

## What is Homeopathy?

Homeopathy is a holistic system of treatment that originated in Germany in the late 18th century. The homeopathic system of healing is based on the premise that within each person, there is a vital energy or self-healing response that, when balanced, keeps the individual healthy. When the energy is disrupted or imbalanced, health issues arise. Homeopathy seeks to restore energetic balance by stimulating the body's natural defenses and ability to self-heal using the principles of "like cures like," minimal dose of curative substances, and single remedy.

- **"Like Cures Like":** The principle of "like cures like" assumes that substances which, in high doses, produce symptoms of sickness in healthy people, will have a curative effect when administered in homeopathic doses to sick people exhibiting similar symptoms. For example, if the symptoms of your cold are similar to mercury poisoning, then homeopathic mercurius may be your homeopathic remedy.
- **Minimal Dose:** Homeopathic remedies use extremely diluted quantities of curative substances in very small doses. Normally, remedies are diluted to a ratio of one part curative substance to 1,000,000,000,000 parts water.
- **Single Remedy:** No matter how many symptoms you may display, you are prescribed only a single remedy to treat all of your symptoms.

There are many benefits to homeopathic remedies. They are non-addictive and generally safe enough for even babies and pregnant women to use without the danger of side-effects. They can be safely taken along with other medications. Homeopathic remedies are based on natural ingredients that work with your immune system rather than suppressing it.

## What Conditions Can Homeopathic Medicine Treat?

Homeopathic remedies can be prescribed as stand alone treatments, or may be recommended as a complementary therapy to support conventional treatments. Homeopathy can be used to treat a wide variety of health concerns including:

- Allergies and environmental illnesses
- Anxiety
- Asthma
- Arthritis, rheumatism
- Carpal Tunnel Syndrome
- Circulatory disorders
- Cold and flu
- Depression
- Heart conditions
- High blood pressure
- Hyperactivity
- Infertility
- Irritable Bowel Syndrome, constipation, and other digestive disorders
- Obesity
- Menstrual and menopausal concerns
- Mental/emotion stress
- Mental/emotional disorders or imbalances
- Migraines/headaches
- Neurological disorders
- Phobias
- Respiratory conditions
- Reproductive health concerns
- Skin conditions
- Wellness and prevention

### What Are the Risks of Using Homeopathic Remedies?

Although homeopathic remedies are generally considered by practitioners to be very safe and effective, there are several things to be aware of when taking homeopathic remedies:

- Homeopathic remedies taken under the supervision of trained professionals are considered safe and unlikely to cause severe adverse reactions.
- Patients occasionally report feeling worse for a short period when they begin taking homeopathic remedies before they start feeling better.
- Some liquid homeopathic remedies may contain alcohol. No adverse side effects from alcohol levels have been reported to the FDA.
- Although homeopathic remedies are not known to interfere with conventional medication, it is recommended that patients discuss their homeopathic remedy usage with each of their health care providers.

### How Can I Find Out More About Homeopathy?

To find out more about our Homeopathic treatments offered at the Raby Institute for Integrative Medicine, or to [schedule an appointment](#) with one of our licensed practitioners, contact the Raby Institute at 312-276-1212 or [info@rabyinstitute.com](mailto:info@rabyinstitute.com).