

What is Homeopathy?

By Myra Nissen, CCH, RSHom(NA)



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WHAT IS HOMEOPATHY?

Homeopathy - pronounced "ho•mee•ahp'•eh•thee" - is a safe, effective system of natural medicine, used by millions of people worldwide. Thirty-nine percent of physicians use Homeopathy in their practice in France, 20% in Germany, 42% in the UK, and 45% in the Netherlands. It is the leading medical system in India. In the US, 14% of physicians refer their patients for Homeopathic treatment.

WHAT IS THE ORIGIN OF HOMEOPATHY?

"Homeopathy" is derived from the Greek words "Hómoios" and "pathos" meaning "similar suffering." It is a form of medicine founded by German physician, Samuel Hahnemann, who lived from 1755-1843.

The practice is based on the fact that natural substances that cause illness can also cause healing when taken in small doses. For instance coffee (*Coffea cruda*) is known to cause sleeplessness, but when taken as a small homeopathic dose it helps calm the mind and relieve insomnia. This is the "Law of Similars" originally discovered by the Greek physician, Hippocrates, and is known simply as "Like cures Like."

Homeopathy is a powerful holistic healing modality that has been around for more than 200 years. Homeopathy uses natural substances as remedies to stimulate a person's capacity to self-heal. These remedies have been approved by the FDA since 1938, and are safe for people and animals of any age, no matter their condition.

WHAT ARE THE MEDICINES MADE FROM?

Homeopathic medicines are made from tiny amounts of natural substances and are called remedies. One blossom from a rare, wild orchid can produce enough remedy to last for decades. Remedies are prepared by Homeopathic pharmacies in accordance with FDA-approved guidelines and cost pennies to produce when compared to conventional medicine.

ARE THE REMEDIES HERBS?

About 70% of the more than 3,000 remedies are from plant sources. Other sources are animal and mineral. Latin names are always used to refer to the remedies, a scientific convention around the world. There is no animal testing and no killing of animals. Homeopathic remedies are earth-friendly and are safe for infants, seniors, and animals. Homeopathy is truly a "Green" medicine.

HOW DOES HOMEOPATHY WORK?

Homeopathy supports your natural self-healing capacity, stimulating a powerful, yet gentle, healing response. A homeopathic remedy liberates trapped energy so that you are able to self-heal on all levels, mental, emotional and physical.

Homeopathic healing is a bit like a spinning top. A person's response to a remedy sets the top in motion, and health spirals out from the

center. In my practice, I have seen amazing results. One client was able to say good-bye to 20 years of back pain in 4 months. Another was able to overcome a lifetime of debilitating panic attacks in a year.

DO I HAVE TO STOP MY MEDICATIONS?

No. Homeopathy works alongside conventional medicine. It is not contraindicated.

HOW DOES HOMEOPATHY DIFFER FROM CONVENTIONAL MEDICINE?

Although conventional and Homeopathic medicines share a goal of relief of symptoms, the way in which Homeopaths view sickness and health is different. Homeopathy is a holistic medicine, meaning that it treats the whole person, not isolated symptoms. Also, Homeopaths use the least amount of medicine to stimulate the quickest restoration of health. They prescribe a single remedy once, then wait and watch for a response to determine the next course of action. Adjunct therapies, like dietary change, are also used to support a person's healing response.

HOW DOES HOMEOPATHY HELP?

Homeopathy offers help for serious and chronic diseases such as depression, eating disorders, digestive issues, headaches, and chronic pain. It can also be used for

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common sicknesses such as colds and flus, allergies, aches and pains.

WHAT DOES HOMEOPATHY COST?

Remedies cost pennies when compared to conventional drugs. Homeopathy visits are typically 4-8 weeks apart, less frequent than other modalities. Homeopathic services are often reimbursed through employee benefits such as a Section 125 Cafeteria or Flex-Spending Plan. I am a Healthways Whole Health Network Provider. If your insurance company contracts with Healthways, you may eligible for homeopathy at discounted rates.

WANT TO KNOW MORE?

An excellent introduction to Homeopathy is *Beyond Flat Earth Medicine* by Timothy R. Dooley, ND,

MD. The website www.homeopathytoday.org also has helpful information about the history of homeopathy.

I would like to extend an offer of a **FREE 30-minute assessment** to determine if homeopathy is the best solution for you. Call Myra Nissen, CCH, RSHom (NA) at 925-826-3858 or 707-292-8410 to set up a consultation.

Keep abreast of useful information; **sign up for my complimentary eNewsletter**, at myranissen.com

Myra Nissen, CCH, RSHom(NA) is a nationally certified Classical Homeopath who graduated from the Pacific Academy of Homeopathy. She enjoys helping people achieve optimal health in body, mind and spirit. Myra's practice is in Walnut Creek, and she holds classes at Earth Touch Wellness in Benicia.



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