

# Side Effects

Homeopathy has no side effects. One of the great advantages in using homeopathy is that it offers gentle medicine that not only doesn't have side effects, but can even be used to eliminate the side effects a less superior medicine, such as drugs, creates. Often, people new to homeopathy confuse side effects with aggravations. Allow me to clarify. An aggravation is an exacerbation of symptoms presenting shortly after taking a homeopathic remedy. An exacerbation of symptoms rarely occurs when a patient is in a high-pitched state. That is, when the migraines are occurring, when the menses is flooding, when the arthritis is inflamed. And even less frequently occurs in the hands of an experienced homeopath. However, if indeed an aggravation ensues, it often occurs within the first few days of the first dose. It is the sign that the correct remedy has been chosen, but is dreaded by some patients. This is unfounded, since it is often fleeting. Most importantly, an experienced homeopath can keep an aggravation from occurring.

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