

WHAT IS HOMEOPATHY?



Homeopathy is a system of **natural medicine**, used by millions of people worldwide for more than 200 years to achieve wellness.



It is **non-toxic** and can even be used with very small children and pets.



It is **affordable and easy to purchase** at local stores and online.



Homeopathy is a **federally recognized** form of medicine regulated by the FDA.



Homeopathy has been **clinically effective** for acute and chronic conditions for **200+ years**.



There are **thousands** of **clinical studies** with **positive outcomes**.

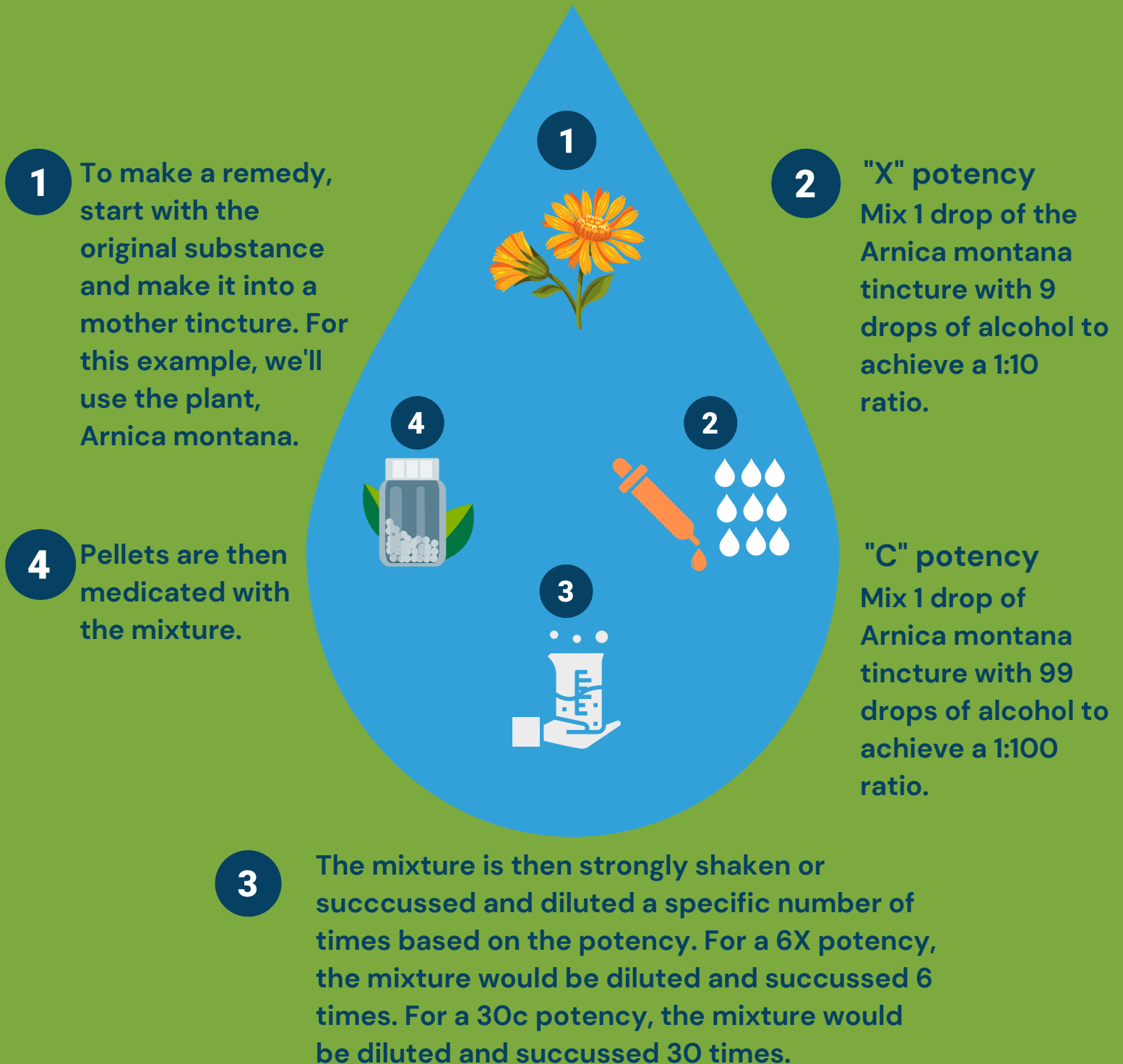


www.homeopathycenter.org

Homeopathy is a unique system of medicine. Although homeopathic medicines are derived from natural substances, homeopathy should not be confused with herbal medicine, Traditional Chinese Medicine, essential oils, and other supplements.

HOW HOMEOPATHIC REMEDIES ARE MADE

Homeopathic remedies are made from plant, mineral and animal products.



Though homeopathic remedies are diluted, they are still medicine. It is important to follow dosing instructions on the bottle or follow the guidance from a professional

Start

1

Determine if the condition is something that you could/should treat.

2

Does the condition need a physician or require emergency room care?

YES

It might be a good idea to seek medical assistance... IMMEDIATELY!



NO

3

Is it truly acute, or is it a flare-up of a chronic condition?

ACUTE

CHRONIC

If chronic, seek care from a professional homeopath.

Next observe the symptoms. Pay special attention to any that are unusual or exceptionally strong. Notice whether there has been a change in mood and what behaviors or environmental factors seem to make symptoms better or worse. You may want to write your observations down.

Next, take your list of symptoms and compare it to the descriptions of the remedies for that illness. Choose the remedy that most closely fits the symptoms (keeping in mind that not every symptom has to match.)

Once you have selected the remedy, give one dose (3-5 pellets) under the tongue and then WAIT and OBSERVE. If there is no improvement at all within 2 hrs give a second dose. Note that if you are dosing for an emotional upset wait 24 hrs.

If after 3 doses there is no change then it is likely time to try a different remedy or contact a healthcare professional.

Don't give up if your symptoms don't improve with the first remedy. It sometimes takes a couple of tries to find the "best match" remedy for your symptoms – especially if you're new to homeopathy. If you continue to have difficulty finding the right remedy for your symptoms, make sure to consult a homeopathic professional.

HOW TO USE HOMEOPATHY

This project was supported by a grant from the Charles M. Bauervic Foundation.



Finish

Chronic / Acute



Determine if the condition is acute or chronic. If chronic, seek care from a professional homeopath. If truly acute, you can try to treat at home.

STEP 1



Homeopathic remedies come in various strengths (or potencies): the 6c, 12c, and 30c strengths are gentle and perfect for home use. Start with the lowest potency you have, and move up if it stops working.

STEP 2



Search



Chronic conditions may require a higher potency, but must be treated by a professional practitioner. Use the NCH practitioner directory to find a professional homeopath near you.

STEP 3

Goal



The goal is to find the lowest dose that works. So start with the lowest potency and move up only if it stops working.



STEP 4

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HOW TO CHOOSE A REMEDY'S POTENCY



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