

HOMO WHAT?

In Australia hardly anyone knows what *Homeopathy* means. "Something to do with men," people reply either furtively or sagely. Or they hear the *pathy* part and think 'oh he's some sort of psychopath'. Its true! Homeopaths in the 21st century face a marketing mountain, but that's another story. But when you've studied for four years at college and have a degree, and two years at post graduate school, you teach in a couple of countries and at international conferences, it is kind of reasonable to expect that people would have some idea of what it is that you do.

But what is homeopathy really? It is an elegant philosophy for living. It's about balance and self-observation and self-modulation. It is also a system of medicine that applies a specific set of principles based on a concept of similars; treating symptoms with substances that create those symptoms. Moreover it uses a bank of incredible medicines that are gentle yet powerful. It is a system of medicine that fosters health, transforms lives, maintains balance; truly 21st century medicine. Homeopathy treats acute illness and also chronic disease. It is not a bunch of weird tree hugging hippie stuff. It is about dynamic busy people being heard and understood by specialized practitioners able to ensure that they can remain dynamic, calm and busy in the world without drama or suffering.

Homeopaths apply a principle of similarity as their therapeutics. That means, if a toxic substance can produce symptoms in a healthy person, that substance has the capacity to cure those exact symptoms when given to a patient with those symptoms. Its an idea that has been used in medicine for 2500 years. Homeopaths treat the whole person, each individual patient is treated as an individual. It's natural medicine at its best.

What does it do?

Because of that principle of similarity and the reality that homeopaths use thousands of medicines which have an impact on mental emotional and physical symptoms, there is very little that a Homeopath cannot treat successfully.

What it doesn't do?

You don't change an orange into a lemon, but you can make it a happy orange.

What does it look like?

The homeopathic consultation is longer than most. It can last up to an hour as the practitioner seeks to earn and trace the disease or condition in its entirety, and prepare an assessment and treatment strategy which is tailored to the individual.

What is the medicine?

There are thousands of specially prepared medicines all taken from the natural world. Preparation is very specific according to pharmacopeia standards. Infinitesimal dilutions are created in laboratories and distributed world wide.

Research to support its claims

Clinical trials have over and over proved the efficacy of Homeopathic Medicine. From its earliest successes in the cholera epidemics of the nineteenth century homeopathy consistently stands up to the rigor of the 21st century clinical trial on a trial by trial basis and in meta-analysis. Repeated trials as to its efficacy in diarrhea, allergic rhinitis, trauma and shock have been consistently published in journals such as the *Lancet* and *British Medical Journal*. Furthermore, the results of trials by theoretical and nuclear physicists repeatedly verify the efficacy of homeopaths use of the infinitesimal dose to stimulate the immune response of the body and create therapeutic change. Modern pharmacies the world over are creating products, trialing them extensively and retailing them in pharmacies and outlets globally.

Because Homeopathy creates change at a fundamental cellular and molecular level it is often the pivotal and primary therapy modality. Homeopathic Medicine is perfectly suited to take a central role in the treatment of patients choosing an integrative approach to health solutions. There is no impediment created by a patient taking homeopathic medicine in addition to any other treatment or medicine from another healing modality. There are no documented contraindications or drug interactions with other medicines or therapies.

The 3 Essential Principles

- **Similarity between the toxicity of the substances and their therapeutic effect**
- **Infinitesimal dilutions of those substances**
- **Wholistic and individualized approach to all patients**

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