

An Introduction to

Homeopathy

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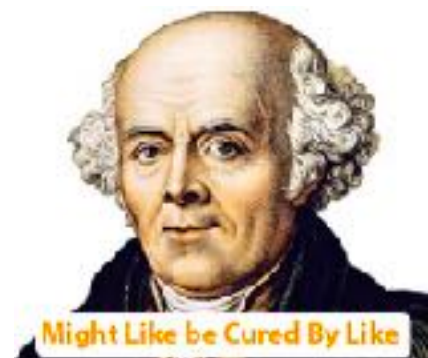
The Law of Similars

Around the turn of the 17th century, medicine was in its infancy in Europe. Samuel Hahnemann, a German physician with an inquisitive mind, had a deep trust in Nature. What if Nature provided us with all the remedies needed to cure disease?

He set out on a self-experiment:

When ingested, the bark of a Peruvian tree had long been known to cause nausea and vomiting. Hahnemann prepared an extract of the tree bark and put it through a series of specific dilutions until hardly any molecule of the original extract was present. To his delight, he found that this diluted medicine could actually cure nausea and vomiting. He concluded that any substance that caused disease symptoms when used pure could be turned into a remedy to cure those exact symptoms. The key was to dilute the substance in a specific manner, known today as potentization.

With growing experience, Hahnemann formulated a principle, "Might Like Be Cured By Like", and he named his newfound science "Homeopathy" (Greek: homoios - similar, patheia - suffering)



What conditions can be treated with Homeopathy?

Since Homeopathy has proven to be extraordinarily safe, a **layperson** can use Homeopathy for any acute, self-limiting disease, such as colds, cuts and bruises, headaches, digestive issues. If you don't feel compelled to see a physician, taking a homeopathic remedy is always a good first step.

A **trained practitioner** can help you address chronic and potentially more harmful diseases. For those cases, it takes additional knowledge and experience to find the correct remedy because, beyond the physical symptoms, the mental and emotional condition is taken into consideration.

How to read the label of a homeopathic remedy

Homeopathic remedies are regulated by the FDA. The label tells you the Latin name of the substance, followed by a number and one letter.

The number and letter refer to the process of dilution/potentization.

- Common numbers are 6, 12, and 30 (with 30 having the strongest effect)
- Common letters are X and C.

X means that each step of dilution was done in a ratio of 1:10, C dilutions are prepared in a ratio of 1:100.

If you don't yet have experience with Homeopathy, don't fret about the numbers and letters. As your interest peaks, you will quickly gain a deeper understanding.



The proof is in the pudding.

I suggest you start with one remedy that, in my opinion, needs to be part of any first-aid kit: **ARNICA 30C**



This little alpine flower has worked miracles for me after a skiing accident. I fell very hard on my bum, and a gigantic bruise developed immediately.

Since I spent my days mostly sitting, I took Arnica 30C, know as the athlete's remedy. Arnica is famous for helping with cuts, bruises, bleeding, and soreness.

While my behind still was adorned by a colossal bruise that switched colors daly, I didn't have any pain sitting or touching the bruise.

After that, Arnica has come countless times to my rescue and was a standard recommendation in my dental practice after doing tooth extractions.

Homeopathic remedies are sold as over-the-counter drugs without prescriptions. You will find them in health food stores or online.



How to take homeopathic remedies

- Nothing per mouth for 10 minutes before and after you take the remedy.
- Place 5 little pearls (one dose) underneath your tongue and let them dissolve. Don't chew or swallow them.
- Start by taking one dose 3 times a day. As your symptoms improve, take the remedy LESS often.

More Information

My mini course "Homeopathy 101" is in the making. Please let me know if you want to be notified once the course is available.

If you have questions about your specific situation, you can contact me at ljuba@jubalemke.com

While I am legally not allowed to give any health advice, I may be able to provide you with food for thought.

