

# Homeopathy Information Sheet

## **What is homeopathy?**

Homeopathy is based on the concept that “like cures like” — that is, a substance that causes symptoms in a healthy person can cure similar symptoms in an unhealthy person. Like other holistic systems, homeopathy involves the use of remedies that stimulate your body’s own defenses, so your body itself is the main force in the curative process. Classical homeopathy differs from other holistic systems in that a single remedy is decided on based on your unique nature, including the symptoms you want to cure. The treatment is non-invasive, and generally without side effects.

## **What are the benefits of homeopathy?**

Some of the benefits my clients have reported include ear infections that cleared up and did not return, fewer colds and flus, life long allergies that disappeared, chronic colitis symptoms that went away and did not return, feelings of anxiety and stress that were lowered without drugs, and tasks that seemed impossible became easy and manageable.

## **What is the cost for homeopathic treatment?**

The cost for the first member of your family is \$295 for adults and \$250 for children. This includes a guarantee that their problem will be cleared up, which typically takes two visits. After the remedy is clearly working, the cost is \$80 per visit. For subsequent members of a family, the discount is 20%. Visits are scheduled every six to eight weeks until we are certain we have the correct remedy, then we see each other as needed, typically two to three times a year.

## **What is your cancellation policy?**

If you must cancel 48 hours or more before a visit and re-schedule there is no charge. If you cancel less than 48 hours before a visit you will be charged 50% of the visit charge.

## **How long do I need to avoid the substances that interfere with homeopathic treatment?**

It is most important to avoid coffee, camphor products, and dental work with drilling for the first six to eight weeks after taking the initial dose of the homeopathic remedy. This will give the remedy the best chance of stimulating your body to do its healing work. If you notice significant improvement from the remedy, it is probably best to play it safe and avoid exposure to these influences.

## **When should I call you between visits?**

Communication is very important in the healing process. Please do not hesitate to call me with any questions you might have, or when you are concerned with any changes in your condition. Sometimes it is necessary to change dosages or strengths of the remedy or switch to a different remedy. It is also important to call me if you or your child is suffering with an acute illness. Homeopathy is great for almost any acute illness, such as coughs, colds, diarrhea, flu, ear infections, sinus infections, allergic reactions like hives, etc. Symptoms can be relieved within hours and much more gently than with regular medications. Remedies can also be taken in conjunction with regular medication in order to speed up the healing process.

## **What should I expect when I take a remedy?**

You may notice a lessening of symptoms and a gain in energy and attitude within the first hours or days after taking a homeopathic remedy. Or you may notice a period of lowered energy, or possibly a brief flare-up of already existing symptoms. This is usually a sign that the remedy is working, and should only last for a few days. On rare occasions, you might experience a symptom that you have never had before. If this happens, call me. Other times the remedy might initially relieve some symptoms, but then the symptoms will return. In either of the previous cases, it is important to call me in order to adjust the dosage or change the remedy. Within a few weeks to a few months, most

people will notice a clear lessening of symptoms and a gain in energy, mental clarity, and emotional well being that are the signs of a deep and long-lasting enhancement of their health.

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### **A brief history of homeopathy**

In the late 1700s, Dr. Samuel Hahnemann grew frustrated with the dangerous and ineffective medicine of his time. He made a series of discoveries that led him to develop a new system of medicine based on principles that cured his patients. In the following century, homeopathy grew into one of the main medical systems in the U.S., Europe, and many other parts of the world. The British royal family has employed a homeopathic physician for their care for the last several generations. Homeopathy suffered a decline in the U.S. in the early twentieth century, and has undergone a renaissance in the last several decades.

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