

HOMEOPATHIC SERVICES

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WHAT IS HOMEOPATHY?

Homeopathy is a scientific system of healing that stimulates the body's natural ability to restore mental, emotional, and physical well-being. Homeopathic remedies are administered according to the law of similars or "like cures like". The goal of homeopathy is to produce safe, gentle, and effective healing. Homeopathy was a popular medical practice until the early 1900's and again is becoming popular in the United States. Homeopathy continues to be used in Europe, India, and South America with numerous homeopathic hospitals and ongoing research.

WHAT DOES HOMEOPATHY WORK BEST ON?

Homeopathy is effective for treating a wide range of ailments from traumas and acute infections to more long-term chronic conditions, which include hormonal conditions, digestive problems, migraines, anxiety and depression. Homeopathy is effective for childhood ailments such as chronic ear infections, hyperactivity, and sleep issues. Acute situations would include pre and post operative situations, accidents, insect bites, colds, and flu.

WHAT IS GOING TO HAPPEN WHEN I VISIT THE HOMEOPATH?

Your first visit to the homeopath will involve approximately a two to three hour interview. Your homeopath will want to know your past and current physical symptoms as well as your mental and emotional state. Follow up sessions usually last 30 to 60 minutes and the frequency will vary depending on the depth of your illness.

WHY WOULD I CHOOSE HOMEOPATHY?

Homeopathy is safe and gentle. Homeopathic remedies are not drugs; therefore, there are no side effects from taking homeopathic remedies. With conventional medicine, drugs are taken to keep disease symptoms in check and often drive illness deeper into the internal organs which may result in chronic illness. Homeopathy aims to stimulate the body's innate healing response.

WHAT IS A HOMEOPATHIC REMEDY?

Homeopathic remedies are made from small amounts of plant, animal, or mineral substances. They are prepared in a very specific, elaborate process of repeated diluting and shaking which releases the energy of the substance. Most remedies are administered as pellets or liquid.

WHAT CAN I EXPECT AFTER I TAKE THE REMEDY?

If it is the correct remedy for you, you will gradually get healthier. Occasionally there is a healing response flare up of symptoms within the first week after taking the remedy. This will not be extreme or long lasting and is nothing to be frightened of. It is actually a good sign that the remedy is working. After the first week you will start gradually improving.

HOW LONG WILL IT TAKE TO GET WELL?

The time it takes to return to health varies for each individual and depends on many factors proportionate to how long you have had a problem or condition, and how severe it is. It takes your body a few years to heal a problem you have had for many years. If you have taken potent drugs or had serious operations in the past, this will slow down the healing process. You will have ups and downs throughout the course of treatment, but should feel steady, gradual improvement.

DOES HOMEOPATHY INTERFERE WITH CONVENTIONAL OR ALTERNATIVE TREATMENTS?

Homeopathy will not interfere with most other treatments and in many cases will enhance what you are doing. Some treatments may interfere with homeopathy's ability to create a healing response. Because of this, it is important for you to inform your homeopath of any treatments or medications-natural or prescription, you are using and of any changes to your treatments.

DO I HAVE TO STOP TAKING OTHER MEDICATIONS WHILE I AM DOING HOMEOPATHY?

You do not have to stop taking medications when starting homeopathy and should not discontinue any medication without first consulting your medical doctor.