

Austin Clinic of Homeopathy's 10 Questions Most Frequently Asked About Homeopathy.



Welcome to Austin Clinic of Homeopathy and the start of your journey with one of the most amazing healing systems known today!

This e-book seeks to unveil and demystify the healing aspects of homeopathy. In it I answer the **Top 10 Questions** most frequently asked about homeopathy. It's my hope that you will feel comfortable knowing the basics so you can confidently and reliably take one of the most important steps in addressing your health needs. So, let's get started!

#1 What is Homeopathy?

This is the most frequently asked question and can be answered in three ways.

1) *Homeopathy is a complete and unique system of healing.* It is unlike anything else known, as far as how deeply it can heal people. It is *not* acupuncture, chiropractic, herbs, naturopathy, nutritional supplements, or vitamins. It is *not* a part of any other system or method of alternative medicine. It is a system of healing unique and whole unto itself that operates within **distinct, scientific, and clear healing principles.**

2) *Homeopathy is the art and science of helping the body heal itself.* It **seeks to stimulate the inherent healing response of the body.** Every single human being's body has a natural healing intelligence. Take, for example, a cut on your finger. Naturally, your body will help heal that cut and prevent it from future illness without you having to do anything. That same natural healing intelligence works mentally and emotionally as well. In [homeopathy](#), the stimulus to the body is operating on all of the levels of our being.

[Homeopathy](#) is an art as much as it is a science. The art of homeopathy lies in the reality that **we treat people, not their diseases or symptoms.** In this way, treatment is **individualized** to the unique totality of symptoms the person experiences mentally, emotionally, and physically. It is truly a "holistic" healing art.

The science of homeopathy lies in the **reliable healing principles** a practitioner follows to help you. Healing isn't done in a willy-nilly, round-a-bout sort of way. We follow distinct principles of healing that can be replicated from practitioner to practitioner, and from client to client.



3) *Homeopathy is a healing journey.*

What is a journey? For some it is a direct route from point A to point B. For others it's a meandering; still interested in getting to point B, but enjoying the scenery and process along the way.

The [homeopathic healing journey](#) is akin to taking the **adventure of a lifetime**; a trip that begins with excitement and anticipation. You venture out into the unknown mysteries of you, your place in the world, and how you interact with it. Along the way you change, you're able to observe more of the world; experience the

richness of life in all its myriad forms; and understand yourself in a deeper and more meaningful way. You may even hit stumbling blocks, meet parts of yourself you don't particularly enjoy, and simply plateau with your enthrallment of discovery. Yet, it's all good - the subtle nuances of change, and the more blatant reverberations of transformation.



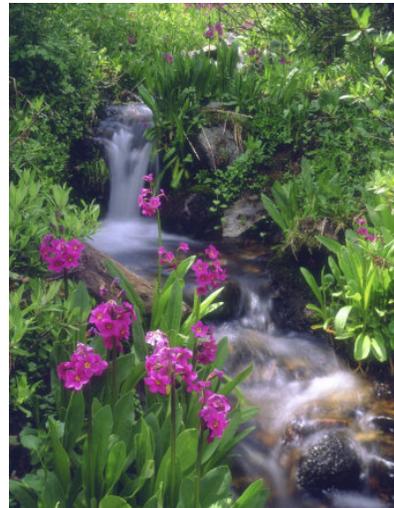
Usually, one finds [homeopathy](#) later in their pursuit for healing, but more often stay with it the longest. When the rewards of journeying through the adventure of a lifetime become apparent, there typically is no desire to stop. Through the good times and the bad, it's a journey that touches your soul and helps you live and lead a healthier, more complete, and fulfilling life.

#2 How Does Homeopathy Work?

This isn't always the easiest to answer, but can be broken down into a few parts.

Law of Similars

Homeopathy is based on the principle that “**like helps like.**” A homeopathic remedy is chosen that is capable of causing, in a healthy person, symptoms similar to those of the sick person. The [symptoms](#) the sick person experiences are thus the most important guide to the choice of the correct remedy.



One of Newton's Law of Physics states that “**Every action has an equal and opposite reaction.**” The Law of Similars can be

easily explained through Newton's Law. For example, let's say your symptoms are: Migraine headaches that originate in the back of the head, go over the head and settle over the left eye, high fever, intense restlessness, and easy anger and irritability. The homeopathic remedy, Belladonna, if given to a healthy person, would begin exhibiting the same symptoms as noted above. It follows then that Belladonna will help cure a person who is naturally experiencing those same symptoms. This is because Belladonna, acting as a highly diluted toxic agent, will create an equal, yet opposite response of the human body's natural defense mechanism, thus helping heal the person from their ailments.

Stimulus to the body

Homeopathic treatment, like all truly natural therapies, seeks to **stimulate the innate healing power of the individual so that all physiological systems function at their best.** As the person moves toward his or her optimal level of general health, he or she feels better. Subsequently, specific symptoms improve as the strengthened body defenses become active. But the homeopathic remedy does not directly treat a symptom or condition. Instead, it simply helps to initiate the process by which the person heals himself or herself.

Totality of symptoms

The homeopath views a person's health as a condition of the entire individual rather than in terms of isolated symptoms from specific parts of the body. Homeopaths do not diagnose disease or treat diseases. Remedies are selected that best correspond to the person's total state of illness. Evaluation of the individual's level of health and choice of the correct remedy does depend in part on a thorough understanding of all symptoms. In addition, important indicators of general health; such as the level of vitality the person experiences and his or her emotional well-being, demand close attention.

Homeopathy, then, is truly a 'holistic' healing art. It considers the functioning of the person on all levels: mentally, emotionally, and physically. Thinking back to the previous example of Belladonna, you'll notice that there are physical body symptoms (migraine, high fever). And also mental/emotional symptoms (intense restlessness, anger, irritability). In this way, homeopathy is a complete and thorough system of healing.



Remedies. Homeopathic remedies are usually made from plants and simple minerals. These substances are prepared by a process of repeated dilution and shaking, which makes them capable of stimulating the healing process. **Remedies are given to stimulate the whole body to heal itself, while herbs and regular drugs and medicines are given to take away specific symptoms generally from isolated parts of the body.**

Homeopathic remedies are made at special **FDA regulated and approved** homeopathic pharmacies according to very high standards of purity. There is no homeopathic pharmacy in Texas. Certain health food stores and food cooperatives carry remedies.



Minimum dose. As little [remedy](#) as possible is used. After a remedy is given, the individual's response is carefully observed, and the remedy is changed only if necessary. In homeopathy, *less is more* tends to be the prevailing credo. This is in contrast to conventional medicine and thinking.

#3 Can Homeopathy Help me with (You fill in your symptom?)

The quick answer is **YES!**



Since homeopathy is used to assist people rather than to treat illness, **anyone – whatever his or her diagnosis, can benefit from homeopathic care.** Homeopathy helps by increasing the individual's strength and resistance to disease. Homeopathy is not a substitute for good health habits, though. In the long run, health depends in good measure on eating well and exercising adequately, getting enough rest, dealing effectively with stress, and living creatively.

I've written several articles about how homeopathy can help people experiencing various musculo-skeletal disorders, such as:

- [Degenerative Arthritis](#)
- [Rheumatoid Arthritis](#)
- [Gout](#)
- [Back Pain/Sciatica](#)
- [Tendinitis/Bursitis](#)
- [Sports/Fitness Injuries](#)



And also:

- [Weight Loss](#)
- [Stress/Anxiety/Depression](#)

- [Asthma](#)
- [Allergies](#)
- [ADD/ADHD](#)
- [How to Eat Healthy](#)
- [Earaches](#)
- [Hemorrhoids](#)
- [Heat Exhaustion](#)
- [Men's Health](#)

Check them out!

Homeopathy can also make your pregnancy go more smoothly and help your baby be as healthy as possible.

Acute Illness.

Homeopathic care is often effective during acute illness. Again, the remedies are not directed at removing symptoms or killing germs, but rather toward strengthening the person so that his or her own healing capacities work better.

Very commonly, **homeopathy is one of the last systems of healing that is found for health needs, but it is typically the one that is continued the longest.** This has a lot to do with how safe, gentle, effective it is.



What can homeopathy NOT help me with?

If a client has a problem that necessitates surgical intervention, the homeopath will refer the client to a surgeon. But as surgical interventions are a shock to the healing system of the body, homeopathic treatment is ideal for preparing the patient for surgery and for helping them recover from the operation.

Homeopathy cannot strengthen the system to heal itself of genetic problems.

Homeopathy cannot help when clients continually expose themselves to the things that make them sick. For example, it won't change a smoker's cough, headaches from birth control pills, or depression from being in an emotionally hurtful situation. However, it can help strengthen people enough so that they are able to make helpful changes in their lifestyles.

#4 How Long Does Treatment Take?

People improve over widely varying periods of time. The improvement is usually proportionate to, but not restricted to:

- How long you've had the problem or condition
- How severe it is
- Your current level of [vitality](#)
- Family history
- The type and amount of medications currently being taken
- The person's involvement in their healing process



Frequently, appointments are scheduled about once per month for the first several months. Depending on what's needed, treatment appointments are typically spaced out longer apart as healing occurs.

For longer-term, chronic illnesses one can expect treatment to take at least several months to over a year. For more acute illnesses, relief can be noticed very quickly.

#5 What Happens During a Homeopathic Consultation?

Essential to effective homeopathic care is the information that you provide to the practitioner. The [homeopathic consultation](#) is completed over an interview and involves **extensive questioning that may cover unfamiliar ground for those who are accustomed to a few quick questions from a busy doctor.** To better prepare you for the consultation, following are the kinds of information that homeopathy requires.

Reason for Visit

The homeopathic practitioner will want you to describe as fully as possible, in your own way, the conditions that have caused you to seek homeopathic care. Your description should include everything that is truly characteristic of your problems. Precise details are best, but only if you can be definite about them. If applicable, your account should include, but not be limited to:

- ❖ Location of the complaint as precisely as possible. For example, “pain in the left temple” is more helpful than simply saying “headache.”
- ❖ Character of sensation or pain. Describe the nature of the sensation in your own words. Is it tingling, burning, numbness, crawling, or itching? Is the pain cutting, dull, aching, or cramping? These are suggestions only.
- ❖ Factors that make the feeling better or worse. Often the most crucial information to the homeopath concerns what makes your complaint better or worse. Does your condition vary with time of day or night or season? Is it affected by your position (sitting, standing, lying, etc.) or activity (motion of any body part, walking, vigorous exercise, rest, etc.)? Do temperature, weather, eating, and sleeping affect your condition? Report anything that clearly influences the intensity or pattern of symptoms.

- ❖ Concomitants. Anything that regularly occurs in association with your symptoms should be mentioned. Are you always nauseated when you have a headache? Does your skin clear up when you get your menstrual period?
- ❖ Onset of symptoms. Do you associate the onset of your condition with an emotional upset, prolonged or pronounced stress, lack of sleep, exposure to weather, an injury, drug use, surgery, or any other factors?
- ❖ General information. In addition to information about your local symptoms, the homeopath needs to know a lot about you in general. Essentially, the homeopath wants to know how vital and energetic you feel on the whole and how your sense of well-being (not any particular symptom) changes as a result of environmental or emotional factors. How are you affected, in general, by temperature, weather, time of day, activity level, eating, and sleeping? What typically makes you feel better; what makes you feel worse? Remember, this may be very different from what makes a particular symptom better or worse.

Diet

Be ready to describe the kinds and approximate amounts of food you usually eat. In addition, you'll be asked to list the foods you crave or have strong preferences for (even if these are foods you don't think are good for you) and foods that you strongly dislike.

Dreams

Often, it will be needed to know what dreams you experience. Dreams lend insight into the inner workings of our unconscious mind. This information helps the homeopath understand aspects of you that you may not consciously know about, which can help us in finding the best remedy suited to your needs. Not required, but helpful, is keeping a dream journal throughout treatment.

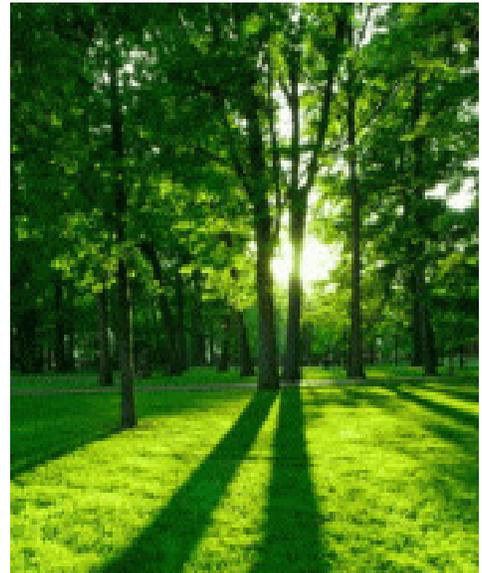
Emotional patterns

Finally, the homeopath will want you to discuss your mental/emotional nature. What are the most characteristic emotional patterns you experience? During what activities or in which situations do you feel most happy? What emotional patterns most limit your ability to fully express yourself or reach your full potential? How expressive of emotional states are you, and in what ways do you express them? What about your memory, clarity of thought, and so on?

#6 What are Homeopathic Remedies?

Homeopathic remedies are made mostly from plants and simple minerals. These substances are prepared by a process of repeated dilution and shaking, which makes them capable of stimulating the healing process.

Based mainly on the information you provide, a [remedy](#) will be recommended that suits you best in a total way.



Taking the remedy

[Remedies](#) are either in liquid or small pellet form. In the small pellet form, the remedies are dissolved in the mouth. In a liquid form, the remedy is prepared in a water solution that is taken orally. Remedies may be taken as frequent as several times per day or infrequently as once every several weeks or months. It varies widely



and is dependent on the individual needs for each person and each situation.

Action of the remedy

Each individual experiences the reaction to the remedy in a different way. Usually the effects are gentle and gradual, though at times, more rapid or dramatic changes may occur. Since the remedies work to better your general health, you should not be concerned if specific symptoms do not change right away. The remedies do not produce side effects. However, if you have a reaction you do not understand, please contact your practitioner.

Intensification of symptoms or recurrences of previously experienced symptoms sometimes occur. These are not side effects of the remedy, but an indication that the body is responding to the remedy stimulus. If any reaction occurs that concerns you, don't hesitate to contact your practitioner.



Repetition of the dose

The most important rule regarding how often to take the remedy is this: the remedy should not be repeated until the healing reaction it has started is over. As long as any changes continue (especially if improvement is taking place), you must wait to take more of the remedy.

People with long standing problems are given one or very few doses at the outset of treatment. Experience has shown that if the remedy is chosen correctly, this is sufficient to cause a healing response in the body that normally lasts at least a month. Therefore, in accordance with the above principle, follow-up visits are usually scheduled at about four-to eight-week intervals.

Follow-up visits provide a full review of any changes that occurred, which is important in order to make the correct decision about repetition or change of the remedy.



#7 Do I Need to Stop my Current Medications to start Homeopathy?

No. It is quite common for a prescription medication routine to have already begun by the time homeopathy is sought out. Because homeopathy seeks to initiate the healing response of the body, it will not interfere with medications you may currently be on. In fact, over time, as people heal they are able to reduce and later eliminate dependence on medications as order and balance is restored to the healing system of the body.

#8 Does Insurance Cover Homeopathy?

Most Health Savings Accounts (HSA) or Flex-Spending Accounts (FSA) cover homeopathic services. Larger-sized HMO's will frequently cover homeopathic consultations as well. It's always best to consult with your insurance provider first for answers.

#9 Do Remedies Have Side-Effects?

The remedies do not produce "side-effects". The body responds in the best way it needs to respond to heal itself. However, what you may experience as a result of taking a [remedy](#) is a temporary aggravation. This could be a current symptom getting worse for a while before getting better. Or it may be a temporary return of old symptoms you had years ago. Aggravations are always short-

lived and are seen as an encouraging sign for the homeopath that the correct remedy has been selected. If you have a reaction you do not understand or any concerns about the remedy, don't hesitate to contact your practitioner.

#10 How Much Does Homeopathy Cost?

Treatment costs vary by practitioner and independent practices. The Austin Clinic of Homeopathy charges \$225 for the initial 2-



hour consultation. Follow-up consultations are \$75 and are usually one-hour in length. Homeopathic remedies vary in cost from \$15-\$20 and are taken only as necessary. Please note rates are subject to change. In the end, given the amount of healing one experiences through homeopathy, the overall cost of it is less than \$3 per day; the cost of a daily latte!

Homeopathy is a cost-effective strategy for your health care needs. There are no expensive exams or invasive procedures. In homeopathy, we honor your healing process and are co-committed to your healing journey. You will be treated with dignity and we will encourage you to fully engage and participate in your health.

Hopefully this e-book answered the top 10 questions most frequently asked about homeopathy. My hope is that you feel comfortable with knowing what to expect through homeopathic

treatment and that you begin your own healing journey with excitement, and without hesitation.

Thank you for reading and if you still have unanswered questions, contact me [here](#). I'm also available to assist you with Homeopathy for your specific concerns. My email address is noel@austinclinicofhomeopathy.com and my phone number is **512-382-5060**.



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