

Hering's Laws of Cure Help Us Understand How Homeopathy Works



<http://homeopathysandiego.org/?p=696>

In the 1830s, a German homeopath, Constantine Hering, emigrated to the United States and became the Father of American Homeopathy. Included in his works is what today is called "**Hering's Law of Cure.**" The precepts of his laws can be used to assess health history and present symptoms. They are not absolute, but should be used as a guideline in prescribing. When an illness is treated homeopathically, you might very well witness the almost unbelievable accuracy of the body's memory as the healing processes follow "Hering's Law of Cure."

Hering's First Law is that healing migrates from the innermost part of the patient, such as the emotions or lungs, to the outermost areas, such as the muscles or skin.

If we see someone with a lung infection who is relieved of coughing spasms and pain after a homeopathic prescription and then is plagued with an old case of eczema, we are comforted with the knowledge that the pathology has been shifted to the outer area of the body.

Using a cortisone-type cream will likely eliminate the skin issue but may cause the lungs to take on the pathology once again. This is why I plead with my clients to put up with temporary annoyances like rashes without succumbing to over-the-counter or prescription medications.

Once a homeopathic remedy is administered, the body begins to retrace the steps and paths it has taken throughout the illness. The good news is that the retracing of past conditions isn't a regression, but a progression!

As the body heals according to "Hering's Law of Cure," one observes that its first priority is to preserve and protect its most vital organs. Dangers to the internal organs, such as the heart and lungs, are the first to be eliminated. When order is restored to them, the body can then begin healing the less vital organs and systems.

According to **Hering's Second Law**, symptoms appear and disappear in reverse order from which they appeared. This is not always evident in acute illness but is often observed in a chronic one.

Hering's Third Law states that healing proceeds from the upper part of the body to the lower parts. For example, a headache may disappear after the correct prescription, and then the pain will relocate to an old, arthritic wrist. In these cases, we are happy to see this movement towards health, but it doesn't mean we stop there. The next step may mean that we look for the next remedy that will complete the cure by eliminating the last, lodged location of pain.

Observing the direction of cure is valuable for its ability to give us information. It will clue us in to whether the correct remedy has been chosen and where the illness will take the patient.

Understanding these homeopathic laws is of utmost importance for those being treated constitutionally. Be a detective and keep an eye out for any changes. They just might be the signs of cure.

Has all this talk of curing health problems got you wishing you could cure your own family at home? It's possible with a homeopathic remedy kit, which you can get by [calling our office](#). Continue learning more about homeopathy with any of the digital downloads available [here](#).