

# A MODERN APPROACH TO HOMEOPATHY

## CHANGING TRADITIONS

Traditionally, the relationship between the family doctor and his/her patients has been one of trust and reliance. Doctors were often the best educated members of small and rural communities and they were the only source of help and information in time of illness. Patients counted on their doctors' experience and knowledge to carry them through the illnesses and accidents of a lifetime.

Today this kind of doctor-patient relationship is changing. Few of us spend our lives in small communities and very few of us are able to maintain a lifelong relationship with our family physician. We change our jobs, we change our homes, we change our insurance, we change doctors. Books, magazines, radio, and television constantly bring us new and unusual ideas about health and disease. Scientific information about new treatments and new medicines often reaches the newspapers before it reaches the medical schools.

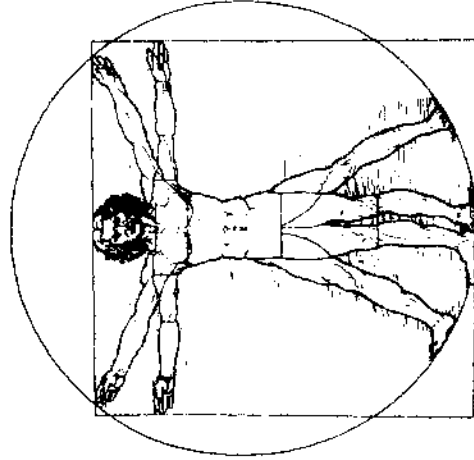
**-Heel**



## WHAT ABOUT ALTERNATIVES?

Bombarded by information and without the comfortable lifelong doctor-patient relationship of the past, it is natural to ask questions about our health options and our health professionals. What is the best treatment for my illness? Is there a better medicine for me? Are there more knowledgeable doctors? What are other people doing? What are the alternatives? Recently, a study made by a researcher at Harvard University indicated that one third of all people in the United States were asking these kinds of questions. Seeking answers, these people, eighty million in all, turned to doctors who practiced alternative medicine. One of the alternative forms of medicine sought by the people in the Harvard study was homeopathy.

The interest in homeopathy is growing. People like you, seeking answers and alternatives, are asking their doctors about it. This pamphlet will help you understand what we know about homeopathy and what you can expect if you choose it as a part of your health care.



## WHAT IS IT?

Homeopathy is a safe, effective system of medicine that has been used for nearly 200 years. It was developed by Samuel Hahnemann, a German physician who practiced medicine at the turn of the 18th century. Dr. Hahnemann's system used gentle, natural medicines which stimulated the body to heal itself. This was a welcome change from the medicines of that time which included bleeding and purging as standard treatments.

By the middle of the nineteenth century, homeopathy was a standard part of health care in the United States. Homeopathic physicians successfully took care of soldiers during the Civil War and homeopathic medical kits were issued to the Rough Riders who accompanied Teddy Roosevelt. One third of all U.S. physicians were homeopaths who received their training in homeopathic medical schools and homeopathic hospitals all across America.

In the 1920's, the practice of homeopathy in the U.S. fell out of favor and its use began to decline. The citizens of the "jazz age" wanted quick fixes and up-to-the-minute scientific medicine. Homeopathy was out of step with the new, modern, fast-paced world. Homeopathic medical schools and hospitals closed and medicine as we know it today became America's standard form of health care.

However, since the 1970's a new resurgence of interest in homeopathy has been seen in this country. Patients demanding safer, natural medications have once again turned to homeopathy. It is estimated that more than \$200 million of homeopathic medicines are sold in the U.S. each year.

Today, homeopathy is also widely used in Europe, South America, and India where it is recognized as an effective, economical form of health care. Homeopathy is a routine part of many European health plans and homeopathic remedies can be found there in hospitals, medical schools, pharmacies, and doctors' offices.

## WHAT IS A HOMEOPATHIC REMEDY?

Homeopathic medicines are usually called remedies rather than drugs. They are made from plant extracts, minerals, and animal sources. Tiny amounts of these active ingredients are diluted with a neutral carrier agent until the correct strength of medication is reached. Because so little of the active ingredient is present in each dose, homeopaths do not interact with other drugs and are not concentrated enough to poison the body. Some scientists believe that homeopathic medicine is so dilute that it does not interfere with the body's chemistry but merely supplies the body with necessary information to trigger a healing response. In some ways, this is similar to the way that vaccinations work to protect us from disease.

## TAKING HOMEOPATHICS

When your doctor prescribes a homeopathic remedy, she or he will give you specific instructions about taking the medicine. These instructions may be more detailed and different from the standard order, "Take two pills and call me in the morning..." Homeopathic medicines come in many forms. There are pills, liquids, ointments, nasal sprays, suppositories, and injectables. They are all designed to work by stimulating your body's own defenses.

The standard methods for using homeopathic medicines correctly usually include these steps:

- \* Take your medicine with a "clean mouth." This means no food or drink for 15 minutes before and after you put the medicine in your mouth.
- \* Do not swallow your oral medicine immediately. Most homeopathic remedies are tablets designed to be placed under the tongue until they dissolve. They dissolve very quickly with a pleasant sweet taste and like many conventional medicines are absorbed directly through the lining in the mouth.
- \* Take as much medicine as the doctor prescribes. In acute conditions this can mean taking a tablet every 15 minutes. This information will also be on the label of your medicine.
- \* Take the medicine for as long as your doctor prescribes and pay attention to your reaction. Some people respond to homeopathics in minutes, for others it may take hours or days. When your symptoms change you know the medicine is effective.

## ARE HOMEOPATHICS LEGAL?

Homeopathics are one of the few forms of alternative medicine that is regulated by the federal government. The manufacture and sale of homeopathic medicines are regulated by the United States Food and Drug Administration (FDA). All homeopathic products must be registered with the FDA and have a National Drug Code (NDC) number on the label. The NDC is used to identify the manufacturer and the medicine in case there is ever a question about its origin and contents. Manufacturers of homeopathic medicines are required to follow a strict set of government guidelines called current Good Manufacturing Practices or cGMP's. These rules regulate cleanliness, safety, labeling, and record keeping.

The ingredients used in homeopathics are also regulated. The strength and origin of all the ingredients for homeopathics are documented in the United States Homeopathic Pharmacopoeia.

Heel/BHI, Inc., is a manufacturer and marketer of combination homeopathic remedies. Heel/BHI, Inc., is also the U.S. distributor for its parent company, Heel, which is the world's largest manufacturer and marketer of combination homeopathic remedies. Heel markets its products in over 55 countries and is actively engaged in scientific research to develop new products and to find new indications for its existing products. Both Heel and Heel/BHI, Inc., were founded by Dr. H. H. Reckeweg; Heel in 1936 in Germany, and Heel/BHI, Inc., in 1979 in Albuquerque, New Mexico.

Just as homotoxicology is the bridge between classical homeopathy and conventional medicine, Heel/BHI, Inc., and Heel are the bridge between scientific research and complementary medicine.

**Stephen G. Green, M.S.D.C.**  
11 Webster Ave., Ste # 3  
Goshen, NY 10924