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Guide to Homeopathic Treatment



Dr. Julia Parke, ND
Pure Naturopathic Medicine
JULIAPARKE.COM

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About the Remedy

The remedy is either given on the day of the interview or mailed in approximately one week to allow time for the prescriber to study the case. Frequently, but not necessarily always, a “homeopathic aggravation” or healing crisis occurs within a few days to two weeks after taking the remedy. Most of the time the aggravation lasts less than a week, often only a day or two; rarely, especially in people who have taken a lot of allopathic drugs in the past, prolonged aggravations last several weeks. It is during these crises that it is important to remember that all symptoms are attempts of the vital force to heal. An intensification of symptoms after taking a remedy is a good sign that cure is very likely to follow. Cruel as it may seem, our advice during an aggravation is “Wait.” Treatment or medication that relieves the symptoms will simply delay the cure.

Even once the homeopathic aggravation is over, the patient may experience a mild return of old symptoms from their past. These are not sighs of a setback, but rather a sign of the vital force reaching back in time to clear up old obstacles. Often remedies will reach all the way back to childhood and regenerate old emotions or discomforts, which were never completely eliminated from the system. Usually these symptoms are transitory and no problem.

Remedies are given in a single dose, but because they are stimulating the patient’s own vital force, they usually do not have to be repeated; however, very few cases require only one remedy. Usually there are “layers” of symptomatology, each layer requiring a single remedy. Sometimes the next remedy is given within a month or two of the previous prescription. Often a remedy is not given for many months or even years. Meanwhile, the previous dose continues to act, constantly pushing symptoms away from the deeper mental and emotional regions outward to the physical plane, eventually onto the skin or mucous membranes, and finally to complete elimination. During this time, we continue to have follow-up visits, but we may not give another remedy. The follow-ups are designed to insure that the process continues in the correct direction.

Responsibilities of the Patient

Homeopathy is a Two-Way Street

As imagined, homeopathy is highly demanding on the physician. Homeopathy takes supervised training and hard studying to begin to learn the art and the science of homeopathy. The number of remedies to learn is tremendous and your physician must deal with aggravations, anti-doting influences, previous drug suppressions, and the danger of producing suppressions or disruptions, and other problems.

Getting to know a patient, in such depth and subtlety, takes an enormous amount of time and energy. Investing this amount of time and care creates natural bonds between physician and patient.

Self-Observance

Homeopathy also places demands on the patients. There are certain simple disciplines (anti-doting influences, discussed in the next section), but the primary demand on the patient is self-observance. To prescribe correctly, we need to know virtually every aspect of your being – mentally and emotionally as well as physically. In particular, we need information about those aspects which are most peculiar, most unique, most unexplainable by ordinary logic. This requires a good deal of attention on the patient's part, something which does not come easy to some people. In homeopathy, the physician does not take care of the patient. The patient must tune into themselves deeply and incisively, and we use that information to find a remedy that stimulates their own healing forces.

Homeopathy demands perseverance and patience once the correct remedy has been found. The homeopathic aggravation can sometimes become a severe test of faith and understanding. It can be very tempting to try an easier approach, or to take drugs to relieve the symptoms. Indeed, a certain percentage of patients do leave homeopathy at this point in their treatment, preferring to continue to search for instant relief.

Always remember that once a curative process has begun, your suffering is only a temporary phase of the healing process. It is best to view such crises as opportunities for learning; to discover the complex and subtle origins of our suffering. To wait the process out is perhaps the most difficult request that could be asked during such crisis. Nevertheless, such a demand is crucially important. The most common mistake made in a homeopathic aggravation situation is to try to rush healing. The vital force must function at its own pace. It knows better than we do what is most gentle for the organism, so we are very careful not to interfere as long as the symptoms are changing in a curative direction.

Run Interference to the Cure

There are basically two ways by which the patient interferes with the action of their homeopathic remedy:

Anti-doting the Remedy

Remedies may be anti-doted, either partially or completely, by various substances or treatments. The resulting relapse may be short-lived (say two weeks) and involve only a few symptoms.

Or the relapse may be complete and permanent. Once a remedy has been anti-doted, the task is made doubly difficult for the prescriber. Sometimes a careful re-taking of the case will enable us to give the same remedy again, but more often it requires another prescription to bring the case back "on track."

Drug Interference

Using prescription or over the counter drugs can completely shift the course of cure during homeopathic treatment. It is advised to check with your doctor if you are unsure about the process of your treatment or if you are considering additional medications.

Recommended Reading:

Homeopathy For Today's World

Rajan Sankaran; Discovering Your Animal, Mineral, or Plant Nature

Homeopathy the Science of Healing

Rajan Sankaran

Homeopathy: Medicine of the New Man

George Vithoukas

The Science of Homeopathy

George Vithoukas

How to Take Homeopathic Remedy

Instructions

Please follow these simple steps to receive proper results:

- Read all Homeopathic Information thoroughly before taking your remedy
- Use this sheet to record the date you take your remedy
- Take the remedy as directed by your physician

Keeping Record

Date Dispensed: _____ Frequency: _____

HP: _____ Potency: _____

Important Information:

Most of the time, your remedy will be in the form of small white pellets. These pellets are not to be handled. Please shake the dose amount into the cap of the vial and administer orally.

- **Please take four (4) pellets per dose**
- **Hold the remedy under the tongue and allow the pellets to dissolve.**
- **Refrain from food or drink for at least 15 minutes to allow the properties of the remedy to activate without interference.**

Homeopathic medicines are unique in that it is the *frequency* and the *potency* of the dose that determines the intensity of the action. This differs greatly from the drug action of allopathic medicine, which is dependent upon the *quantity* of the dosage.

Please take this remedy at the ***frequency*** prescribed to you by your physician.

Each remedy has been specifically prescribed based on your uniqueness as an individual. This form of treatment is unique to homeopathy, assuring that you, the patient, is being treated, not your condition or symptoms.