

# What is Homeopathy?

- The basic law of homeopathy states: “Similia similibus curantur” OR like cures like
- Homeopathic remedies produce symptoms similar to those exhibited by the ill patient. In this way, the body’s defense system is stimulated to overcome the symptoms produced by the homeopathic remedy and in the process, the symptoms of the original illness.

**The first principle:** *Activate the internal doctor instead of simply administering drugs.*

**The second principle:** *When treating chronic illnesses, the treatments should not produce any damaging side effects, even when carried out over long periods.*

## Frequently asked questions

### 1. Where do remedies come from?

Homeopathic remedies are derived from one of three kingdoms of nature. For example:

- *Vegetable Kingdom* NUX VOMICA, THE POISON NUT
- *Animal Kingdom* CANTHARIS, The Spanish fly
- *Mineral Kingdom* FERRUM PHOSPHORICUM, ferric phosphate

### 2. How are they made?

Remedies are usually made in a laboratory. The method used is the successive dilution technique. Between each dilution, the product undergoes a series of **succussions** or vigorous shakings that is known as potentization.

### 3. Are homeopathic remedies reliable?

Although extreme degree of dilution of homeopathic and homotoxicologic remedies make their analysis difficult, these remedies are considered to be extremely reliable due to the strict manufacturing standards of the labs.

### 4. Are these remedies toxic?

They are only toxic if not SUFFICIENTLY DILUTED. Certain base product, if sold in their undiluted state would be toxic.

### 5. How should these remedies be taken?

Pellets, tablets, or drops should be placed DIRECTLY UNDER THE TONGUE and allowed to dissolve. They should never be touched by your fingers. They should never be taken within 15 minutes of ingesting coffee, or anything with MINT. This includes, mouth wash, toothpaste and chewing gum. The coffee (not caffeine, coffee) and mint will deactivate a remedy.

### 6. How should the remedies be stored?

They can be kept for years in a medicine chest, but keep them away from products containing CAMPHOR. It too can neutralize a remedy.