

# Homeopathy is...

**Icky, hot, sweaty and embarrassing.** Those nasty hot flashes. Yet they're not as difficult to be rid of as one would think when using the world's most powerful medicine, homeopathy. Homeopathy is a method of medicine that is safe and has a reputation for eliminating hot flashes and other discomforts associated with menopause. One of the most common remedies for this malady is *Lachesis*. When used in a high potency and judiciously, it will relive not only the heat flashes, but mood swings and sensations in the throat as well. *Natrum mur* is a remedy that is used for someone who keeps her emotions inside and has a craving for salt. She may also find herself looking puffy at this time in her life. *Sepia* is the best choice for those who feel overwhelmed by motherly and wifely duties. This woman may find herself wishing she could run away from her family. *Pulsatilla* is the remedy for a woman who is weepy and needy of affection and attention. She often craves the out -of -doors and finds that her stomach is often woozy after eating fats.

Although it is always best to work with a homeopath when using these remedies extensively, it might be worth a try on ones' own. Homeopathy is for those who seek an alternative to chemical drugs that sometimes carry devastating side effects.

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## Joette Says...

Joette says there's fungus among us and [homeopathy](#) can meet the challenge without side effects and at a low cost. The fungus called *dermatophytes* is a fungus that causes many of the most common skin fungus pathologies. It is responsible for jock itch, ringworm (not from a worm), toenail fungus and

athlete's foot. In finding the homeopathic remedy to address these problems, it depends on the way they present. The remedy should be taken daily in a low potency for about a week. For example Sulphur is best used for when there is an odor associated with the ailment and/or when the rash is worse after taking a warm shower. Tellurium is used when there are red rings on the skin with pustules and present with dry scaly skin. Meanwhile Graphites is a great remedy for thickened skin that has a honey colored discharge. Yes, this is specific and that's what makes homeopathy so great! It is only useful when it is an exact hit, but oh so powerful. It only takes one episode of one of these skin ailments to be relieved to convince most people of the efficacy of homeopathy. Ban fungus forever with homeopathy.

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## Homeopathy is...

**Homeopathy is first class.** Think Sir Yehudi Menuhin, Chopin, John D. Rockefeller, several popes, the Beatles. These people of great achievement are or were proponents of homeopathy. Yes, I know you didn't know this, that's because no one really expounds publicly about what kind of doctor they go to. They simply go.

Homeopathy is actually a medical paradigm that was used side by side with other medical disciplines. It was interwoven with cardiology, OBGYN and surgery. Yet, because of political inner fighting amongst the medical profession and the advent of the so called miracle drugs (antibiotics), homeopathy fell to the way side and was lost in the years of the last half of the 20th century. Now, homeopathy has returned and with gusto. It is the medicine of choice for those with the capability of having a discerning choice. It doesn't have side effects, has

a reputation for positive results and is filled with integrity. I guess that's why those who can afford anything, choose homeopathy. Yet, it is very inexpensive. Homeopathy – the medicine of choice for those who truly have choices.

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## Homeopathy is

**OK, show of hands.** Who here is a do-it yourselfer? How about an independent thinker? How about someone who just can't bear to spend money on unnecessary items? Well, if you fit one or all three of these personality types, you might want to consider taking full control of your health care. The best way to do this? Learn enough homeopathy to take on just about any illness that comes your family's way. You know, bee stings, fevers, menstrual cramps, colds and flus.

Two years ago Maria bought a couple of homeopathy books, CD's and took a simple class on how to cure her family of common ailments. Today, she is the mainstay of her family's healthcare provider. She has licked ear infections in her daughter, relentless vomiting in her son and insomnia in her husband. Even her in-laws have asked for help for minor arthritis problems. She has taken her children to the doctor only because her school district requires it, but always with pride that they no longer need his expertise. Instead, now SHE is the expert. Homeopathy – the empowering medicine.

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## Homeopathy Is...

Safe, holistic therapy. It does not mean home remedies, but instead is a respected branch of medicine that has been the choice of such cultural heroes as John D. Rockefeller, Chopin, Tony Blair, Florence Nightingale and Paul McCartney. Is it a coincidence that these public figures choose homeopathy as their course of action for their health care, or is it that when one has the where-with-all that the preference is for the more supreme? Homeopathy is the choice of medicine for the discerning.

*The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed healthcare provider.*

<http://alphainventions.com>

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## Teenage Acne and Homeopathy

Because acne is such an important subject in the life of a teen, the pressure to use antibiotic treatment looms. Topical creams suppress the body's ability to complete its function. What is applied to the skin is readily absorbed into the body. A good rule of thumb is, if you can't eat it, don't wear it. Daily antibiotics at such a tender and developmental time would set the stage for future problems, so it's prudent to find a natural solution. By far the most reliable treatment for recalcitrant acne is homeopathic constitutional care provided by a homeopath. This will unearth the propensity for the problem often in spite of diet or lifestyle.

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## Homeopathy Tips

**Tip:** It is vital for the health of those who live in cold regions to eat a diet high in good quality fats such as butter, whole raw milk, whole cheese and cod liver oil.

**Tip:** Ferrum Phos 6X is a wonderful cell salt for colds and flu when there is inflammation. I've always taught that it could be used at the onset of any inflammation, but it can also be

used prophelactically. That is, before the need arises. Used in this way, it has proven effective again and again. 4 pills = 1 dose, taken 2 -3 times daily until the flu season is over. Homeopathic remedies are quite safe in 6X potency as long as they are used judiciously.

**Tip:** The best way to keep from getting any acute illness such as the flu or colds is to keep your constitutional care current. A visit to your homeopath every 6 weeks (if problems remain) is a good rule of thumb.

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## Homeopathy Tips

**Herbal tip:** *Echinacea angustifolia* has a worldwide reputation for enhancing the immune system. If you are blessed enough to have it growing in your garden, harvest its roots and make your own tincture, following the instructions in a good herbal book. If your closest source is the health food store, then buy the highest quality liquid. Liquid preparations are usually fresher than capsules so they don't lose their strength. I like the brands Gaia and Herbpharm. It has been shown that drawing up 20-25 drops in the pipette, putting in water and sip 1-2 glasses per day. The recommended use is  $\frac{1}{4}$  of the amount for children. *Echinacea* is recommended as a preventative for only a few weeks and during a cold or flu. Prolonged use causes its ability to diminish. Some people are allergic to *Echinacea*, so watch for allergic signs after trying a small amount. It has been shown that most people have only positive results.

**Nutri-tip:** Minimize or eliminate your sugar intake. It creates an acid/alkaline imbalance that is fodder for viruses.

**Homeo-tip:** For the cold and flu season, the best way to boost

your immune system homeopathically is to get the correct constitutional remedy. That is a remedy that takes the entire person into account, including, perhaps, susceptibility to colds and flu. This is found by working with your homeopath. Short of constitutional care by a homeopath, the next prophylactic technique is to purchase the remedy *Oscillococcinum*, sometimes wisely named "Flu Solution". Most health food stores and some large grocery stores carry it. One dose taken before you get the flu and taken 1 time each month until the flu season has passed is the most efficacious method. The dose is the same for an infant as for an adult. I suggest, however, if you are presently under constitutional care and already taking a remedy, that you not do this unless the flu presents a serious threat to you or you've checked with your homeopath.

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## Injuries and Accidents

There is no better way to treat the physical and emotional shock of accidents and injuries than with homeopathy. Whether for a mild injury or one that requires medical treatment, homeopathy can absorb the shock, minimize and often remove bleeding, reduce fear, anxiety, pain and put the sufferer in a better state. If the emergency room seems to be the only way to care for the injury, give the best remedy you know on the way to the hospital. This is reason enough to keep a small emergency kit in your purse. Even after a trip to the emergency room, a well-chosen homeopathic remedy will often hasten recovery and reduce pain. Pain medications can even be omitted with the correct usage of a remedy. Swelling and healing will often be hastened by 1/2 the time.

## **Cuts & Abrasions**

*Arnica montana*

*Hamamelis*

## **Bruises**

*Arnica Montana*

## **Puncture Wounds**

*Arnica montana*

*Ledum*

*Hypericum*

## **Burns**

*Aconitum*

*Cantharis*

*Kali bichromium*

*Causticum*

## **Heat Prostration**

*Belladonna*

*Glonoine*

## **Insect & Animal Bites**

*Arnica montana*

*Ledum*

## **Muscle and Bone Injuries**

Over exertion and deep injuries

*Ruta graveolens*

*Rhus tox*

*Bellis perennis*

*Symphytum*

## Bruises

*Arnica Montana*

## Fractures & breaks

*Arnica montana*

*Aconitum*

*Symphytum*

*Calc phos*

*Bellis perennis*

Dislocated Joints

*Ruta graveolens*

*Rhus tox*

*Arnica montana*