

## PHILOSOPHY

### How to Use Homeopathy

Homeopathy is a totally different modality of health care from perhaps every other modality, so before we launch into the nuts and bolts of using the remedies (or medicines), there are some areas you need to know. This is not in-depth philosophy, it's only touching on it. But it's enough to get you started.

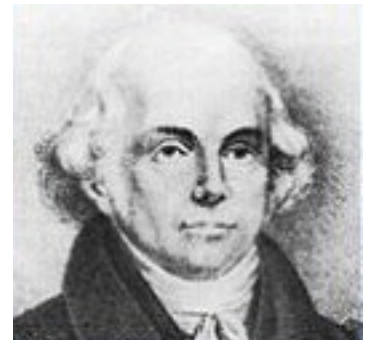
### The Law of Similars

First of all, you need to know the fundamental homeopathic basic law that 'like cures like'. In essence, what this means is that when a healthy person takes a substance and develops symptoms of the substance, these same symptoms can be cured in an unhealthy person by the same substance.

Let me repeat the key phrase - when a healthy person takes a substance and develops symptoms of the substance (this is how we test remedies and it's called proving, derived from the German word to test):

these same symptoms can be cured in an unhealthy person by the same substance

To give you an example, let's go back to how the founder of homeopathy discovered it. Samuel Hahnemann was translating an English medical text book (he was a physician before he discovered homeopathy) into his own native German, when he discovered this phrase, 'like cures like'.



Quinine, then as now, was a popular drug for those suffering with malaria. Hahnemann took a dose of this drug and developed the symptoms of malaria. These symptoms wore off over a couple of hours, whereupon he repeated the dose and the symptoms returned.

This law is in stark contrast to the current medical thinking, whereby your symptoms are suppressed. For example, the medical way of dealing with diarrhoea is to give a drug which has properties which bind your intestines up. If you like, a 'law of dissimilars', although there is no philosophy in medicine, as they swing between different approaches.

Of course the homeopathic approach to diarrhoea is to give you a remedy which causes diarrhoea in a healthy person.

*So the symptom picture of the homeopathic medicine is exactly the same as the symptoms of someone who needs that remedy.* (You may need to read that again to get the idea!)

### **Potency**

Another part of homeopathy that is unusual is the use of different potencies, or strengths, for each medicine. Although the number of potencies is, in theory unlimited, the common potencies number about 50. However, for the moment, you should only be concerned with the 6c, 30c and the 200c potency.

The number and letter after the number indicate the strength. Essentially, the lower the number, the lower the strength. And conversely, the higher the number the greater the strength. 6c potency is not as strong as 30c and 200c is stronger still.

There is much more to the potencies than meets the eye. For example, the lower potencies are more indicated when there are physical symptoms. The higher potencies are used when the physical symptoms are very strong, such as in a severe accident, or when there are strong mental/emotional symptoms.

More on this later, but that's enough to get you started.

### **How to Take the Medicines**

There are several ways that the medicines are available.

The common way is in small pillules, a small spherical white, sweet pill about 2mm in diameter.

Other ways are in even smaller granules akin to sugar granules.

Some pharmacies use large tablets although that is less common

Liquid form is another way and can be useful when dosing animals.

All do the same job. It's more a question of what people prefer and the ease of dosing, say animals.

They are all taken orally and allowed to dissolve in the mouth, rather than swallowed. The size of the dose is immaterial. One pillule or one drop is a dose as is the whole bottle. This means your medicines are very safe around curious children who manage to prise open stoppers. (Just one of the many benefits of homeopathy!)

You will come across other ways of dosing, but this way will serve you well.

### Infants, Small Children and Animals

When dosing those who cannot speak to us and so voice their opinion, you should always seek their approval. They know what they want and when, so never force them.

First show them the stoppered vial. They will sense the remedy through the vial and will often show you approval (a baby may open the mouth, a toddler may grasp the bottle, a dog may wag their tail or lick the bottle) or disapproval (such as walking away or turning their head away - bummer, that means you need to go back to the drawing board...).

Cats don't always show a lot of body language, but if there is no definite 'NO', take that as a 'YES', at least for the first dose.

If they approve, you can drop a couple of drops or pillules into the mouth in the case of a child or side of their mouth in the case of an animal. A horse or dog can be offered the pillules on the palm of your hand. Don't force if they resist you. Most likely you have chosen the wrong remedy. Or perhaps the animal is so used to being forced, fighting is an automatic reaction. Time and your respect will heal this.

### **Dosage**

Both the potency and the dosage will vary depending on various factors, such as how certain you are of the medicine, how serious the problem is, what other treatments have gone before the homeopathic treatment, how recent or how old the problem is and so forth.

As a beginner, it is best to confine yourself to the 6c or 30c potencies, so the only option you have is the number of doses and the time interval between doses. Later on you may need to use the higher 200c potency for serious problems.

Basically, the guiding rules are:

the more recent the problem, the fewer the doses  
the older the problem the more doses  
the more mild the problem, the fewer doses  
the more serious the problem, the more doses

The time interval between doses is also important.

the more mild the problem, the longer between doses  
the more serious the problem, the shorter time between doses  
the older the problem, the longer between doses

Let me give you some examples to explain more fully.

Suppose you have just injured yourself. It's not serious, but it does hurt, and swelling looks as if it may start, so you want to do something. The recent nature of the injury will indicate a complete cure in just a few doses, perhaps

even a single dose, if the right medicine is taken immediately. You would dose according to the pain.

So if the pain subsides under the first dose and doesn't return, then that may be enough. But if the pain returns, another dose is required. If the pain doesn't return, but the swelling continues, then another dose may be indicated, or perhaps another remedy.

Suppose you hurt yourself recently and it's quite serious, possibly enough to consider hospital treatment, then you will need many more doses (and may be able to avoid the hospital trip). Start with dosing every 10 - 15 minutes (more frequently when it is an emergency) until you feel an easing of the trauma, then re-dose whenever the symptoms start to return.

An old injury, still giving trouble will need many doses (possibly for weeks or months), but spaced out much more widely, such as a day or more apart.

It's important that you can feel some results within the first few doses, otherwise it may mean you have chosen the wrong medicine. Once you can feel the medicine doing something, then don't take another dose. For example, if the pain disappears with the right dosage, and you have no other symptoms, then you don't take another dose until either the pain starts to return, or the healing has plateaued.

This way of dosing means that you can't overdose. It also means you are individualising your unique and personal problem. Your problem will never be exactly the same as anyone else's, so your treatment must be tailored to your symptoms and reaction.

### SO THE GOLDEN RULE IS TO TAKE THE REMEDY AS NEEDED RATHER THAN ROUTINELY.

With infants, small children and animals, the same applies, but you ask them, as they can't tell you. You ask them by showing them the stoppered bottle, then wait to assess their answer via body language. Or you assess what they are doing, which will indicate if they are improving or not.

With animals, you can also put a couple of pillules or drops in a separate bowl of water, so they can dose themselves as and when required. Make sure they have a choice between the normal water and the remedied water. Keep it out of the direct sun.

### EXPERIMENT ON YOURSELF FOR THE BEST LEARNING

USE ALL YOUR SENSES (especially when treating others who can't talk) -  
LOOK, LISTEN, OBSERVE, UNDERSTAND, SMELL

The guiding symptoms of improvement after a remedy are:

more relaxed (both in position and in attitude)

yawning

stretching

sleep

Allow about 15 - 20 minutes after a dose, in anything other than an emergency, for the effect to be felt.

**ABOVE ALL RESPECT THE REMEDIES! HOMEOPATHY IS VERY SAFE  
COMPARED WITH MEDICAL DRUGS, BUT THEY ARE ALSO POWERFUL.**