

# HOMEOPATHY

Homeopathy is one of the most interesting, effective and misunderstood types of treatment. The generally recognized founder of modern homeopathy is Samuel Hahnemann, a German physician who coined the term "Homeopathy" (From the Greek, "like" + "suffering") in 1796. I will often ask my patients if they have a basic understanding of homeopathy, only to find out that they have misconceptions about what homeopathics are, and how they work. Many people think that any natural remedy found in a health food store is a homeopathic, not true. Hence, this article is here to clarify some basics about homeopathy.

**Homeopathics are in a completely different class than pharmaceutical medications, herbs, vitamins or minerals.** These other remedies are primarily chemical in their nature. You take them into your body and they react chemically with your body's systems. Homeopathic remedies taken into the body are thought to interact "energetically and/or informationally".

They are actually dilutions of substances (rather than the substances themselves) that are imprinted energetically. So how does this stuff work? It is based on "The Law of Similars" and "serial dilution".

The law of similars is also known as "like cures like". Here's how it works. You start with a substance that if ingested, would create a symptom, lets say a runny nose. A homeopathic manufacturer takes that substance and processes it with a method similar to shaking, called succussion. The mixture is diluted several times (serial dilution) until the final product no longer has even a trace of the original substance. But, it does have the energetic imprint of the original substance, and the body recognizes that imprint. In the case of the runny nose, the body recognizes the energetic imprint of the substance that would create the runny nose. This brings the body's attention to any runny nose issue, and then the body responds, making corrections as needed. I particularly appreciate the fact that the body is encouraged to do the actual correction. The list of uses for homeopathic remedies is endless.

One of the fascinating things about homeopathy is that while the process of creating a homeopathic described above is most typical, homeopathy can also start with substances that taken in their original form are beneficial. An example of this would be Echinacea, an herb used to support immune function. This herb may be used in a herbal form or a homeopathic form. The homeopathic form provides the energetic imprint, stimulating the body's immune system.

One of the most important uses of homeopathy is to assist with mental and emotional stressors. These remedies help change a person's perspective (e.g. reducing anger, fear, trauma etc.).

**Because they are non-chemical, they are significantly safer than any other kind of remedy. Safe, Effective, Natural, Non-Addictive.**

The choice of which homeopathic to be used can be complicated. It is often based on the many aspects of the symptomatic picture. As a kinesiologist, Dr. Kraskow scans neurological reflexes to assist in the choice. In addition, Dr. Kraskow uses a computer to assess and generate homeopathic remedies.

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