



INTEGRATIVE  
MEDICINE &  
ACUPUNCTURE

## Homeopathy Explained

### **What is homeopathy?**

Homeopathy is a system of medicine in which the patient is asked their symptoms in detail, then prescribed a remedy which best matches their symptoms - "like cures like". The medicines are highly diluted forms of animal, plant and mineral substances. Although the remedy is prescribed based on symptoms, they do not treat symptoms, rather they stimulate the individual's ability to heal from the inside out.

### **Benefits of homeopathy**

1. Homeopathic treatment works with your body's own healing powers to bring about health and well being. It therefore does not suppress symptoms and drive them deeper into the body.
2. You are treated as an individual, not as a collection of disease labels.
3. Homeopathy treats all your symptoms at all levels of your being – spiritual, emotional, mental and physical and finds the 'like cures like' match for them.
4. Homeopathically prepared remedies, providing the minimum dose, are gentle, subtle and powerful. They are non-addictive, and not tested on animals. They are even safe for pets, children, and pregnant women.

## Preparing for the Homeopathic Intake

During the homeopathic visit, you will share your symptoms with the doctor in great detail. The more you share and the doctor understands, the easier it will be for the doctor to select an appropriate remedy for you. The visit will be about 60 minutes.

- In this visit you will explain, in detail, your health concerns (physical, emotional, mental). You will prioritize what is the most concerning for you
  - ***I have heavy daily headaches, I am depressed, I have trouble remembering things and I feel nauseous every morning. I am most concerned with the headaches***
- Next you will describe each concern in as much detail as possible. It is best to think of a time when you experienced the symptom and take the doctor through the story. Use as much detail as possible such as:
  - ***Last weekend my stomach begins burning at 3AM after I had a hard day at work. It happens every night. I put a heat pack on my tummy because it makes it feel better.***
  - Make sure to include timing, sensations, what makes it better and worse
- Next you will share what emotions or thoughts are associated with your symptom:
  - ***Before the headaches happen I always am feeling sad and weep about the poor/homeless kids in my city. After the pain starts I feel scared and worry I will die.***
- You will also share your reactions to what happens:
  - ***When I feel depressed, it is usually about my ex girlfriend. Want to weep but I hold it in which makes me nauseous. I get mad at myself and just want to be with a friend to console me.***
  - ***Whenever someone criticizes me I get really angry and hot. I try to hold it in but once every week or so I get so angry that I throw something and punch a wall.***
- Include things that are consistent such as things that help, make it worse, bring things on, things you are sensitive to (smells, light, foods etc).
- Symptoms that alternate with one another
- Other questions will be asked about your temperament, constitution and preferences
  - Foods, thirst, weather, temperatures etc,

## How to Be a Great Homeopathic Patient

Our goal is to help your mind and body heal as well as to improve your wellbeing. It is important that you are an active in this process. Below are tips on how to make this process as successful as possible! You are an essential part of making this goal a reality.

- **Honesty and openness.** You know you and your body better than anyone else and the more you are able to share, the more the doctor will understand which is important for selecting the correct remedy. There may be times that sharing personal information is very important to do. Be assured there will be no judgement, the doctor's only intent is to help you.
- **Share everything you can.** Sometimes it is hard to know what is important. Share everything! More information is better than less.
- **Unique symptoms.** Every person is unique and experiences things differently. Sharing the things that set your symptoms apart from others is key.
- **Keep a journal.** Over the next week, record what is happening (mind, emotions, physical) so that you can remember accurately.
- **Things to keep in mind:**
  - What makes it better?
  - What makes it worse?
  - Are there other symptoms that happen at the same time, before or after?
- **Keep taking the remedy.** Make sure to take the remedy as prescribed.
- **Keep a journal after you begin.** Keep track of changes to your symptoms and any new symptoms.
- **Check in.** Make sure you are checking in with your doctor. We want to know how things are going and make any appropriate adjustments to your care. This will help you to get better quicker.
- **Care is on-going.** As you change and heal, the process must follow. Your doctor will make adjustments after carefully listening to your

### Don't:

**Begin a new treatment without consulting with your doctor.** Although homeopathy does not interact with medications, it can affect your response to the remedy and change how you react. This includes other homeopathic remedies, other natural therapies, over the counter medications, and prescription drugs.