

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Combination Homeopathic Remedies: Your Introduction To Homeopathy.**

**By Edward Shalts**

Of all homeopathic products on the market, combination remedies are arguably the most popular.

You can find them prominently displayed in the homeopathic sections of most health food stores and placed near the cash registers in Whole Foods during cold season. Bestsellers, these products offer us the hope of a simple and straightforward solution: one medication for one diagnosis of anything that ails us, conditions ranging from teething, to head colds, to premenstrual syndrome, to hemorrhoids. But do they work?

It's not hard to grasp the concept involved in manufacturing combination remedies. Two or more remedies known to relieve a particular symptom are combined in the same tablet. The expectation is that either the chosen remedies will enhance each other's actions, or that at least one of the remedies will be exactly what the patient needs.

These remedies exist right on the border between allopathic (conventional) medicine and homeopathic medicine. On one hand, these preparations are prescribed for a particular ailment in the same way as conventional drugs. On the other hand, the components of combination remedies are homeopathically prepared substances. Their proponents argue that the combination remedies are much better than conventional drugs, as they have no side effects.

#### PROS AND CONS OF COMBINATION REMEDIES

Combination remedies sold in stores are proprietary to their manufacturers. As they are proprietary medications, I feel uncomfortable rating their efficacy. Nonetheless, I don't want to leave you guessing about them without reliable information. So let me just say that, in my experience, all the major homeopathic manufacturers produce equally good combination preparations. I never use them myself, however some of my patients report that various brands produce more or less similar results. It is also my understanding that at the beginning of the 20th century different companies sold and bought the recipes of efficacious combinations from each other.

This makes the process of selection easier. Major companies on the American market that offer combination remedies are Boiron, Hyland/Standard, Washington Homeopathic Products, and

1800HOMEOPATHY. There are quite a few smaller companies out there, too, and companies change hands from time to time, which is a great benefit to the consumer. Mergers or splits of these companies mean only one thing for you: a continuous exchange of experience leading to better products.

What are these remedies useful in treating? They can provide significant relief for self-limiting conditions in people with excellent or average health. There are impressive remedies for vertigo, acute sinus infections, teething, and hemorrhoids, for instance. The major homeopathic companies use combinations that have been tested for years and are shown effective, but to reiterate, only for the temporary relief of self-limiting conditions. Treating serious and or chronic conditions with combination remedies isn't a good idea. In these situations you are much better off seeking help of a qualified homeopath.

You should avoid combination remedies, or any other homeopathic preparations, while you are receiving professional homeopathic care, as these preparations might interfere with single remedies

used by classical homeopaths. For many consumers, taking homeopathic combination remedies is a good place to start testing the homeopathic waters, so to speak. Real healing requires an understanding of individual traits. My new book Easy Homeopathy teaches you how to achieve complete cure, as opposed to the temporary suppression of symptoms. I hope you begin your homeopathic journey today with a little help from my book and a lot of support from your common sense.

Edward Shalts, MD, DHt, author of "Easy Homeopathy" and "The American Institute of Homeopathy Handbook for Parents" is a vice-president of the National Center for Homeopathy and a second vice-president of the American Institute of Homeopathy. He can be reached at

<http://www.EasyHomeopathyHome.com>

## **What Is Homeopathic Medicine?**

**By Rene Graeber**

Homeopathy is a safe, natural form of medicine, based on the practice of treating like with like. Homeopathy is derived from the Greek words homios, meaning like or similar, and itaios, meaning suffering.

Homeopathy is concerned with treating the whole person rather than the illness alone. The homeopath will consider the patient as a whole, both physically and psychologically, taking into account the patient's physical appearance, their likes, dislikes and their temperament. It is therefore a highly personalized form of treatment, so patients who apparently suffer from the same illness may be given advice for different medicines.

## Combination Homeopathic Remedies: Your Introduction To Homeopathy.

Homeopathy is a well established form of healing. Today many of the leading pharmaceutical companies are researching and mass-producing homeopathic medicines.

### Homeopathic Medicines

Homeopathic medicines look very much like conventional medicines, are taken in the same way, but the way they work is entirely different.

The medicines are not synthetic and are derived from natural sources. Over 60% of homeopathic remedies are prepared from vegetable or plant materials. Other remedies are prepared from naturally occurring mineral substances, including metals, non-metallic substances, and mineral salts. Animal sources of homeopathic remedies include: Cuttlefish (the ink or juice provides sepia) and Honeybee.

Homeopathic medicines are prepared by obtaining the remedy in its most concentrated form, and then, through a long process of dilution, by preparing a medicine whose potency is sufficient to effect a treatment. The potency describes the measure of the dilution of the remedy and is denoted by the number which follows the name of the medicine itself. The higher the number, the greater the dilution (up to one part remedy to one trillion parts dilutant).

### Homeopathic Medicines

Homeopathic medicines, commonly referred to as remedies, may come from the plant, mineral, or animal kingdom. Some common remedies include: arnica montana, from the Leopard's bane plant; belladonna, from the deadly nightshade plant; calcarea, calcium carbonate from oyster shells; sepia, from cuttlefish ink; and the element, sulphur.

Homeopathic remedies today are produced using the same dilution principles as in Hahnemann's day. In a common dilution of 1:100, one drop of the homeopathic substance is added to 99 drops of water and/or alcohol. The mixture is then potentized by a process called "succussion" – repeated tapping on a hard surface for a specific length of time. Remedies may be diluted up to 1000 times, leaving only an infinitesimal trace of the substance. Remedies are typically diluted 10, 100, or 1,000 times, which translate into potencies that are marked with the Roman numerals X, C, and M. Homeopathic remedies range from 6X as the lowest potency to 1M or more as the highest potency.

Remedies can be taken orally in pill, powder, or drop form, rubbed topically, or injected. There are usually no side effects from homeopathic treatments, but a patient can experience what is called a "healing aggravation," a temporary accentuation of symptoms. This is seen as a positive sign that the remedy is working. Depending on the severity of the symptoms, a homeopath may choose an antidote, which produces the opposite effect of the remedy. The antidote may be another homeopathic remedy, or a strong substance, such as perfume, camphor, or coffee, which are known to block the effects of a remedy.

In the United States, the Food and Drug Administration (FDA) has recognized homeopathic medicines as drugs since 1938, working with the Homeopathic Pharmacopoeia Convention to produce and update their reference book of homeopathic medicines. Over the years, the FDA has classified

## Combination Homeopathic Remedies: Your Introduction To Homeopathy.

homeopathic medicines as either prescription or more commonly as non-prescription (over-the-counter), depending on their strength. In the United Kingdom, homeopathic medicine has been part of the National Health Service (NHS) since it began in 1948. There are currently 5 homeopathic hospitals in the NHS. Homeopathic medicines are available over-the-counter or by prescription.

### Safety of Homeopathic Medicines

Because of the very, very small doses used in homeopathic treatment, the medicines are completely safe, non-addictive and have no unwanted side effects. The curative properties of the remedies are released even in extremely high dilution both children and babies.

Always consult a practitioner before buying homeopathic remedies, and make sure that they are kept safe and out of the reach of all children.

Where dosing instructions have been followed, no case of toxic action has ever been reported in association with homeopathic medicines.

### Receiving Homeopathic Treatment

Homeopathic treatment is practiced by fully qualified Health Practitioners who understand the philosophy of homeopathic medicine's well as patients' emotional and daily situations.

While some homeopathic medicines are readily available in both regular pharmacies and health stores, you **MUST** consult your homeopathic practitioner before attempting treatment for any serious ailment or illness.

If you are currently on medication for a serious medical or psychological condition, you should **NOT** stop taking your medication in order to start homeopathic treatment. Your practitioner will advise you on the best course of treatment, often working with your internist or therapist.

Rene Graeber graduated from the University of Munich in Educational and Sports Science and from the Paracelsus School of Medicine in Hamburg from Naturopathic Medicine. If you're looking for helpful information about alternative medicine visit his website at

<http://www.naturheilkunde-pretz.de>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**