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

**What is Homeopathy?**

**By Cori Young**

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by: **Cori Young**

Homeopathy is a non-toxic system of medicine used to treat a wide variety of health concerns.

It is based on the Law of Similars and potentization. Basically, the Law of Similars is the premise that because exposure to a given substance can cause specific symptoms in someone who is healthy, then that substance -- given as a homeopathic remedy -- will stimulate the body's own curative powers to overcome similar symptoms during illness.

A common example used to describe this effect is that of the person chopping an onion ~ When a healthy person chops an onion they usually get watery eyes, and a runny nose. They may even experience sneezing or coughing, from exposure to the active substances in the onion.

The homeopathic remedy, Allium cepa, made of potentized red onion, can help the body overcome a cold or allergy attack in which the person has similar symptoms (watery eyes, runny nose, sneezing, coughing.)

Even though the symptoms were not caused by exposure to an onion, the remedy made from the onion can help the body overcome them, because the symptoms are similar.

**Is Homeopathy Effective?**

Millions of people have used homeopathic remedies to treat every conceivable type of ailment and symptom. Despite misconceptions, homeopathy is just as scientific as allopathic medicine.

Homeopathy does not base its effectiveness on animal experiments which have little relevance to humans, and prescribing is not based on empirical, or accidental discovery of effects, but on a rational, systematic observation of the effects of remedies on healthy and sick people.

## What is Homeopathy?

What are the Advantages of Homeopathy?

### SAFETY

Homeopathy enjoys an excellent reputation in part because it is given in such minute doses that it can be safely used to treat anyone. Pregnant women, new born babies, children and weak or elderly people may all use the appropriate dosages of homeopathic remedies without dangerous side effects. Homeopathic doses of certain herbs are appropriate for certain individuals (like colicky babes,) when a standard herbal dosage would be too strong.

### NON-TOXIC ~ NON-SYNTHETIC

Homeopathy does not use synthetic substances, but relies on the healing properties inherent in plants, minerals, and animal substances. These substances are used in their whole, natural state, not as isolated chemicals.

### CONSISTENCY

Homeopathy is not based on 'fad' research. Homeopathic remedies do not go in and out of fashion because they are based on indications for specific symptoms rather than on 'opposites'.

### Easy to Take

Most homeopathic remedies have a very mild, sweet taste and are meant to dissolve under the tongue.

Even very small children can take them, which is very handy.

They come in small bottles that can be easily carried with you.

### Understanding Potencies

Homeopathic remedies are prepared through a process called potentization. Potentization involves a series of systematic dilutions and succussions (a forceful shaking action).

Potentization removes all risk of chemical toxicity while activating a remedy substance and enabling it to affect the body therapeutically.

The more dilutions and succussions a substance undergoes, the higher the potency will be. Higher potencies of homeopathic remedies (anything higher than 12C) have been diluted past the point that molecules of the original substance would be measurable in the solution.

Homeopathic potencies are designated by the combination of a number and a letter (for example, 6X or 30C).

The number refers to the number of dilutions the tincture has undergone within a series to prepare that



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### SYMPTOMS AND CHARACTERISTICS

This condition is marked by learning disabilities, frequent forgetfulness, impaired judgement, excessive talking/interrupting, trouble concentrating, shortened attention span, and organization problems.

### WHAT CAUSES ADHD and ADD?

Research shows the common factor in all forms of ADD and ADHD to be a coordination failure in the reticular activating system of the brain. This area of the brain helps coordinate external stimulus. A brain chemical, norepinephrine, carries information between different regions of the brain which allows certain areas to be activated while others are inhibited, allowing one to focus on selected external information, while excluding others.

In the case of ADD / ADHD this neural coordination is impaired, causing competitive stimulation from multiple external and internal sources –too much visual stimulation, too much sound stimulation, too many internal feelings and emotions, etc. When the limited neural network is overly taxed in this regard, it becomes unable to "tune in" or focus on some stimulation, while "tuning out," or "turning down" (attenuating) other stimulation. The results can be irritation, aggression and anxiety.

### OTHER CONTRIBUTING FACTORS

**SUGAR CONSUMPTION** blunts the brain's ability to respond to norepinephrine, thus impairing brain coordination.

**ALLERGIES** Up to 90% of all children with ADD or ADHD are allergic to red, yellow, and blue dyes found in food products. Other common food allergens include, cow's milk, peanuts, citrus, and tomatoes.

### FAMILY HISTORY

### OXYGEN DEPRIVATION AT BIRTH

### LEAD POISONING

### DIETARY DEFICIENCIES

### SMOKING DURING PREGNANCY

### HOW CAN ADD/ADHD BE TREATED?

#### CONVENTIONAL APPROACH

Conventional treatment of ADD / ADHD most often includes the use of psychostimulant or antidepressant drugs. Over time, however these drugs often become ineffective and cause a sort of rebound effect where frustration and anger return. Excessive use of stimulant drugs can cause lethargy

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and depression.

### ALTERNATIVE APPROACH

Fortunately there are effective alternatives to medications.

A combination of herbs and nutritional support can often balance the brain chemistry naturally without the side effects of medications. There are formulas available that are designed specifically to provide the essential framework of lipids and fatty acids, natural hormones, as well as neural growth and synchronization factors quintessential for neural and glial cell generation in order to meet the demands of increased neural "traffic" through the reticular activating system.

Many herbs have been shown to provide relief from ADD/ADHD symptoms without the side effects of prescription drugs. However, not all herbs are suitable for small children. They are best used synergistically in a reputable formula designed specifically for the treatment of ADD/ADHD.

### CONSIDERATIONS

**AVOID SUGAR** Research has shown that children with ADD and ADHD may not digest sugars properly. Sugar consumption has been linked to aggressive, restless behaviour.

**IDENTIFY ALLERGIES** Try to identify and avoid food allergens and neurotoxins such as artificial sweeteners and food dyes.

**AVOID SOFT DRINKS** Both sugar-free and sweetened contain phosphates which displaces calcium/magnesium levels, causing exaggerated muscle activity.

**GET PLENTY OF SUNLIGHT** Seasonal Affective Disorder, SAD, is sometimes misdiagnosed as ADD or ADHD. Occurring mostly in northern latitudes during the winter months, SAD produces ADD-like symptoms. Consider exposure to full-spectrum lighting if unable to spend time outdoors each day.

### REFERENCES:

Prescription For Herbal Healing by Phyllis A. Balch, CNC

12 Effective Ways to Help Your Add/Adhd Child: Drug-Free Alternatives for Attention-Deficit Disorders by Laura J. Stevens

THE LCP SOLUTION: The Remarkable Nutritional Treatment for ADHD, Dyslexia, and Dyspraxia by Malcolm J. Nicholl

Transforming the Difficult Child; The Nurtured Heart Approach by Howard Glasser

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### **Homeopathy - Five Things to Know before You `Go There'**

**By Marjorie Geiser, RD, NSCA–CPT**

With natural health care so popular, an area that has shown incredible growth is that of homeopathic medicine. But, although you can find homeopathic remedies on health food store shelves, are you really clear on what a homeopathic specialist is and what these medicines can do? This article will address five things to know before you choose a homeopathic specialist or buy those homeopathic medicines off the shelf.

What are they?

Homeopathic remedies are medicines made by homeopathic pharmacies in accordance with the processes described in the Homeopathic Pharmacopoeia of the United States and are regulated by the FDA. These are not considered supplements. The remedies could be made from plants, minerals, animals or even from chemical drugs, such as penicillin or streptomycin. These substances are then carefully diluted, called potentization, until very little of the original substance remains. Because these are very dilute, small doses of medications, and they are available over the counter, many people feel they are safe. However, for serious health problems, a person should seek the advice of a knowledgeable healthcare professional. If they choose, it could be from one familiar with homeopathic medicine.

Are they effective?

The fact that very little of the original substance remains, the question comes up how can they even be effective. According to homeopaths, this is based on similarities. When a similarity exists, a person is thought to have a hypersensitivity to that substance. Thus, while the remedy contains very little, in the practical sense, of the original material, it still contains the essence of the substance, or its energy. It's thought to work by creating a resonance within the body that catalyzes it to begin a healing process.

How this works and if it's effective is very controversial among traditional medical practitioners. To determine if a particular homeopathic drug is effective, experiments, called drug provings, are conducted. In these experiments, researchers administer continual doses of the substance to a healthy individual until a reaction to the substance is achieved. Once it is known what symptoms a substance causes, then it's known what symptoms and illnesses it will cure. There have been several systematic reviews of placebo–controlled trails on homeopathy that have reported that its effects seem to be more than just placebo. One observational study found that patients were very satisfied with homeopathic

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treatments and that both they and their physicians noticed significant improvement. There is also evidence from randomized, controlled trials that homeopathy may be effective for treatment of otitis media in children, muscle soreness after running, and attention deficit hyperactivity!

y disorder. Again, though, I would like to emphasize that it would be wise to consult with a specialist before self-medicating, especially when it comes to children.

Who practices homeopathy?

The practice of homeopathy is incorporated into medical care by a broad range of healthcare practitioners. Medical doctors (MD's) and doctors of osteopathy (DO's) may elect to study homeopathy as a post-graduate specialty. Naturopathic doctors (ND's) study homeopathy as part of their naturopathic school training. Naturopathic medicine is a distinct profession of primary healthcare that emphasizes prevention and the promotion of optimal health. The scope of practice includes all aspects of family and primary care, from pediatrics to geriatrics, and all natural medicine modalities, including homeopathic medicine.

Where did it come from?

Samuel Hahnemann, a German physician who earned his doctorate of medicine degree in 1779 is recognized as the founder of homeopathy. Through experiments on himself, and later with his patients, he developed a system of rules and laws of medicine that he codified into a treatise called the "Organon of rational therapeutics", first published in 1810. The sixth edition, published in 1921, is still used today as a basic homeopathy text. It was brought to the US in 1825 by several doctors who had studied in Europe. Although at one time there were 22 homeopathic medical colleges in the US, and one out of five doctors used homeopathy, by the 1940's there were no homeopathic schools in the US.

Do your homework!

Naturopathic physicians are licensed as healthcare providers in 13 states with legal provisions allowing the practice of naturopathic medicine in several other states. To qualify for a license, the applicant must pass the licensing exam and satisfy all licensing requirements, such as have attended a resident course of 4 years and 4,100 hours of study from a college or university recognized by the state examining board. There are special certifications for various healthcare professionals. For MD's and DO's, there is the Diplomate in Homeotherapeutics (DHT). For ND's, the certification is the DHANP (Diplomat of the Homeopathic Academy of Naturopathic Physicians), and for homeopaths of all professions, there is the CCH (Certified in Classical Homeopathy). What is important to know is that in states without licensure requirements for homeopathy, anyone can claim to be practicing 'homeopathic medicine'.

Homeopathic medicine could be a great alternative to traditional medicine. It's important to look into the background and training of anyone practicing homeopathic medicine, however, as many people promote themselves as an expert without the proper education. The National Center for Homeopathy (<http://www.homeopathy.org>) serves as a resource and training center for the practice of homeopathy. The American Association of Naturopathic Physicians (<http://www.naturopathic.org>) provides

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information on licensing and education requirements for those promoting themselves as a doctor of naturopathy. For a good overview of the art and science of homeopathy and its basic tenets, suggested reading is *The Emerging Science of Homeopathy: Complexity, Biodynamics and Nanopharmacology*, 2nd edition, by Bellavite P. Signorini.

Marjorie Geiser has been teaching health, fitness and nutrition since 1982. She is a nutritionist, registered dietitian, certified personal trainer and life coach. As the owner of MEG Fitness, Marjorie's goal for her clients is to help them incorporate healthy eating and fitness into their busy lives. To learn more about her incredible 30–Day Fitness Focus program for nutrition and fitness analysis and

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