

HOMEOPATHY

How to use it properly and safely.

- How & When to Use
- Potency & How to Choose
- Wet & Dry Dosing

■ WHAT IS HOMEOPATHY?

Homeopathy is a system of alternative medicine that was developed in the late 18th century by Samuel Hahnemann, a German physician. The fundamental principle of homeopathy is the "law of similars," which states that a substance that causes symptoms in a healthy person can be used to treat similar symptoms in a sick person. In other words, homeopathy relies on *vis medicatrix naturae*, the God-given healing nature of our bodies.

Homeopathic remedies are highly diluted substances, derived from plants, minerals, animals, and more. Remedies are created by a specific process of dilution and succussion (vigorous shaking). This process creates a diluted remedy that is highly safe to use.

Homeopathic practitioners prescribe these remedies based on the individualized symptoms and constitutional characteristics of the patient, this is called repertorization. The unique mechanism of action of homeopathy is what makes it effective. However, it is also what can make it ineffective; as choosing the correct remedy can be difficult, especially in complex chronic illness.

■ WHEN TO USE HOMEOPATHY

- Acute emergencies, such as head injury, strokes, trauma, grief, heart attacks, fractures, etc. (Not in place of medical care, taken to reduce damage from these events.)
- Sensitive individuals - homeopathy is excellent for individuals that are "sensitive to everything".
- Multiple prescriptions - homeopathy will not interfere with any prescriptions, although they can make prescriptions work better. Be vigilant, especially for those on hypertension or diabetes meds.

■ HOW TO DOSE HOMEOPATHY

Homeopathy can be taken as a wet or dry dose. Typically dry dosing is easiest at home.

Dry dose - flip tube upside down. Slowly turn the cap until two pellets are in the cap. Remove cap and dump the pellets from cap into mouth.

Wet dose - add two pellets to 4 oz of quality water. Shake or stir vigorously for 10 seconds. Take 1 teaspoon every 15 minutes (up to 8 doses) or as directed by your doctor.

■ HOW TO CHOOSE A POTENCY

The potency of homeopathy is signified by a number and a letter. The number signifies the amount of times that a substance has been diluted, the letter in what ratio the dilution has been prepared.

X potency is considered low potency and is typically used for tissue repair, organ support, or restoring a deficiency. Ex: cough, fever, dehydration, burns, etc.

C potency is considered medium potency and is typically for acute conditions and mental emotional symptoms. C potencies are deeper and faster acting than X. Ex: chronic illness, trauma, grief, etc.

M potency is considered high dose and is typically for mental emotional symptoms or may also be used in emergencies. Ex: stroke, heart attack, concussion.

■ CARING FOR REMEDIES

As with most supplements and pharmaceuticals, store in a cool dry place. If remedy is exposed to extreme heat, x-rays, or has been unused for a time just shake the tube a few times before using.

Remedies **DO NOT EXPIRE**. The expiration dates are just required by the FDA.



MENTIVO WELLNESS.COM

CLINIC@MENTIVOWELLNESS.COM