

# TRANSFORM YOUR HEALTH

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## **Sue Pease, Registered Homeopath**

BA, LBSH, MARH, Orion Advanced Diploma

[www.homeopathycornwall.com](http://www.homeopathycornwall.com)

### **MORE ABOUT HOMEOPATHY**

*“HOMEOPATHY IS BASED ON THREE PRINCIPLES -*

❖ *Like cures like. Something that in large doses creates the symptoms of a disease, can in small doses, cure it.*

❖ *Extreme dilution enhances the medicine’s healing properties and eliminates undesirable side-effects along the way.*

❖ *The whole person must be taken into consideration when choosing a remedy.”*

*- from “Heal Through Homeopathy” by Nelson’s Homeopathic Pharmacy.*

- ❖ **THE LAW OF SIMILARS** - The word Homeopathy comes from the Greek, & means ‘Similar suffering’. Treatment is based on the principle of like cures like, known as the ‘Law of Similars’. This principle was noticed by medical figures as far back as the middle ages, but the person who developed it into a system of medicine was an 18<sup>th</sup> Century German doctor called Samuel Hahnemann. He noticed that a remedy used to treat malaria, if taken by a healthy person, could temporarily cause symptoms that looked like malaria. He deduced that the curative effect of this remedy may be due to it’s ability to cause the same type of symptoms. The substance was the bark of a Peruvian tree called Cinchona, & it subsequently became the source of quinine - the modern day treatment for malaria.
- ❖ **RESEARCH** - From this initial observation began a process of research into the curative effects of a variety of substances, when used according to the ‘Law of Similars’. One of the difficulties Hahnemann faced was the toxic side effects of some remedies. He experimented with diluting them, to make them safer, but found that they reached a point where they were not effective. In his attempts to overcome this problem he tried shaking the mixtures vigorously when diluting them. This process, called ‘succussion’, was found to produce remedies that still worked, & he called them potentised remedies.
- ❖ **PROVINGS** - Continuing his method of testing remedies on healthy patients, Hahnemann noticed that this could produce & cure symptoms in all aspects of a person’s being. These experiments, called ‘provings’, drew together information about changes in the mental states of the patients, as well as changes in their physical symptoms, plus general tendencies such as body temperature, bowel function, sleep, appetite etc.
- ❖ **THE REMEDY PICTURE** - From the assembled information it could be seen that each substance could suit a characteristic pattern of illness, & worked best when the remedy picture was well matched to the patient’s symptom picture. For example, for different cases of flu, different remedies would be needed - e.g. if the patient was hot, dry, achey, irritable & averse to movement, one particular remedy was best, but if chilly, weak, anxious & restless, a different remedy was indicated.

- ❖ HOMEOPATHIC LITERATURE - Hahnemann wrote numerous books & articles, including the first Homeopathic 'Materia Medica' which listed the symptoms of each remedy he had studied. Later authors wrote expanded versions including information about toxicology, traditional herbal uses, & cured cases; they also added new remedies as the years went by. Subsequently repertories were also produced, which collated lists of symptoms alongside suitable remedies. These 2 types of books – Materia Medicas & Repertories still form the backbone of Homeopathic study & practice today.
- ❖ HOW ARE THE REMEDIES MADE? - The substances vary widely & include not only plants, but also minerals, metals, & animal substances. All remedies begin with a liquid called a 'mother tincture' – with plant remedies this is similar to a herbal tincture, but with other remedies there can be a complex process needed to create the tincture (For example, to make metal based remedies the procedure begins with a grinding process). The tincture is then subjected to a process of repeated dilution & succussion. A dilution scale of 1 in 100 is most commonly used, & the number of repeated dilutions shown by a number. The tinctures are diluted in a mixture of water and alcohol, & are usually applied to a pill made from sugar of milk (sac lac); the pills come in various sizes & textures.
- ❖ HOW DOES HOMEOPATHY WORK? - There is not yet a conclusive answer to this, because the foundations of Homeopathy are based on observation, rather than theory. What most Homeopaths have always agreed is that the potentisation process must preserve some kind of imprint from the remedy substance. The matching of a remedy pattern to the patients' symptom pattern seems to then trigger a natural self-healing process. Potentisation of the remedy substance is the aspect of Homeopathy that causes the most controversy, because some people say that if no traces of the substance remain then it cannot work. However, modern day physics seems the most likely source of answers, with research projects showing that water can carry imprinted energetic patterns from substances with which it comes into contact.

\* If you have further questions about Homeopathy you are welcome to contact Sue with your queries.

Sue Pease,  
Contact 01209 217114  
Mobile 07969 251731  
[info@homeopathycornwall.com](mailto:info@homeopathycornwall.com)