



# Homeopathy Explained

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# What is Homeopathy?



If you struggle with chronic illness, acute illnesses, or have or a child with an Autism Spectrum Disorder, homeopathy may be the answer you're looking for.

This short e-book will explain what homeopathy is, how remedies are chosen, and how homeopathy works.

**Homeopathy is a 200-year-old system of health and health remediation that uses minute, highly diluted doses of substances found in nature to heal illnesses in the body and mind.**

While the remedies are derived and prepared from thousands of different natural substances, homeopathy and herbal medicine are completely different systems. Herbal medicines use tinctures of botanical substances which may be very strong, even concentrated. Homeopathic remedies are highly diluted, in most cases, and might be considered “micro-doses” or “nano-doses.”

Homeopathic remedies can also be made from minerals, animals, chemicals and drugs as well as plants. Because of the very high levels of dilutions, they are non-toxic unlike drugs, herbs and even some supplements. They truly can “first, do no harm.”

## Remedy Forms

Homeopathic remedies come in several forms. The most common are sugar pellets (about the size of a BB), or liquid drops. They can also come as:



- Capsules
- Tablets
- Nasal sprays
- Oral sprays
- Ointments
- Suppositories

The oral remedies are pleasant tasting and easy to administer to infants and children, and even animals.

# Choosing a Remedy



Homeopathic remedies are chosen by the practitioner according to the principle of natural healing called “The Law of Similars”, or “like treats like”.

Any substance that can be given in "crude" or undiluted form" will eventually reach a level of concentration that creates a unique set of symptoms. A homeopathic remedy made from that substance as a tiny, highly diluted homeopathic remedy dose, can produce a healing effect for those same sets of symptoms.

Your symptoms don't necessarily have to be caused by a particular substance for that remedy to help them. The remedies are typically chosen based upon their similarity of the client's unique symptoms to those symptoms documented to be created in a healthy person by the crude form of the base substance of a particular remedy.

An example is homeopathic “allium cepa” which is made from red onion. When one peels an onion, one’s eyes and nose may begin to burn, itch or water, and usually there is profuse, thin mucus and tears, and maybe even sneezing. One confirming symptom is when the eyelids are reddened. When a client exhibits cold or allergy symptoms that match these symptoms, homeopathic allium cepa will typically relieve those exact same symptoms.

# How do drugs work?

Compared to drugs or herbal remedies, the dilute form of the homeopathic remedy acts in a very different way on the system.

Drugs chemically attack pathogens. Herbal remedies and supplements support the body nutritionally to fight pathogens or temporarily reduce symptoms. But because they are chemicals themselves, they can add to the body's chemical burden, rendering them capable of creating a new set of symptoms of their own making.



In pharmaceuticals, this is considered either a therapeutic effect, through directly chemically suppressing the symptoms, or an iatrogenic effect, the artificial creation of completely new, unwanted symptoms caused by the drug itself.

Unfortunately, these effects do not truly heal the problem, and may only temporarily mask the symptoms.

Additionally, they usually create unwelcome side effects. The physical response of the body is actually a reaction to the chemical change induced by the presence of that herb, drug or supplement. And the side effects of a drug may last even after you stop taking it.



# How Homeopathy Works:

Homeopathic remedies merely signal the target symptoms, or chemical presence, to gently inspire a natural balance-seeking response from the body's own healing and detoxification mechanisms.

**This allows the body to do what is necessary to naturally and normally rebalance itself.**

This response is actually a healing response, or a detoxification response, which is started by the messaging of the remedy and completed by the body's own healing responses.

**Homeopathy brings about healing because the body does the work in a natural, normal way.**

For instance, if you have food poisoning, eventually the body will typically attempt to eliminate the toxin on its own through vomiting and/or diarrhea. With a homeopathic remedy, this process may be briefly intensified but hastened to the point where the ill effects merely last for a few hours or even minutes, rather than several days of misery. Anti-nausea or anti-diarrhea drugs work to suppress those detoxification symptoms. This suppression can often prolong the illness into a more long-term or even chronic illness. With homeopathy, once those symptoms have completed their "mission" to re-balance the system, then they subside and the body can heal and recover.

Homeopathy is very gentle and safe because it is not changing the body into responding to the chemical in an unhealthy way, as a drug might do through adding a chemical to suppress symptoms.

Instead, homeopathy simply signals the body's mechanisms to free itself of the toxin or pathogen, efficiently and quickly bringing about a healing effect. There are no chemical side-effects nor artificial suppression of health-restoring symptoms with homeopathy.



# Can Homeopathy Help You?

- Allergies
  - Airborne pollen, dust, mold
  - Food sensitivities (with sequential homeopathy)
- Autism Spectrum Disorders
  - Vaccine injury
  - Inherited
  - ASDs
- ADD/ADHD
- Anxiety/OCD/PANDAS
- Digestive Disorders
  - Reflux
  - Poor digestion
  - Elimination problems
  - Gut pain
- Immune dysregulation
- Inflammatory pain and disorders
  - Arthritis
  - Fibromyalgia
  - So-called “autoimmunity”
- Improvements in:
  - Circulation
  - Respiration
  - Digestion
  - Elimination
  - Urinary complaints
  - Inflammation
  - Immune regulation
  - Allergy Desensitization
  - Chronic and current urinary tract complaints
  - Concentration, brain fog
  - Chemical and environmental sensitivities
  - Vaccine or drug injuries
  - Old injuries
  - Speed healing of current injuries



**AND MORE!**

**If you're breathing, chances are homeopathy will help you!**

# Testimonials



**Mary Lynn Hensley McClendon** reviewed Homeopathy Center of Houston — **5★**

November 22, 2015 · 🌐

Homeopathy Center of Houston has changed my family's life. We have been using them since 2007 and I have always been pleased with the service and staff. Their treatment plan is not like anything else out there and it works! From simple burns, to shingles and the complexities of autism we have witnessed unbelievable healing.

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**Lorie Kinkaid Lisius** reviewed Homeopathy Center of Houston — **5★**

November 20, 2015 · 🌐

We have been clients of Homeopathy Center of Houston for over 8 years - the entire staff is caring and dedicated to providing first class care. The team of homeopaths are cutting edge. They stay on top of all the latest research and treatments. You won't find a better group!

Like Comment Share

4



**Jackie Tamulski** reviewed Homeopathy Center of Houston — **5★**

November 20, 2015 · 🌐

I can't say enough good things about this practice. I had the pleasure of working with Cindy as well as the other homeopaths. From the common cold to the support and treatment of our children with specials needs -- I can't thank them enough for their time and dedication.

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# About Homeopathy Center of Houston

The Homeopathy Center of Houston offers professional consultations and provides homeopathic remedies based on our consultations. We work with a variety of many different homeopathic modalities to create our unique Houston Homeopathy Method.

We use an interview-based consultation approach to healing, wherein we individualize plans and determine appropriate remedies — remedies which are shipped within days of your consultation. We develop a long-term relationship with our clients, as many have discovered that the deep healing that comes as a result of our method often greatly diminishes their tendency to become ill. Many “graduate” after detoxification, after rebuilding and healing has occurred during their work with us, and we only hear from them if they have a subsequent minor injury or occasional acute minor illness.

While we have for many years had a focus on autism, Aspergers syndrome, and PDD-NOS, we are still a general homeopathic healthcare practice. Homeopathy can offer answers for a myriad of different types of health issues with excellent results. And the things we have learned from the many physiological ailments related to autism have in turn improved our results with clients with other health issues.

**For more information, please explore our website further or follow us on Facebook to learn of new articles as we expand our resources on the wonders of homeopathy! If you have any questions about homeopathy or need further clarification, please call us at **713-366-8700**. We are here to help you on your way to health - naturally!**



Call us today or CLICK BELOW for more information:

**Learn More**



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*Homeopathy is an alternative health improvement and support form of alternative medicine and is not a substitute for medical treatment by a qualified, licensed professional for any disease. Homeopathic manufacturing is regulated by the FDA, but homeopathy is not accepted by most modern medical science, and is not sanctioned by the FDA.*

*The homeopaths at Homeopathy Center of Houston are trained, professional homeopaths and are not medically licensed practitioners. Claims have not been evaluated by the FDA.*