



Constitutional Homeopathy: In a Nutshell

Homeopathy is an energetic medicine originally developed by Dr. Samuel Hahnemann in the mid 1800s. He published a series of aphorisms based on systematic observation and clinical experience which explain the nature of health and disease called The Organon of the Medical Art. This work which was first published in 1842 proposes that the root cause of illness is related to a disturbance in the vital-force energy of a person. The vital force energy is the energy that keeps us alive, regulates our body, enables us to adapt to our environment and circumstances, and triggers our ability to heal. Based on this principle, homeopathic medicines do not act directly on the body by changing the physiology, but by stimulating the body's own ability to heal itself. Homeopathic medicine can enable a person to stimulate their own ability to heal and transcend their limitations in body and mind.

The homeopathic medicines are derived from plant, mineral or animal substances which are "potentized", that is, the extract of the plant/mineral/animal substance undergoes a series of systematic dilutions and succussions in water which result in an end product which is so dilute, there are no longer any molecules of the original extract remaining...only its energy. Water has the unique property of being made of polar molecules which possess the ability to retain energetic impressions. The energy which is retained in the water is then applied to a medium such as a lactose pellet or delivered in a liquid solution for the purpose of delivery.

Each particular potentized plant/animal/mineral substance has a unique set of characteristics including qualities of the mind, emotions, behavior and physical symptoms. A practitioner prescribes a remedy based on the "Law of Similars" or "like cures like". This law on which homeopathy is based states that: *a substance which when administered to a healthy individual can elicit certain symptoms, can also treat these same symptoms in an ill person.*

For example: *allium cepa* (onion) When you chop onion: your eyes water, they may become red, and tearful, and you may have a clear discharge running from the nose.

The homeopathic remedy *allium cepa* is commonly used to treat cold symptoms where the individual has red, watery eyes with a clear nasal discharge.

In this way, a single remedy is chosen that has a unique composite of qualities which most closely matches the totality of symptoms presented by an individual. The remedy acts by resonating at a similar frequency to the energetic disturbance (ie. The illness) in the individual which in turn stimulates the vital force to initiate a healing response.

The reason why the remedies are potentized as opposed to giving the substance in its crude form is because the crude form has different properties and these properties are mostly limited to physiological and pharmacological actions. A homeopathic remedy can act much more dynamically and on a deeper level than the crude form. Homeopathy operates on the "less is more" principle. When the energy of the substance is delivered, it affects a person on an energetic level.

Homeopathy has been used to successfully treat anything from anxiety to ulcers, from indecisiveness to muscle pain. The breadth and scope of possibilities for treatment are great and often someone with a good remedy response will not only report a reduction in occurrence and severity of their symptoms but also that their energy levels increase and they experience a greater sense of freedom in their daily life.