



# Homeopathy At Home

EMERGING IN HEALTH

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# Agenda

- ▶ Introductions
- ▶ Homeopathy in the Spectrum of Health
- ▶ History of Homeopathy
- ▶ What is Homeopathy and the Three Fundamental Principles
- ▶ How to use Homeopathy for your Family and Pets
- ▶ Creating your Kit
- ▶ Resources to learn more and to purchase
- ▶ Q & A?



# Homeopathy in Context

- ▶ Thankfully, we have a large range of natural healing methods and resources available to us!
- ▶ Each of these therapies fall within the Spectrum of healing our mind and body. (ref. to Asa Hershoff)
  - ▶ Structural – Massage and Physical Therapy
  - ▶ Biochemical – Nutrition
  - ▶ Biological – Herbal
  - ▶ Energetic – Homeopathy and Acupuncture



# History of Homeopathy

- ▶ Homeopathy was founded by Samuel Hahnemann, in Germany in the late 18<sup>th</sup> century.
- ▶ Homeopathy initially became popular in the United States in the 19<sup>th</sup> century in its successes in treating the infectious disease epidemics that raged during that time.
- ▶ At the time that it was gaining widespread popularity in the early 1900's, it came under attack and serious opposition from what we know today as conventional medicine.



# History of Homeopathy

- ▶ At one time, we had homeopathic and herbalist hospitals along the east coast and in the United States. By 1930's minimal...
- ▶ Some of the cultural heroes that advocated for homeopathy include eleven U.S. Presidents, six popes, JD Rockefeller, Charles Darwin, Mother Teresa, Mahatma Gandhi, and scores of literary greats, corporate leaders, sports superstars, world-class musicians, and monarchs from virtually every European country.
- ▶ In many places around the globe, homeopathy continues to be used as a first line of defense and also alongside conventional medicine.



# Homeopathy and the Three Fundamental Principles

- ▶ Homeopathy is a unique, natural, holistic system of health which stimulates the body's healing responses. Not everything holistic is homeopathic...
- ▶ Our natural solutions referred to as remedies are made from plant's, minerals, animals, etc. These elements go through the homeopathic process and become "remedies."
- ▶ There are three fundamental principles that define homeopathy and have not changed since its inception in the late 18th century.
  - ▶ Like cures Like or "Law of Similars"
  - ▶ Minimum dose
  - ▶ Totality of symptoms



# 1. Like Cures Like or Law of Similars

“Like Cures Like” or “Law of Similars” means...

- ▶ A substance or a “remedy” which can cause symptoms in a healthy person can stimulate a restorative response in a person afflicted with similar symptoms.
- ▶ Hair of the Dog..



# 1. Examples of Law of Similars

## Apis:

- ▶ The honey bee's venom triggers a range of responses in various individuals such as, swelling, pain and mild or severe allergic responses.
- ▶ Applying like cures like, these symptoms are reflected in its remedy to give us a way to stimulate healing of bites and stings, specific burning stinging pains, puffy swellings, inflamed membranes, urinary irritation and respiratory problems.
- ▶ Each Remedy has a profile and our goal is to find the profile that matches the person's current (acute) or long term (chronic) symptoms or their Profile!





## 2. The Minimum Dose?

- ▶ Homeopathy states that the smallest amount of substance that will bring about restoration is to be used.
- ▶ Homeopathic remedies are made with a specific process, called potentization, which is unique to homeopathy.
- ▶ Each remedy is made in double-distilled water in a glass test-tube, diluted in a 1:10 or 1:100 ratio/solution that is vigorously shaken 40 or more times. Then, this process of dilution and succussion (vigorous shaking) is repeated 3, 6, 12, 30, 200, 1,000, or more times. Typically this solution is then placed on sugar pill.
- ▶ Sensitivity of client determines potency.



## 3. The Totality of Symptoms?

- ▶ Homeopathy is tailored to each individual client, according to your complete symptom picture or profile. This includes not only physical symptoms, but also the emotional and mental state. EVEN in acute cases!
- ▶ This review includes: the sensations, locations, times and qualities of each symptom, plus what makes the symptoms better or worse.
- ▶ The well selected remedy produces changes in whole person



# Why Use Homeopathy at Home

- ▶ The World Health Organization estimates that Homeopathy is used by 500 million people worldwide.
- ▶ Homeopathic remedies are made in accordance with the processes described in the Homeopathic Pharmacopeia of the United States.
- ▶ Safe to use, is very affordable, are made from natural substances, and is FDA regulated.
- ▶ Homeopathic remedies may be used alongside conventional medicines and other complementary therapies.

# Difference between Acute and Chronic

## Acute

- ▶ Brand new condition
- ▶ Self limiting—recovery or death (acute)
- ▶ Often quick response to homeopathy
- ▶ Modalities and characteristic symptoms are VERY important
- ▶ **Modality is what makes it better or worse!**

## Chronic

- ▶ Reoccurring
- ▶ Often ongoing with acute flares or deteriorating process
- ▶ Typically slower process-sometimes with several remedies
- ▶ Modalities and characteristic symptoms are VERY important
- ▶ **Good Idea to call your favorite Homeopath for assistance!**

# 1<sup>st</sup> Aid

## Emergency or 1<sup>st</sup> Aid?

1. Know what to do and how to identify the difference!
2. Any doubt call for emergency help immediately!

**Emerging In Health, LLC. and our Homeopaths are Not Medical Doctors or Physicians** and the relationship between Emerging In Health, LLC and our clients is not of prescriber and patient but as educator and client. It is fully the client's choice and responsibility whether or not to take advantage of the information and recommendations made by the homeopathic consultants of Emerging In Health, LLC.

# Homeopathic First Aid- Super heroes to the rescue

- ▶ Arnica
- ▶ Apis
- ▶ Arsenicum
- ▶ Belladonna
- ▶ Calendula
- ▶ Hypericum
- ▶ Ignatia
- ▶ Ledum
- ▶ Nat sulph
- ▶ Nux vomica



# Using Homeopathy at Home

## Arnica

- ▶ The number one remedy for injuries, falls, bruises, concussions, strains and sprains... lower back pain from gardening or activity.
  - ▶ Lower back pain
  - ▶ Person may say, "I am fine."
  - ▶ Avoids being touched
- ▶ It is also available in a cream for topical use and great to have for sports injuries.



# Using Homeopathy at Home

## Apis

- ▶ The first remedy to think of in stings or bites– whether it be wasp, bee, mosquito, black fly, red ants, etc.-
  - ▶ The area is red, hot, swollen and itchy (and feels better from cold),
  - ▶ Apis is one of those remedies you can even take *before* going on a hike or sitting around a camp fire in the evening when the bugs come out – if you are the one they love to bite, try it preventatively and see if you get fewer than usual. (recommend a 12c if preventative)





# Using Homeopathy at Home

## Arsenicum

- ▶ Especially for those going away from home, an upset stomach can ruin the day. Whether it be from food poisoning, anxiety or a mild bug
- ▶ Arsenicum is most often the homeopathic remedy likely to help, if the diarrhea is relatively mild and person tends to want security, best at home and want's you near them but not cuddling with them.



# Using Homeopathy at Home

## Belladonna

- ▶ This is a good choice at the first sign of fever - with red, hot skin.
- ▶ Also, it can be used with a sunburn, conjunctivitis, Strep...
  - ▶ Burning, sudden, throbbing, redness



# Using Homeopathy at Home

## Calendula Cream

- ▶ A must for any first aid kit – to be applied topically with scrapes. Make sure they are well cleaned before applying. It is an excellent and effective natural alternative to OTC creams.



# Using Homeopathy at Home

## Gelsemium

- ▶ The first remedy to think of for summer colds (especially if the symptoms are vague and do not indicate a clear remedy) where the person is chilly, has little thirst, and low energy.
  - ▶ Headache
  - ▶ Cold achy
  - ▶ Dullness, apathetic



# Using Homeopathy at Home

## Hypericum

- ▶ For injuries to nerve-rich areas, like a stubbed toe, a finger slammed in the door, a fall on the tailbone with characteristic “nerve” pain – shooting, sharp and tingling.
  - ▶ Sciatica
  - ▶ Tooth pain
  - ▶ Sharp shooting pain is the keynote.



# Using Homeopathy at Home

## Ignatia

- ▶ Grief, homesickness strikes, this should stop any crying and sighing and missing home in a flash. One dose should do it..



# Using Homeopathy at Home

## Ledum

- ▶ This is a good remedy to think of with a puncture wound – stepping on a nail or something sharp. Also for bites, especially if Apis doesn't help or is not indicated as Ledum's bites feel cold to the touch (vs Apis which feels hot).
- ▶ Effective with large bruises (like poking your thigh into the corner of a desk), when Arnica doesn't help. Finally, it is often the best remedy to use with a black eye (best if used immediately after baseball or elbow makes contact with eye socket!)



# Using Homeopathy at Home

## Rhus Tox

- ▶ Poison ivy rashes especially if better by HOT applications.
- ▶ Very useful remedy with strains or sprains, especially when the joint is stiff in the morning and feels better after movement.
- ▶ Use following Arnica, when that remedy no longer provides any benefit, and person is left with a stiffness, better after initial movement.





# Using Homeopathy at Home

## Ruta

- ▶ Easily confused with Rhus tox for use in sprains.
- ▶ Has an affinity more for tendons - but if unsure, try Rhus tox first and if no results after a day or so, change to Ruta.



# Using Homeopathy at Home

## Potency

- ▶ The potency directs or aims the remedy towards a particular biological level, with lower potencies directed towards the physical level while higher potencies are directed to mental and emotional complaint.
- ▶ Once you have chosen a remedy, dose with either a 12C or a 30C placing two-three pellets under the tongue or in water, stirring vigorously and taking teaspoon doses as needed. For acutes, typically dose 2 to 3 times daily.



# Using Homeopathy at Home

## Potency

- ▶ Always stop dosing when relief begins and only redose if symptoms again worsen.
- ▶ If you are using a remedy for more than three days without seeing visible results discontinue as you may begin to prove the remedy.
- ▶ As with any medical condition, consult with your physician if you have any concerns about the severity of your problem as it may first require medical diagnosis and/or intervention and monitoring.



# Where to buy Homeopathy

- ▶ Walgreens, CVS
- ▶ Down to Earth, Whole Foods
- ▶ Internet



# Types of Homeopathy

- ▶ Single Remedies
- ▶ Combo remedies
- ▶ Cell Salts
- ▶ Bach Remedies (not actually homeopathic)



# Using Homeopathy at Home

## Flu Prevention

- ▶ Try Oscillococcinum the moment you feel you have been exposed.
  - ▶ CVS and Walgreens
- ▶ Ferrum Phos Cell Salts for fever



# Cell Salts

## Rescue Remedy

- ▶ Cell Salts are a group of homeopathic remedies made from minerals. 2 words: Cell-**meaning** used on the cellular level and Salts-**meaning**. mineral or minerals salts. Made as a homeopathic remedy generally 6X potency.
- ▶ Vitamins in Homeopathy!



# BACH Remedies

- ▶ Rescue Remedy (Actually Not Homeopathic) BUT VERY HELPFUL
- ▶ For people who find themselves in emergency stress situations. It is the only combination of essences (Cherry Plum, Clematis, Impatiens, Rock Rose, Star of Bethlehem) formulated and recognized by Dr. Bach himself.
- ▶ Rescue Remedy can be taken as often as needed, either by adding 4 drops directly in your mouth or adding 2-4 drops in a glass of water and drink it slowly over a period of time.





**Q&A**

**THANK YOU!**