
Homeopathy Offers Effective Solutions For Health Problems

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What are Homeopathic Remedies Made From?

Homeopathic remedies are made from small amounts of plant extracts, minerals and biological materials. The benefit of using these small doses instead of the typical larger doses (found in all other medicines) is that small doses cannot cause toxic side effects. Other medicines work by causing a chemical change in your body. This type of chemical manipulation can be unhealthy for your body and can lead to more health problems in the long run.

If Homeopathy Does Not Alter My Body's Chemistry, How Does it Work?

A homeopathic remedy stimulates instead of manipulates. The advantage of this approach is that you are giving support to your body's own natural ability to heal. Your body creates symptoms in order to heal itself. If you mistakenly assume these symptoms have no purpose and you suppress them chemically, you may feel better but ultimately cause yourself worse health.

Rather than a homeopathic remedy suppressing your symptoms, it gives your body the support it needs to work through these symptoms, restoring itself back to health and balance.

Are There Any Side Effects?

Because homeopathic remedies contain very small doses, it is not possible for your body to become more unhealthy from taking them. In fact, even if you consumed the whole bottle at one time, your body would suffer no toxic effects.

Taking a homeopathic remedy can cause a temporary worsening of symptoms, but this does not mean that the remedy is bad for you but instead means that it is working.

What Types of Problems Can Homeopathy Help?

The correct homeopathic remedy is capable of causing a healing response in almost anyone. Success greatly increases if your remedies are specifically tailored to your body's needs. Instead of taking the same remedy over and over again (even though the remedy has helped you), remedies should be taken for 1-2 months and then changed to a new remedy. The new remedies provide different information, pushing your body to new levels of healing.

How Long Will I Need To Take Homeopathic Remedies?

If you have had health problems for several years, you may need to take a variety of homeopathic remedies over a period of several months to get your body back in balance.

On the other hand, if your health has been good until recently, it may only take a few weeks for your body to correct its issues.

There are five lifestyle factors that influence your rate of recovery; Diet, Water Intake Exercise, Sleep, and Stress. If any of these factors are out of balance, you will have a slower recovery or may not make any progress toward recovery until you make lifestyle modifications.

Once your body has worked through all its issues, you truly have your health back (instead of just being free of symptoms). This means that it is not necessary to keep taking remedies to stay feeling better.

How Do I Take The Remedies?

All homeopathic remedies should be held in your mouth for 1 minute before being swallowed so they get absorbed through the blood vessels under your tongue.

Some remedies contain alcohol as a preservative and need to be diluted with 1-2 tablespoons of water before taking. Other remedies are put directly under your tongue.

Because remedies are very sensitive, it's best if your mouth is free of food particles, residual toothpaste, mouthwash, mints, gum, etc. when you take them. Allow at least 10 minutes before and after using these products to avoid their mixing with the remedies.

If you are taking more than 1 remedy each day, take them at least one half an hour away from each other.

To keep your remedies at their best, avoid placing them next to electronic devices such as cell phones, computers, televisions, microwaves, etc.

X-rays will destroy your homeopathic remedies, so be sure to keep them in your pocket when going through airport security. A lead-lined X-ray pouch can be purchased that will protect your remedies in "carry-on" baggage only.