gold (Gold Series)</td>
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<table>
<thead>
<tr>
<th>Acids</th>
<th></th>
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<tbody>
<tr>
<td>Nitricum Acidum</td>
<td>Nitric Acid</td>
</tr>
<tr>
<td>Aceticum Acidum</td>
<td>Vinegar acetic acid</td>
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<table>
<thead>
<tr>
<th>Minerals</th>
<th></th>
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<tbody>
<tr>
<td>Calcarea Carbonica</td>
<td>Calcium (snow white portion of oyster shells)</td>
</tr>
<tr>
<td>Natrum Muriaticum</td>
<td>Sea Salt</td>
</tr>
<tr>
<td>Sulphur</td>
<td>Sulphur found in all body tissues and volcanic rock</td>
</tr>
<tr>
<td>Mercurius Solubilis</td>
<td>Mercury (Quicksilver)</td>
</tr>
<tr>
<td>Arsenicum Album</td>
<td>White oxide of metallic arsenic</td>
</tr>
<tr>
<td></td>
<td>Arsenic highly brittle metal of a steel grey colour</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nosodes – disease tissue</th>
<th></th>
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<tbody>
<tr>
<td>Medorrhinum Nosode</td>
<td>Gonorrhoea disease tissue</td>
</tr>
<tr>
<td>Syphilinum Nosode</td>
<td>Syphilis disease tissue</td>
</tr>
<tr>
<td>Tuberculinum Nosode</td>
<td>Tubercular disease tissue</td>
</tr>
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Notes compiled by Nicole Moustakas
How Are Homeopathic Remedies Made?

Homeopathy follows definite scientific laws of preparation. They are prepared according to strict guidelines (set out in international pharmacopoeias), and under the control of the Therapeutic Goods Administration (TGA).

Homeopathic remedies are prepared by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard). Dilution often continues until none of the original substance remains.

Potentisation releases and increases the therapeutic effect of the substance and reduces/eliminates its toxic side effects. This means that the Homoeopathic remedy will not affect or influence any other prescribed medicines.

Homeopathic remedies are greatly diluted substances which produce severe symptoms in a patient if taken in their natural state.

NOTE FOR SELF
Potentisation involves the transfer of information from one substance to another.

Succession is violent shaking of the tincture or solution with impact, following each step of sequential dilution. Succession energizes/invigorates the tincture and allows information to be transferred, as well as thoroughly mixes the substance/tincture.

Potentisation cycle is the sequential dilution, followed by succussion between every dilution.

There are many different ranges of potencies
- X scale 1:9 dilution (decimal potency): (1 part mother tincture/original drug: 9 parts solution – EtOH & water) → succuss 10 times → 1X. Each succeeding potency should contain 1/10th part of the previous potency
- CH scale 1:99 dilution (centesimal potency) (1 part to 99 parts) → success 100 times
- M scale 1:1000 dilution (millesimal potency)
- LM scale 1: 50,000 dilution (50th millesimal potency)

An example of how to make 1CH potency:
- 1 part mother tincture (original drug): 99 parts solution (alcohol and water) →
  - Succuss 100 times → 1 CH
- 1 part of 1CH: 99 parts of solution (alcohol and water) → succuss 100 times → 2 CH
- 1 part of 2CH: 99 parts of solution (alcohol and water) → succuss 100 times → 3 CH
- 3CH is soluble meaning it can be made into a liquid potency

The potency and dose varies, depending upon each person’s individual needs
- Below 30CH = physical disturbance
- 30-200CH = emotional disturbances
- M’s = disturbance on the mental plane.
- LM’s = disturbance / works on all three levels
What Conditions Can Homeopathy Treat?

Homeopathy treats all your symptoms – mental, emotional & physical ailments. An individual’s complaints do not have to be medical problems, it may just be low energy, sleeplessness, stress, weakness after illness, irritating thoughts, bad temper and so on are affecting your quality of life. Therefore the core problem could be physical, emotional or mental.

Homeopathy treats illnesses from A-Z........
Homeopathy is used to treat a wide variety of complaints e.g.

First aid situations – bites, stings, hives, shock and minor accidents (injuries and trauma)
Homeopathic remedies can treat all first aid situations faced in daily life.
Definition: First aid cases generally have an external cause and are not related to an individual’s history or susceptibility (that is, each person’s own unique response to disease). Conditions such as these may, however, also need additional care. A broken bone, for example, will of course need a cast as well as required Homeopathic treatment.
For many years Homeopathy has been successfully used in the treatment of all injuries with healing time being cut by at least 50% in many cases. Europeans are very familiar with the healing powers of Homeopathy since Samuel Hahnemann first witnessed local people applying soaked Arnica herb to a wound caused by a fall in the mountains of Austria in the late 18th century.
Used topically these herbs are very effective, once potentised and used internally as homeopathic remedies they are even more powerful.

Acute complaints – coughs and colds, earache, food poisoning, hangover, travel sickness and tummy aches.
Definition: Acute diseases are those which have a definite beginning and end, and happen only occasionally. Simple acute disease can often be treated at home quite effectively with Homeopathic remedies. Acute diseases usually disappear of their own accord over a period of time, but the proper Homeopathic treatment will help ease suffering and prevent complications. Having said this, some acute diseases can be life threatening, such as pneumonia. These need professional help.

First aid and acute treatment is as easy as having a Homeopathic First Aid Kit available at home and knowledge of the remedies and the keywords to look for in the presenting symptoms. There are a few remedies for each situation, to select the best one look to see if the symptom pictures correspond. You can use your home remedy kit instead of over-the-counter medications, which often cause adverse reactions.
Many families now keep their own Homeopathic Kits and attend First Aid courses in Homeopathy and learn how to best look after themselves. These courses are often run locally by individual practitioners with kits available for purchase so that the individual can immediately start care for himself, family and friends.

Uncomplicated problems are usually treated very effectively with home prescribing, but for recurrent and stubborn emotional or physical symptoms treatment by a qualified Homoeopath will result in a deeper, more sustained result. Constitutional treatment is needed once it is over as it does give the immune response a severe kicking!
Acute prescribing: prescribe on what is practical and effective at the time of the problem. Constitutional treatment should always be advised after acute episodes and patients instructed from the outset of the importance of this in improving their resilience – their immune response.

In other words when acute problems keep recurring it is time to have a full case taken (constitutional consultation). This involves choosing a remedy to suit the entire person rather than just to treat a few symptoms. It differs from acute prescribing in that we go deeply into all aspects of the person. Homoeopaths assess the totality of the person thereby stimulating the body’s own self healing potential or vital force to such a degree that the need for “acute” prescribing practically disappears.

Vague symptoms - where there are no identifiable causes of disease, but the person feels unwell.
Chronic illness (long-term illnesses) – for example
- Allergies
- Arthritis
- Asthma
- Behavioural problems
- Constipation
- Digestive disturbances
- Headaches
- Hormone imbalances
- Infectious diseases
- Insomnia
- Menopause
- Menstrual disorders
- Mental disorders (depression)
- Repeated infections
- Sinusitis
- Skin conditions (acne, eczema and psoriasis)
And many more...

Chronic cases require an appointment for a full consultation. Chronic diseases have several distinguishing characteristics. They tend to recur persistently (as in the case of some types of earache, flu, colds, tonsillitis and skin problems). Although they may seem acute, the fact that these conditions come back over and over again makes them chronic. Chronic diseases show no tendency to go away of their own accord, like acute ones do. They are far more complicated to treat and definitely require the skills of a professional homeopath, as they do involve an individual’s susceptibility.

Who Can Take Homeopathic Remedies?
Homeopathy is great for the whole family because can be taken by people and animals at all ages and at any stage in their life. Right from birth to old age including pregnant and breast feeding women, mothers, fathers, babies, young children, teenagers, and the elderly. Taking homeopathic remedies during pregnancy improves the health of the foetus and the baby is born with a much stronger immune system.

How Does Homeopathy Work?
Most people are probably not interested in how it works; they just want to know if it will take care of their problem. My job is to find out what your problem is and to match it with a Homeopathic remedy so that YOU get better, and your symptoms reduce in their intensity and frequency.

I’ll explain two theories on how Homeopathy works however there are many more.

Theory 1:
Homeopathy is based on the law of similars, also known as the fundamental healing principle “treating like with like” or “like cures like”. Homeopathy works by giving a sick person diluted amounts of substance that in a well person would produce the symptoms of their illness (the very symptoms you want cured). The remedy that will cure an illness permanently is the one producing the greatest number of symptoms similar to the illness.

Theory 2: stimulates the body’s own healing mechanism:
Homeopathy works by gently restoring your body to health by stimulating your body’s own healing power and ability to fight infection as well as resolving underlying susceptibility to disease. This increases your resistance and immunity so that your body fights for itself. Homeopathy resolves your underlying susceptibility to disease simply means, that Homeopathic remedies give your body greater resilience to withstand infections and disease over a period of time and in this way actually reduces the need for medical treatment. They bring your mind and body back into balance and make you well again.

NOTE FOR SELF
Homeopathy stimulates a healing response in the body by way of its similarity to the existing complaint. Homeopathy encourages the natural tendency of the body to heal itself/ assists your body to heal itself.
NOTE FOR SELF

Theory 3: Artificial Disease:
Homeopathy works by inducing a similar artificial disease through the use of remedies. The artificial symptoms empower the vital force to neutralise and expel the original disease and the artificial disturbance will naturally subside when the remedies cease.
The vital force is the controller of the organism. If there is no vital force there is no life. Disease is a deranged vital force caused from a real disease stimulus stronger than itself.
The correct Homeopathic remedy will produce an artificial state most similar to the disease in question.
A weaker dynamic disease is permanently extinguished/ overtaken by a stronger one, which though differing in kind is similar to it in its manifestations, thus disease/ disorder is cured. Curative remedies must therefore be similar to and stronger than the disease.

The untuned dynamis (disease) is taken over by a stronger and similar artificial disease i.e. the well chosen remedy. Therefore the weaker dynamic disease is extinguished. The dynamis (vital force) is only concerned with the new artificial disease which gradually wanes (disappears, declines) leaving the patient cured. The dynamis frees itself more easily from artificial medicinal diseases than natural ones because medicinal diseases have a short action. Natural disease, though weaker, has a stronger life, as long as life itself. This applies to every disease that is not entirely surgical.

Theory 4: Hormesis Phenomenon:
Hormesis is when a toxic substance given at super low doses has a positive, beneficial, physiological effect in living things (humans, animals and plants), even though it is toxic/ harmful at higher levels.
A toxic substance showing hormesis has the opposite effect in low doses (positive/ helpful) then in high doses (negative/ harmful). Therefore as Toxicologists already know the dose makes the poison. Nothing is bad if good use is made of it. The word ‘Hormesis’ comes from the Greek language and means ‘excite.’

Examples of some toxic substances capable of hormesis are radiation, arsenic, mercury and aspirin. E.g. Aspirin when taken in high doses makes the body temperature rise, yet in low doses it can lower a fever.

Theory 5: Water Memory Phenomenon:
Water memory is the most widespread concept, basic to Homeopathy. The theory proposes/ hypotheses that water is capable of retaining a “memory” of particles once dissolved in it. This memory allows water to retain the properties of the original solute even when there is no solute left in the solution.
Water is capable of carrying molecular information or biological messages. It can record, transmit and amplify information, as can be done for sounds and music. However this only works when the solution is shaken violently, which is one of the stages in potentisation, known as succession.

An example of a water memory experiment is: French immunologist diluted a solution of human antibodies to such a degree that not a single molecule remained, but when human basophils were exposed to the solution, they responded by releasing a chemical substance as they would have if they had encountered the original antibody (part of the allergic reaction). The effect only worked when the solution was shaken violently.

NOTE FOR SELF

Homeopathic remedies exert biological effects and are capable of healing your mind, emotions and body.
What Does A Visit To A Homeopath Involve?

First appointment takes approx. 2 – 2½ hours and follow-ups are less in-depth lasting approx. 1 – 1½ hours. However simple acute complaints may only take 20-30 minutes. Chronic cases require an appointment for a full case history to be taken and you are asked quite detailed questions. Email consultations and home visits are available for convenience.

I usually email new patients a questionnaire before I meet with them, to complete and return via email. You may then arrange an appointment time and at this time I will request further information. If you can’t complete the questionnaire, I ask that you please read it, so that you have an idea of the type of questions I will be asking.

Treatment involves the prescription of the most matching remedies e.g. matching all of the patient’s symptoms and individual characteristics to the remedies. Two people with the same condition may have very different prescriptions because of their own unique set of symptoms. Your prescription may include several successive remedies that last over the course of weeks and months. This is because repeated doses of remedies may be given. Depending on your particular complaint physical examinations may be required. You will also receive advice on nutritional/lifestyle changes and be taught appropriate Homeopathic knowledge. Ongoing support is provided; I am available via email and phone for any enquiries at no extra cost to you.

Follow-up consultations don’t require the prior completion of a questionnaire. Initial and follow-up consultations are about one month apart. Subsequent consultations will be at longer intervals as the patient becomes constitutionally stronger. Further consultations and duration of treatment will depend on the severity of your case and length of illness. In chronic cases where illness has developed over a long time, treatment may take several visits over several months. To maintain optimal health I will meet with you twice a year thereafter. Infrequent follow ups at intervals of a month or longer allows time to assess your response to the remedies. Results can be seen as quickly as a few days, but often very subtle changes are seen to take place over a prolonged period of time.

What sort of questions will be asked?
Consultations focus on all aspects of your health, and you are treated as an individual, not as a collection of disease labels. Case taking involves collecting all of your symptoms, especially all recent changes from your healthy state to illness, e.g. how much is peculiar to you in your healthy state. For example, a normally thirsty child may now seem to never want to drink. Most important are any symptoms that are unique to you and that make your disease unique. This is vitally important because each person may need a different remedy for the same disease, because your individual symptoms are different.

Questions will relate mainly to your current symptoms, past medical history, diet, sleep, lifestyle and mental and emotional aspects. Also useful indications are the circumstances that make your condition better or worse, the way you describe a pain or sensation, your energy and any unusual symptoms (e.g. something that seems strange, rare, or peculiar to you). Family history is also very important because there may be an inherent weakness or predisposition to certain illnesses.

In order for treatment to be effective it is important for you to be open and honest about your problems. All appointments are strictly confidential.
**FREE ‘WHAT IS HOMEOPATHY?’ PRESENTATION**

**What to Expect After Taking a Remedy?**

**How quickly can I expect to see results?**
Improvement can be noticed from the first consultation. Each person will respond at his or her own pace, depending on the complexities of their condition and their state of health. However with the correct Homeopathic remedy, results can happen very quickly.

**How do I know if it’s working or not?**
There are 4 laws of cure known as ‘Herring’s Law of Cure’ which helps us know if you’re on your way to cure, if cure is in progress symptoms move in a specific direction.

Healing progresses from:
- Top to bottom
- Within the body to outside the body
- Most recent to least recent symptoms, e.g. old symptoms may return
- The most important to the least important vital organs

The body tends to heal the more serious internal levels before the superficial external levels. Any reaction following the 4 laws of cure is good.

**NOTE FOR SELF**
The vital force operates from the centre of the organism pushing symptoms out from deep organs to less serious organs and to the skin as the outermost. Symptoms then progress down and out through the body.

**What can be expected after I take a remedy?**
When taking a Homeopathic remedy you may experience a mild aggravation of your symptoms. This is usually short in duration and followed by an improvement of your symptoms. This is part of the body’s normal healing process and is a sign that the body is responding to the remedy.

Healing takes place in different ways and reactions to a remedy will vary. Sometimes there is an immediate improvement. Sometimes healing begins with an increased feeling of well being, even though symptoms initially remain. In some cases, old symptoms recur as part of the healing process. Occasionally there is a temporary worsening of the symptoms prior to improvement. You should tell me if you have any of these reactions.

Recently developed acute diseases can disappear after a few hours if the correct remedy is taken. Older chronic diseases may take longer and require several doses of the same remedy or careful selection of several.

A well chosen remedy stimulates a healing response in the body, and after a few doses you will either start to see an improvement or the remedy picture will change and indicate another remedy is needed to continue the healing.

Animals respond to Homoeopathic remedies in much the same way as people.

**Is Homeopathy Safe? Can Homeopathic Remedies Be Taken With Conventional Medicines?**

Since Homeopathic remedies are very dilute and don’t contain any chemical molecules of the original substance given; the adverse side effects of the original substance are eradicated. In other words they don’t carry side effects. This also makes them safe, effective, non-toxic and non-addictive.

Potentisation also makes homoeopathic remedies completely safe to use in situations where orthodox drugs would be dangerous or inadvisable, for example, during pregnancy or when treating infants. Therefore Homeopathic remedies are completely safe for all, from newborns to the elderly and even animals.

Another great advantage is Homeopathic remedies don’t affect or influence any other prescribed medicines; making them completely safe to use alongside all forms of medicine.

Homeopathy is very effective in supporting the organism and raising the person’s immune response when used in conjunction with orthodox medication for serious illnesses. For example, Homeopathy may be used alongside chemotherapy to do exactly this. Homeopaths will work with your doctor or other healthcare practitioner. If taking prescribed medications do not modify existing treatment without consulting your doctor.

Nobody has ever died from the direct effects of a Homeopathic remedy; the remedies are not dangerous, unlike prescribed pharmaceuticals, which are recorded being responsible for many deaths worldwide. For example: around 1,000 deaths a year in England alone – with estimates that this represents only 10% of the true figure. In the United States, adverse drug reactions are a leading cause of illness and account for as many as 106,000 deaths annually.
How Does Homeopathy Differ From Conventional Medicine?

Conventional medicine is the dominant therapy in Australia.

Homeopathy and Conventional differ immensely and I will now explain why:

1. Conventional medicines are aimed at opposing the disease symptoms, in other words, producing the exact opposite symptoms to the disease. For example: antibiotics, anti-depressants, anti-inflammatories, anti-histamines, and antihypertensives. In comparison, Homeopathy is based on the law of similars and Homeopathic medicines produce the exact same or similar disease symptoms when given to a healthy person, (treat like with like).

2. Conventional medicine only focuses on little bits of people (e.g. diseases) instead of the whole person. Often treating a single troublesome symptom, ignoring the many others that may be present. In comparison, Homeopathy chooses a remedy most similar to the totality of the case, not a single symptom. It treats the whole person as an individual regardless of diagnosis and will give a remedy that encompasses all of your totality of symptoms. Homeopathy recognises that it is you who needs treatment, not a disease. Therefore you’re treated as an individual, not as a collection of disease labels. Conventional medicine only takes into account the physical marks of a disease unless it is a mental illness.

3. Conventional medicine will, in the majority of cases, give the same medicine to treat the same disease in every individual. In comparison, Homeopathy treats each person individually, with each person receiving a different remedy for the same disease because their individual symptoms are different.

4. Conventional medicine often only treats one complaint or has one use. In comparison, most Homeopathic remedies have been found effective in treating a wide variety of common ailments e.g. have many uses.

5. Conventional medicines have many adverse reactions and can suppress your symptom's and the body's attempts to heal itself, leading to even more serious health problems further down the line. Homeopathic remedies do not have uncomfortable and/ or dangerous side effects and are non-toxic to the body. Homeopathic remedies strengthen your health by stimulating the body’s ability to fight infection as well as resolving any underlying susceptibility to disease. Therefore Homeopathic remedies give the body greater resilience to withstand infections and disease over a period of time and in this way actually reduces the need for medical treatment.

Conventional medicines are administered in their crude material form and can carry harsh adverse effects. In comparison, Homeopathic remedies are so diluted there are no crude side effects. Homoeopathy believes less is more; this is not recognised by Conventional medicine.

6. Conventional medicine works on a physical/ chemical level. In comparison Homeopathic medicine works on an energetic/ vibrational level exerting biological effects.

7. Conventional medicines are tested on animals, whereas Homeopathic remedies are tested on healthy individuals.

8. Conventional medicines can expire and go off. Despite current regulations requiring all medicines to have an expiry date, Homeopathic remedies do not have an expiry date due to its unique system of manufacture.

9. Some Conventional medicines are expensive; in comparison Homeopathic remedies are inexpensive and easily obtainable.

10. Conventional medicines are often required to be taken long-term. In comparison, Homeopathic remedies are only taken until the problem is cleared and then ceased entirely.

11. Conventional medicine may administer many medications at one time, whilst Homeopathy will often only administer a single remedy at one time.

12. Conventional medicine does not understand ‘that nothing is bad if good use is made of it’. In comparison Homeopathy knows that the dose makes the poison and that a toxic substance may have beneficial, physiological effects when given in very low doses.
13. Conventional medicine doesn’t acknowledge any principles, and its practice depends wholly upon experience e.g. skills learnt through giving medication to the sick. In comparison Homeopathy follows the law of similars and principles of medicine.

14. Some Conventional medicines may be addictive, whilst Homeopathic remedies are non-addictive.

15. Conventional medicines may create allergic reactions, whilst Homeopathic remedies do not.

16. Conventional medicine does not recognise the vital force because it doesn’t believe in anything unless it can be observed through the senses or examined through instruments. Homeopathy believes in the concept of the vital force. The vital force is the energy giving life to the body.

17. Conventional medicines may affect an athlete’s blood tests and disqualify them from their chosen discipline. In comparison, Homeopathic remedies are undetectable and completely safe to use in sport and do not interact with other drugs the athlete maybe taking.

It is important to understand that persistent symptoms are not destroyed by opposite medicines. They often return after improving for a time with increased intensity. In chronic conditions, temporary relief is always followed later by aggravation. Homeopathy is a safer, more natural, and more effective alternative to Conventional medicine.

**NOTE FOR SELF**

Often side effects are more dangerous than the disease being treated in the first place. Sometimes a second drug is prescribed to suppress the problems caused by the first, and then a third drug to suppress the symptoms caused by the first two, and so on. Taking drugs which suppress symptoms is guaranteed to make and keep you sick.

Example of adverse drug reaction (ADR): antibiotics destroy normal gut flora, leading to maldigestion and malnutrition. Excessive antibiotic use has bred "superbugs" that the strongest antibiotics cannot kill. Right now, there are people sick with infections that are immune to all known antibiotics.

An adverse drug reaction is a harmful, unintended, or unwanted effect of a medication.

By prescribing a stronger dose with each new aggravation a brief transient suppression of symptoms occurs. By palliating repeatedly in this way another or an incurable condition often results. It never produces a cure. Their only successes were due to the accidental use of a medicine Homeopathic to the disease.

People are becoming more and more aware of the shortcomings of Conventional medicine and will evidently abandon these doctors but for palliative relief afforded from time to time and their flattering and almost instantaneous action.

Though some drugs save lives, unfortunately, many drugs create unwanted side-effects, toxicity and death. Conventional drugs responsible for causing many deaths around the world e.g. are recorded for being responsible for around 1000 deaths a year in England alone, with estimates that this represents only 10% of the true figure. Prescription drugs are one of America’s leading causes of disease and death. In the United States, adverse drug reactions (ADRs) are a leading cause of illness and account for as many as 106,000 deaths annually.

The pharmaceutical industry is a “market for lemons” and they spend a fortune to sell those lemons to the public. Sometimes drug companies hide or downplay information about serious side effects of new drugs and overstate the drugs’ benefits. Then, they spend two to three times more on marketing than on research to persuade doctors to prescribe these new drugs. Doctors may get misleading information and then misinform patients about the risks of a new drug. It’s really a two-tier market for lemons.

Conventional medicine is also known as orthodox, mainstream, or traditional medicine. Allopathy or allopathic medicine is the main term homeopaths use to describe this medicine. When I mention Conventional or Allopathic medicines I am referring to pharmaceutical drugs.
FREE ‘WHAT IS HOMEOPATHY?’ PRESENTATION

Why Should I Go To A Homeopath Instead Of My GP? Why Should Patients Consider Homeopathy As An Alternative To Conventional Medicine?

Homoeopathic remedies are safer (non-toxic, and non-addictive), are just as effective, taste good, are more affordable and promotes healing.

It’s not a question of either/ or. Homeopathy is something you can use alongside the treatment your GP gives you. Your homeopath will teach you to care for your own and your family’s needs using Homeopathy, even in day to day accidents and emergencies.

Homeopathic treatment differs from Conventional medicine in that it gives the body greater resilience to withstand infections and disease over a period of time and in this way actually reduces the need for medical treatment.

Homeopathy can deliver improvements in conditions that allopathic medicine doesn’t have answers for, and most patients get benefits from the treatments which they didn’t find elsewhere.

Just think how much more effective Conventional medicine would be if Homeopathy was used alongside it.

How to Take Homeopathic Remedies?

How to take your remedy?

- Ideally take your remedy at night before falling asleep.
- One pillule per dose is sufficient. Quantity is not important, as long as you get a little in there!
- Do not touch the pillule with your hands. A pillule can be rolled into the lid of the vial, or put on a teaspoon and then dropped under the tongue to allow it to dissolve.
- Do not eat, drink, smoke, or brush your teeth, within half an hour of taking a remedy. However water is acceptable 10 minutes before or after. Obviously this does not apply if the dose is very frequent or in an emergency where it should be given as soon as possible. This allows the remedy to be absorbed on its own and avoids hindering the effectiveness of the remedy.
- When taking more than one remedy separate the doses by at least 5 minutes. This allows each remedy to be absorbed on its own. However complexes are taken as one.
- Alternatively drop the remedy (no need to crush it) in a glass of filtered or bottled water. Tap water is fine if it's all you have. Stir to disperse the energy through the water and give the patient a sip or a teaspoon full. This glass of water can continue to be used for further doses and has the added benefit of saving on pilules. For example; give Hepar Sulph from your kit 4 hourly, you can put 1 in your water for the day in a hard plastic or steel bottle, never use the cheap ones from the supermarket that you buy water in. Because they are highly carcinogenic and should be destroyed after use as the plastic decomposes so quickly leaching carcinogens. Once you have got to within an inch of the bottom of the bottle simply top up the water which further dilutes the remedy thereby making it more powerful. You can carry on like this for about 3-4 days before you need to replace the remedy after rinsing out and refilling the bottle.

Different modes of administration:

- Remedies are normally administered by mouth in pill or liquid form, but may also be given by olfaction (sniffed up into the nose). Remedies have also been given successfully by rubbing them onto the skin where the patient is unconscious and the airways have been blocked by tubes in an intensive care unit.
- For babies remedies work very well through the mother’s milk.
- For pets, rub the remedy into their gums or put it in their drinking water.

Dose, frequency - how often

- If you need to give yourself or your loved ones remedies fast, do so. Never mind the advice re: staying with one remedy especially when several are indicated at once!
- Acute prescribing: you may have to change remedies frequently to adjust to the sudden changes in symptom picture. Give remedies that match the depth and pace of the illness.
- The dose varies depending upon individual need. Homeopaths use as little of a remedy as possible. Small amounts of a remedy are sufficient enough to stimulate the body's own healing process. Give one dose of the identified remedy, and wait to see what relief it brings. If things begin to improve do not repeat the dose, unless the case stops improving before a full recovery is reached, or the same symptom returns (i.e. the case relapses).
- If the symptoms change significantly, select a new remedy to fit the new picture... if in any doubt wait. In an emergency, Homeopaths prescribe to the depth and pace of the illness i.e. if someone is knocked over by a bus and severely injured we do not wait 4 hours but would be possibly prescribing Arnica every 5 minutes. A bruised elbow on the other hand, would only warrant a remedy every 4 hours.
- Don’t change if same remedy is still indicated.
FREE ‘WHAT IS HOMEOPATHY?’ PRESENTATION

- Acute prescribing: prescribe on what is practical and effective at the time of the problem. Constitutional treatment should always be advised after acute episodes and patients instructed from the outset of the importance of this in improving their resilience – their immune response.

More than 1 remedy:
When there is more than one remedy indicated it is sensible to alternate the remedies you judge to be necessary and observe the reaction. Keep simple notes on what you have done if possible. This will help you to see which remedy is the most indicated to the patient. Proper records will always be useful in the future and help to expand your knowledge, and therefore skills, in using Homeopathy. A good idea is to keep a notebook and pen handy in your remedy box.

Sometimes in situations where the modality is very clear we do not need to see our patients in order to prescribe. For example a case of bone marrow cancer illustrates a clear choice of Bryonia in combination with China Off and Acetic Acid.

How to store your remedies?
Care must be taken when storing your remedy to ensure that your remedy provides maximum results. Store remedies in a cool, dry place, away from strong odours, as these may decrease the effect of the remedy. As with all medication keep out of reach of children. Homoeopathic remedies last indefinitely. If any pillules are dropped they should be discarded.

How Does Homeopathy Differ From Naturopathy?
It is important to understand that homeopaths are not naturopaths. Naturopathic training does not meet the Homeopathy government education standards; however some naturopaths may have undertaken additional studies to meet these requirements. Also if a person dispenses Homeopathic remedies it does not necessarily mean they’re a fully qualified and registered homeopath.

Many people mistakenly think that “Homeopathy” and “Naturopathy” is one and the same thing. Naturopathy is a broad-spectrum practice which includes a number of natural therapies, and practitioners are likely to prescribe multiple remedies and treatments such as herbs, nutritional supplements, massage, acupuncture, diet, iridology, and may include some acute and first aid Homeopathy. Naturopaths are often considered to be the ‘General Practitioners’ of natural therapies, whilst Homeopathy is a specialist and separate therapy in its own right.

In most cases Naturopathic training only includes training in Homeopathy as an elective option amongst a range of other therapies, rather than as the major dedicated focus of study. Government endorsed training standards specifically state that naturopaths who have not undertaken the full training required are only qualified to treat acute and simple first aid cases homeopathically, and that they should refer more complex cases to qualified homeopaths.

Homeopathy is only similar to naturopathy in that it also employs diet, and herbs. However the herbs are made into Homeopathic remedies, therefore are very, very diluted, until there is no more of the original substance left and are given in sugar pillule or alcohol drop form. It is interesting to note that Homeopathy can also make use of poisonous herbs because they are so diluted. Homeopathy works on an energetic level, while naturopathy only works on a physical level.

Finding a Practitioner – How Do You Find A Homeopath of Good Standing?
Word of mouth is the best recommendation. However, you can also check Homeopathic professional registers which represent a high standard for practitioners, whom have to demonstrate their levels of practice before they can be accepted. Also Homeopaths are obliged to have professional and public liability insurance to be accepted onto the registers. Registers include the Australian Register of Homeopaths (AROH) and in the UK the Society of Homeopaths.

You can also get a list of WA Homeopaths registered with the Australian Homeopathic Association (AHA), by visiting AHA National Website: www.Homeopathyoz.org and click on ‘Find a Practitioner’. All Professional Members of the Australian Homeopathic Association (AHA) are registered with the Australian Register of Homeopaths (AROH). Please remember a Naturopath is not a Homeopath.

An example of a homeopath’s credentials is:
- Degree or Advanced Diploma of Homeopathy.
- Registered with Australian Register of Homeopaths (AROH).
- Australian Homeopathic Association (AHA) Professional Membership.
- St John Ambulance Australia Senior First Aid Certificate.
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Are Homeopaths Qualified In Anyway?

Professional Homeopathic training includes a comprehensive 3-4 year course in medical sciences, materia medica (Homeopathic remedies), Homeopathic philosophy, case-taking and rigorous examinations combined with continuing professional education and in some countries supervision.

Australia offers Advanced Diploma of Homeopathy HLT60607 and Bachelor of Health Science in Homeopathy.

- National Accredited Qualification
- Given by Registered Training Organisations (RTO)
- Recognised within the Australian Qualifications Framework (AQF) http://www.aqf.edu.au/
- The official Training Accreditation Counsel WA stamp
- Higher Education Stamp (the one above VET)

All course accredited with AROH mean Homeopathic practitioners can register with AROH, which means they can register with healthcare providers for the benefit of their patients.

Recognition by Health Funds

Health funds are now providing rebates for Homeopathy. To make a claim your health fund will require a provider number. Please visit the Australian Register of Homeopaths (AROH) website – www.aroh.com.au – to download a list of health funds providing rebates for Homeopathic consultations.

All Professional Members of the Australian Homeopathic Association (AHA) are registered with the Australian Register of Homeopaths (AROH). AROH regularly provides a list of Homeopathic practitioners registered with AROH to all health funds, whom then grant automatic provider registration. Please note: health funds may change their rules of provider recognition.

Finding Remedies

Homeopathic medicines are classed as non prescription, over the counter drugs because of their safety, and healing can be carried out by the individual with simple instructions.

In Europe Homeopathic medicines are available in all chemists and health food shops as is the case in India, also Canada and lately more available than before in Australia. First Aid books and leaflets are also generally available giving clear instructions for use.

Remedies can be purchased by the general public for first aid situations. First aid situations require what is known as near specifics, this means a remedy is prescribed on the basis that it nearly always works when given in similar circumstances. This is because those circumstances produce a reasonably predictable remedy image in the majority of cases e.g. Arnica in physical injury.

- Most pharmacies sell complexes on the shelf.
- Arnica Montana sells individual remedies online for $11.00 + postage (in 5ml plastic vials – any potency). One of these vials will refill your kit vial 3 and a bit times. www.arnica.com.au/
- Friendlies chemists sell complexes on the shelf and individual remedies can be purchased over the counter. www.friendlieschemists.com.au
- Owen Homeopathics sells individual remedies at most health food stores and pharmacies. However these are only sold in low potency 6C. www.owenhomeopothics.com.au
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WA Homeopathy Courses

**Australian Institute of Holistic Medicine**
www.aihm.wa.edu.au
862, North Lake Rd, Cockburn Central (Jandakot) Western Australia
PO Box 3079, Success 6964
Telephone: (08) 9417 3553
Fax: (08) 9417 1881
AiHM offers the Advanced Diploma of Homeopathy

**Paramount College of Natural Medicine**
www.paramountcollege.edu.au/contact-us/
11/15 Bonner Drive, Malaga, WA, 6090
Phone: 1300 628 633 or 08 9209 3335
Fax: 08 9209 3339
Email: info@paramountcollege.edu.au
Paramount offers the Advanced Diploma of Homeopathy and also the Bachelor of Health Science in Homeopathy (which is about an extra 1-2 modules and possibly more clinical).

**Endeavour College of Natural Health**
http://www.endeavour.edu.au/
170 Wellington St
East Perth
WA 6004
Phone: +618 9225 2900
Fax: +618 9225 2999
Endeavour currently offers Diploma of Homeopathy and in the near future (approx. 2012 will also the Bachelor of Health Science in Homeopathy – this is about an extra year of studies, is more in depth and gives you greater credibility).

Homeopathic Recognition

Homeopathy is acknowledged by the World Health Organisation as a valid form of healthcare and is used by millions of people world-wide.
It is recognised in its own right particularly in the UK, Europe, India and South Africa, but is known to a much lesser extent in Australia. Homeopathy is commonly used in India where it stands beside orthodox and Ayurvedic medicine as a recognised system of medicine.

Homeopathy has wide acceptance throughout Europe. Homeopathy is in common use in Europe today and available in all pharmacies over the counter. In the UK it has been recognised in the National Health Service since 1948 with five Homeopathic Hospitals working alongside orthodox hospitals. Australia did have a Homeopathic Hospital in Melbourne in the last century which was used extensively.

During the First World War field hospitals were established all over France, which were funded by France, America and Britain. They were responsible for saving many soldiers and civilian’s lives through the use of Homeopathy, and careful nursing because there were no antibiotics or sophisticated treatments available.

NOTE FOR SELF

World Health Organisation states that Homeopathy is the second most commonly used form of health care in the world.
My Mission

My mission is to get Homeopathy much more widely used, understood and to empower people to take more responsibility for their own health care. To this end I would like to see all women take control of their lives and those of their families. I would like to see Arnica as a remedy and ointment in every home in the world.

References

- Advance Diploma of Homeopathy Lecture Notes, by Monica Dunne
- Arnica Montana Articles, by Kate Diamantopoulo
- Homeopathy for Children, by Gabrielle Pinto and Murray Feldman
- The Unfolded Organon, By Peter Crockett
- Various internet sites, in particular the national Australian Homeopathic Association (AHA) website: http://www.Homeopathyoz.org/