

Discovering Homeopathy For Common Imbalances



A SYSTEM OF HOLISTIC HEALTH CARE
OPERATING ON THE PRINCIPLE OF LIKE
CURES LIKE.

BY JACKIE CHRISTENSEN, MS, HHP, MH, NC



Major Laws in Homeopathy



7 Major Laws	Characteristics
Law of Simila	Like cures like
Law of Simplex	One remedy
Law of Vital Force	Esoteric Anatomy
Law of Chronic Diseases	Miasms
Law of Drug-proving	Remedy Testing
Law of Drug-dynamization	Release remedy power
Law of Direction of Cure	Top to bottom, in to out

Homeopathic Timeline



1844-American
Institute of
Homeopathy was
formed

1846-American
Medical Association
was formed

1849 Cholera
Epidemic

1871-Eight
remaining
physicians were
expelled from the
Society for being
homeopaths

1900 there were 22
homeopathic
medical schools

Homeopathic Timeline



Early 1900's, the AMA established a code of ethics that it was unethical for a AMA physicians to consult with a homeopath

1910 the Carnegie Foundation issued the Flexner Report

1923 only 2 homeopathic schools remained

1950 all the homeopathic colleges in the U.S. were closed

1970s there were only 50-100 physicians who specialized in homeopathy

Homeopathic Timeline



1980 to 1982 the numbers of physicians in the U.S. who specialize in homeopathy doubled

1980's several major European homeopathic companies established in the US

1990's homeopathic remedies had become a 250 million dollar per year industry

Currently there are 36 homeopathic schools in the US

Developing Homeopathic Remedies



One drop of
mother tincture

- Mother Tincture

One drop
of 1 C

- 99 drops of water
- 1 C
- 1:100

One drop
of 2 C

- 99 drops of water
- 2 C
- 1:10,000

ETC.

- 99 drops of water
- 3 C
- 1:1,000,000

Homeopathic Remedies for Colds



Remedy	Symptoms
Aconite	Early stages of an illness often within hours after exposure to the cold. Aconite is helpful for the sudden onset of intense symptoms that range from a profuse runny nose, chills, fever, coughs to earaches and sore throats. The person is thirsty, restless and nervous.
Allium cepa	Watery discharge from the nose and eyes. Discharges flow in a warm room, but better in cold air
Ars alb	Feels chilly; burning discharge from nose; frequent sneezing; thirst for small quantities of water; anxiety.
Hepar sulph	Mucous is thick, creamy, and yellow to green in color. Person is chilly and wants to be covered and is thirsty for warm drinks. Mood is irritable and difficult to get along with.
Natrum mur	Cold with violent sneezing. Discharge is fluent from nose, eyes watery. Person is better in cold, open air and by washing with cold water. Greasy face and skin.
NuxVom	Stuffy nose; mostly at night and when outside; nose runs during the day and in warm rooms; impatient and easily

Homeopathic Cough Remedies



Remedy	Symptoms
Belladonna	Violent attack of dry cough. Redness of the face, a sensation of constriction in the throat. Throbbing pain. Better by drinking warm drinks
Bryonia	Dry and painful cough. Holds the chest while coughing. Dryness of mouth. Great thirst.
Ipecac	Severe cough with great nausea. Retching and vomiting-no relief. Worse in cold weather.
Mercurius	Cough in damp weather. Cough is dry in night but lot of greenish-yellow mucus in the morning. Thirst for cold drinks. Trembling.

Homeopathic Remedies for Headaches



Remedy	Symptom
Nux vomica	Headache due to mental tension. Also headache due to constipation, loss of sleep or abuse of coffee/alcohol. Sedentary lifestyle.
Ruta	Headache, more near eyes. Due to eyestrain from studying or reading. Pain in eyeballs
Cyclamen	Violent headache, with flickering before the eyes, or spots of colors. Worse during menses.
Natrum mur	Headache caused due to coughing. Every cough results in pain in the head.

Homeopathic First Aid Remedies



Remedy	Symptom
Aconitum	Useful for the feeling of anxiety and panic from an accident or frightening or shocking events. This person is nervous, agitated and can't sit still. This remedy can really be used during an S.O.S.!
Ledum	Ledum is given for any injuries or sprains, pulled ligaments, when the affected part is numb and there is relief by cold applications .
Apis	Best medicine to be given for bee stings and insect bites. <i>Ledum</i> is also a very good remedy for treating insect bites
Rhus tox	<i>Rhus</i> is indicated in cases of sprains, aches and pulled muscles particularly when the patient is better by moving about and feels worse after rest, esp. while getting up.

Homeopathic Remedies for Backache



Remedy	Symptom
Rhus tox	Restless patient. Stiff and sore muscles due to strain . Patient is restless. Worse by resting . Increase in pain after immediately getting up in the morning or when getting up after rest. Better by moving around or by warm applications.
Zinc	Aching in neck, cervical muscles. Increased ache after doing some work. The patient feels worse after resting, but is better by moving around. Nervous weakness.

Homeopathic Remedies for Throat Problems



Remedy	Symptoms
Apis	Burning, stinging pain in the throat, with fever. Worse at 3 am. Throat/ tonsils look puffy and cause suffocation. No thirst and desire for cold drinks.
Hepar sulph	Painful , yellow tonsils with pus . Splinter like sensation in the throat. Better from gargling in hot water. Foul smell from the mouth. Very chilly (requires to be covered in warm clothes sometimes even in summer). Highly oversensitive.
Lac caninum	Severe pain ; highly difficult to swallow anything. Pain keeps shifting from one side to another. Feverish with pains in limbs. Sometimes patches on tonsils / throats