



HOMEOPATHY FAQ

What is Homeopathy?

The type of homeopathy practiced at this clinic is called classical homeopathy, sometimes also called constitutional homeopathy. Classical homeopathy has been in use for over 200 years, originating in Germany. It involves the use of only one medicine at a time. Homeopathic medicines are usually made from something in our natural world such as a mineral, plant or animal. The medicines are prepared in such a way that they are non-toxic and gentle on the body. They stimulate the body to heal itself.

Homeopathy means “similar medicine.” A classical homeopath prescribes a homeopathic remedy based on the homeopathic principle that “like cures like” – that is, a substance that would cause symptoms in a healthy person is used to cure those same symptoms in illness. For example, one homeopathic remedy which might be used in a person suffering from insomnia is coffea, a remedy made from coffee.

Is a classical homeopath the same thing as a naturopath or herbalist?

No, it is definitely not the same thing. Naturopaths go through an intensive training program for 4 years. During this time, they learn about many different healing modalities such as acupuncture, herbalism and homeopathy. Because they only have a short time to learn many different healing modalities, they do not study classical homeopathy in depth. Classical homeopaths study only homeopathy intensively for 4 years. Because classical homeopathy is so complex, an intensive time spent studying it in depth is needed to truly be able to practice and understand it correctly. Many students of homeopathy agree that the full 4 years of training is needed in order to truly be good prescribers.

Some of our remedies are prepared from herbs, but they are not prepared in the same way as herbalists or TCM doctors would prepare them. Homeopathic medicines are prepared using special homeopathic methods. Their action on the body is gentle, with no toxicity or side effects. Herbs, on the other hand, are not always gentle on the body. Many people do benefit from using herbs. However, a lot of sensitive people who cannot tolerate the use of herbs can tolerate homeopathic medicines.

How Popular is Homeopathy?

Homeopathy is the leading alternative medicine used by Europeans. Homeopathy appears to be responsible for the well-being of the French, who are ranked #1 in the world in the performance of their health care system. In France, 40% of the population uses homeopathic medicines and around 30% of physicians prescribe them. Americans, most of whom do not use homeopathy, rank #37 in the performance of their health care system.

Homeopathy is also very popular in the UK. England's Royal Family are vocal advocates of homeopathy. There are five homeopathic hospitals working within the UK National Health Service, some of them with a two-year waiting list for non-emergency visits to a homeopath.

Sales of homeopathic medicines in Germany were approximately \$428 million in 1991, growing at a rate of about 10 percent per year. Evidence of the significant support from the German medical community is the fact that 85 percent of these sales are prescriptions from physicians. Surveys indicate that 98 percent of pharmacies sell homeopathic medicines.

Other European countries in which homeopathy has a relatively strong presence include Switzerland, where different surveys have suggested that somewhere between 11 percent and 27 percent of general practitioners and internists prescribe homeopathic medicines; Italy where nine percent of the medical doctors prescribe homeopathic remedies sometimes; and the Netherlands where 45 percent of physicians consider homeopathic medicines effective and 47 percent of medical doctors use one or more complementary therapies, with homeopathy (40 percent of these select doctors) being the most popular.

Homeopathy is the most popular in Asian countries especially India, Pakistan and Sri Lanka. Homeopathy received the moral support from Mahatma Gandhi, who said, “It cures a greater number of people than any other method of treatment.” In India over 100 million people depend solely on homeopathic medicine. Further, according to an A.C. Nielsen survey in India, 62 percent of current homeopathy users have never tried conventional medicines and 82 percent of homeopathy users would not switch to conventional treatments. There are hundreds of State and Central government owned homeopathic hospitals in India having inpatient facilities.

Homeopathy also has a strong following in Russia, Mexico and South America, particularly in Brazil and Argentina.

How are Homeopathic Medicines Prepared?

All of our homeopathic remedies are made by reputable homeopathic pharmacies. The homeopathic pharmacies prepare the medicines by grinding a very small amount of the original substance (usually a plant, mineral or animal) for many hours with a mortar and pestle in milk sugar, a process called trituration. The triturated mixture is then repeatedly diluted and shaken (succussed) for hours or days, depending on the potency or strength of the remedy. This process of diluting and succussing is called potentization. The potentized homeopathic medicine is then added to lactose tablets or pills. Lactose-free remedies are also available to those who are allergic to lactose.

Over-the-counter homeopathic medicines that you can buy in health food stores tend to be in either the 6c or 30c potency. 6c means that the substance has undergone 6 steps in a series of dilutions, where each step involves diluting 1 part medicine to 99 parts alcohol/water.

The more stages of dilution and succussion the preparation has gone through, the more potent the medicine is – so a 30c medicine is more potent than a 6c medicine.

Will Homeopathy Interfere with My Medications?

No, it certainly will not interfere with your current medications in any way. You do not need to stop taking your regular pharmaceutical medications in order to benefit from homeopathic

Little Mountain Homeopathy, 351 East 39th Avenue, Vancouver, BC, V5W 1K3
604-677-7742 LMhomeopath@gmail.com www.littlemountainhomeopathy.com

treatment. Pharmaceuticals can be taken along with your homeopathic remedy. There are no drug interactions of any kind between your pharmaceuticals and your homeopathic remedy.

Homeopathy does not in any way interfere with the efficacy of pharmaceuticals.

However, pharmaceuticals can reduce the efficacy of homeopathy. This is why we ask you to reduce or stop pharmaceutical medications that are not necessary for your well-being. Of course, if you have a health condition that requires pharmaceutical treatment we would never ask you to discontinue those medications.

Do Homeopathic Medicines Have Side Effects?

No. Unlike pharmaceutical medications, our medicines have no side effects.

Reactions to our medicines can vary. Our medicines stimulate the body to heal itself. How the body goes about healing itself can vary from person to person. Some people have a very gentle response to our medicines. Over time, they gradually notice themselves getting better, until their health problems subside.

Other people have stronger reactions to our medicines. This strong reaction usually takes place if the person has a history of using pharmaceutical medications to suppress their symptoms. For example, a person with eczema who is used to using steroid cream may notice a flareup of their skin condition soon after taking their remedy. Homeopaths would take this flareup as a positive sign of healing, since it means that the body is expressing its symptoms instead of suppressing them. Once this initial flareup takes place after taking the homeopathic remedy, the flareup will eventually run its course and subside, leaving the person with a stronger vitality and improved state of health.

Less healthy people may also potentially have strong reactions to our medicines, which is why we always commence treatment with the lowest strength remedies when treating babies, the elderly, and people with weakened vitality. This greatly reduces the chance of any unfavourable reactions to the homeopathic remedy. It is important to note that if any adverse reactions do occur after taking the remedy, the remedy can always be immediately antidoted; no long-term damage can occur from our remedies.

What Happens after the Initial Consultation?

After the initial consultation, I will study all the notes I took during the initial consultation, and from those notes, will determine a remedy that is suitable for you. There are thousands of homeopathic remedies to choose from, so if your remedy is not in my personal pharmacy I may have to order it from a reputable homeopathic pharmacy such as Boiron in Quebec or Helios in England. Once I have prepared your remedy, I will mail it to you or you can pick the remedy up in person. The cost of the remedy as well as shipping is always included in the cost of the consultations.

For long-distance consultations, it may be easier for you to obtain the remedy from a local pharmacy. I do ship remedies to US clients all the time without issues.

Do I Need to do Follow-up Consultations?

Yes, I need to see you (or your child) for a follow-up approximately 6 weeks after the initial consultation. The follow-up lasts about 45 minutes for adults and about 35 minutes for teens and children. I need to do regular follow-ups in order to determine whether the remedy needs to be repeated or adjusted. Once we have you on a good remedy, it will not be necessary to book follow-ups as often; follow-up intervals lengthen to every 2 months, then every 3 months, and so on. Since homeopathy is so individual, I will always assess a follow-up schedule that suits your needs.

I do recommend, for new clients, to try at least one initial consultation and 2 follow-ups, as often a few months' time must be devoted to treatment before we see results. My aim is not to make you dependent. Rather, I see myself as an equal partner in your healing journey. I am also more than happy to inform you of any books or other educational tools that will help you become more resourceful and independent with your own healing.

But nothing has changed since I saw you for the initial consultation. Do I still need to do a follow-up?

Yes, follow-ups are necessary and important to do in these cases. With some people it can often take several months before there is any noticeable response to homeopathy. I find this is especially the case when clients present with health problems of many years duration. I also find that in many cases, more severe health problems can take more time to heal and respond to homeopathy. This is the reason that I recommend doing at least 2 follow-ups, so that there is adequate time to determine whether homeopathy is right for you.

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